CLEAR THE CLUTTER

It can help clear a path to success!
CLEAR THE CLUTTER

Let’s consider clutter. Many of us are surrounded by stuff, in the kitchen, the bedroom, the bathroom. That stuff can get in the way of efficiency, speed—and yes, your weight-loss efforts: Research indicates that folks with messier homes tend to be overweight. There are many possible reasons: A chaotic kitchen, for instance, can make it harder to cook, and can nudge you toward choosing less-healthy foods—and eating more of those foods, according to one study. Plus, mess leads to stress, and some research shows a connection between increased stress and a rise in cortisol, which has been linked to the body holding on to excess weight.

How does getting rid of clutter help? An orderly, controlled environment helps promote healthy choices—and not just in your kitchen, where a tidy, clean fridge makes it easy to grab fresh fruit (because there it is, washed and prepped on a front shelf). You want to make all your spaces work for you. Organized spaces limit distractions and help keep you focused on your goals—whether that’s making lunch for the day or sitting down for 20 minutes with a hot coffee and a good book. Research has found that people focus better, are less distracted, and can process more information in a streamlined environment than they can in a jumbled one. And they’re less stressed, too! All of this can add up to more success in your weight-loss efforts.

I have been clearing like crazy lately, and made some money selling my stuff in a garage sale. It’s a win-win! —JOYMCZ

SUMMER CHALLENGE
Try something new each week! See your Meeting Room team for info.

WHAT TO DO: KEEP OR TOSS?
First, set aside a specific amount of time to tackle a handbag, a closet, or an entire room. Use this checklist. If an item meets any of these criteria, get rid of it. Donate to a charity, pass along to a friend (today), or throw it out.

- It’s broken or missing an important part.
- I have never used it, and can’t think of when I will in the next month.
- It doesn’t fit me now.
- Sad/unhappy memories are attached to it.
- I have another just like it that I prefer.
- It is no longer useful to me.
- It has never been quite right.
- It is outdated in a way that makes it useless.

“Have nothing in your houses that you do not know to be useful, or believe to be beautiful.”
—WILLIAM MORRIS

CONTINUED
THINK AGAIN
Your thoughts affect how you feel—and how you feel affects what you do. That’s especially true with healthy-living efforts. So each week, this new section will help you think, and act, in ways that lead to success!

EXCUSE THE CLUTTER: “My closet is jam-packed because I keep going down in sizes.”

CLEAR THE CLUTTER: “It takes me 20 minutes to get dressed because of this crowded closet—and that’s time I could spend making my favorite healthy breakfast.”

EXCUSE THE CLUTTER: “Now that I’m cooking at home more, it’s no wonder my pots-and-pans cabinet barely closes.”

CLEAR THE CLUTTER: “Now that I know what cooking tools I use most often, I can keep those and give away the rest.”

EXCUSE THE CLUTTER: “The whole family uses the entryway table as a drop-off station. So it’s bound to get messy.”

CLEAR THE CLUTTER: “Giving everyone a cubby or basket for their school forms, mail, books, and keys will prevent us from getting stressed and losing important papers.”

I cleared out a trash can’s worth of old makeup, and hair and body products—as well as my junk drawer. Definitely a good feeling and made me feel a little “lighter”!

—LGBSON91*

Keeping your mind clutter-free with intervals: Do 30 seconds of hard effort, followed by 30 seconds of rest. Repeat cycle for 10 minutes to stay mentally and physically engaged.

—DAHRI MYERS, PERSONAL TRAINER, WELLO.COM

DOWNSIZING WARDROBE: XXL SIZES READY FOR DONATION. HUNG AN M-SIZED TOP UP IN BEDROOM THAT I WANT TO WEAR THIS SUMMER. —CADCSS0*

YOUR ACTION PLAN
Choose one drawer or spot, set a time limit, and schedule a clean-out.

TIP FROM A LEADER
START SMALL! SET A TIMER FOR A FIVE-MINUTE CLEANING SESSION. IT’S EASIER TO GET MOTIVATED FOR FIVE MINUTES VERSUS FIVE HOURS.

What’s your #SmartSpaces tip? Share on Connect on the mobile app (for subscribers).

YOUR WEEKLY, EVEN BETTER!

FITNESS TIP
Keep your mind clutter-free with intervals: Do 30 seconds of hard effort, followed by 30 seconds of rest. Repeat cycle for 10 minutes to stay mentally and physically engaged.

—DAHRI MYERS, PERSONAL TRAINER, WELLO.COM

GET你可以的 clutter-busting ideas in “Weekly Extra” in this week’s e-newsletter (for subscribers) or go to weightwatchers.com/weeklyextra

*Posted on Connect on the mobile app (for subscribers)
Preheat oven to 400°F. Line baking sheet with foil and spray with nonstick spray.
• Heat butter in small saucepan over medium heat; add shallot. Cook, stirring constantly, until softened, 1–2 minutes. Stir in blueberries, vinegar, syrup, water, rosemary, and ¼ teaspoon salt. Increase heat to medium-high and cook, stirring occasionally and pressing berries with spatula to crush, until mixture is thickened, about 5 minutes.
• Meanwhile, sprinkle pepper and remaining salt on salmon; place on prepared baking sheet. Bake until salmon is just slightly pink at center, 8–10 minutes. Spoon warm blueberry sauce evenly over salmon and sprinkle with chives. Yields 1 fillet and ⅛ cup sauce per serving.
mini chocolate peanut butter ice cream sandwiches

Servings: 4  |  Preparation Time: 40 min.

- 8 chocolate wafers
- 1 Weight Watchers® Giant Chocolate Fudge Bar
- 1 Tbsp unsalted creamy peanut butter
- 1 Tbsp peanuts, chopped

• Allow Weight Watchers® Giant Chocolate Fudge Bar to soften slightly and combine with peanut butter and salted peanuts.
• Return to freezer to set for about 30 minutes.
• Divide evenly across 4 wafer cookies and sandwich with remaining 4 cookies.
• Keep in the freezer until ready to serve.

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