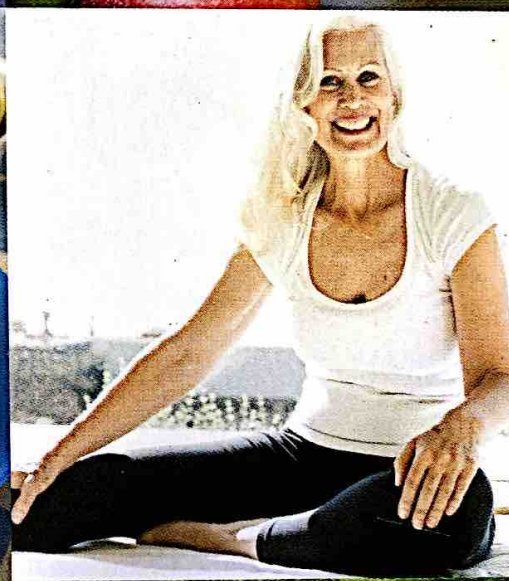
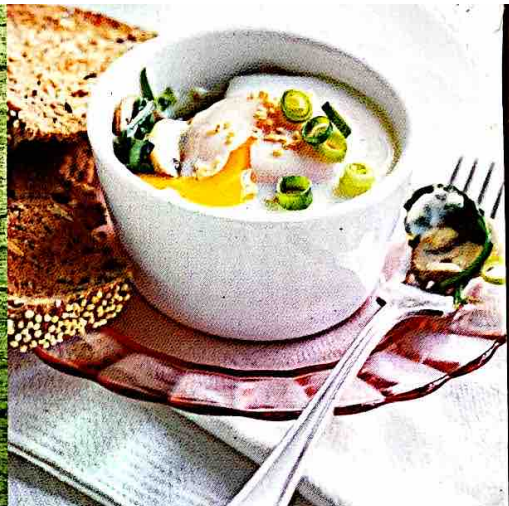


WW
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weightwatchers
YOUR WAY
Food • Fit • Feel

Food

Introducing SmartPoints™

FOOD is about falling in love with real food again. What we eat is at the heart of life, so we coach you on building a positive and lasting relationship with food. We will guide you towards food choices that are full of flavour, fuel your body and fill you up. Our unique **SmartPoints™** Plan reflects the latest in nutrition science, nudging you towards nutritious foods that are lower in sugar and saturated fat and higher in protein. The best bit is nothing's off limits, because **enjoying food with people you love matters. Together we'll set goals, and your Coach will help you hit them so you lose kilos, not your lifestyle.**

Why are we changing the plan?

When **ProPoints™** launched in 2011, it was based on the latest in nutrition science. Today, we're taking that knowledge to the next level by providing a simple, modern approach to weight management. This approach is designed to fit better with your lifestyle and change your relationship with food for good.



HOW DO I FIND SMARTPOINTS™?

The easiest way is with our online **SmartPoints™** Tracker or the Weight Watchers app. You can also use the **SmartPoints™** Calculator available at www.weightwatchers.com.au or www.weightwatchers.co.nz.

Want a non-tech option? The **SHOP** and **EAT OUT** guides and our hand-held **SmartPoints™** Calculator were made with you in mind. Purchase these items from your Coach or the Online Shop on our website.

HERE'S HOW IT WORKS

On the **SmartPoints™** Plan, every food is assigned its own **SmartPoints™** value. This value is an easy-to-use number that's based on four components: **kilojoules, sugar, saturated fat and protein**. You can find this information on the nutrition label on food packaging.

- Kilojoules establish the baseline **SmartPoints™** of a food.
- Protein **lowers** the **SmartPoints™**.
- Sugar and saturated fat **increase** the **SmartPoints™**.

For example, on the **ProPoints™** Plan, a ¼ cup serving of wholemeal boiled pasta and a 375ml can of soft drink both had the same **ProPoints™** value. Clearly the pasta is a more nutritious and satisfying choice, and **SmartPoints™** recognises that difference. Take a look.

For 10 SmartPoints™ you can choose:

THIS...



Soft drink
1 can
(375ml)

=

OR ALL OF THIS!



Wholemeal
boiled pasta
¼ cup (110g)



Mixed salad
leaves
1 cup

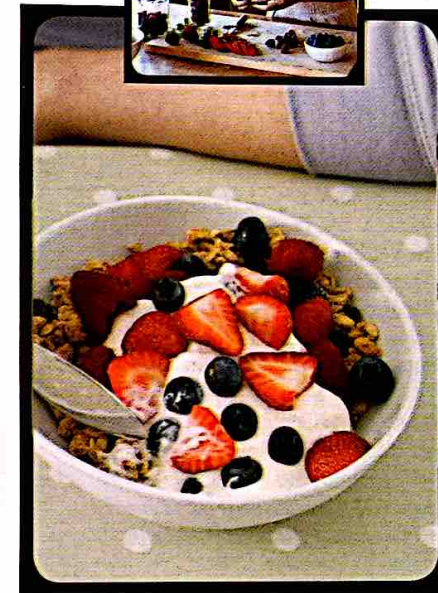


Tomato pasta
sauce
⅓ cup (85g)

+



Red wine
1 glass
(150ml)



Build your own dinner

Choose your favourite foods to construct a delicious dinner. You can choose any combination you like. Prepare them the way you want, then add up the **SmartPoints™** value of each item to get the total for the meal. Don't forget to track!



½ cup (127g) cooked polenta
4 SmartPoints™



½ cup (100g) boiled basmati rice
3 SmartPoints™



½ cup (100g) green lentils (cooked)
2 SmartPoints™



1 serve (100g) potato mash made with milk
2 SmartPoints™



½ cup (133g) cooked burghul
3 SmartPoints™



½ cup (85g) boiled brown rice
4 SmartPoints™



1 cup (148g) cooked wholemeal pasta
5 SmartPoints™



½ cup (125g) canned cannellini beans
3 SmartPoints™



1 ling fish fillet, cooked (150g)
1 SmartPoints™



1 medium (150g) pork loin steak, lean, grilled
3 SmartPoints™



1 medium (150g) chicken breast, skinless, grilled



1 medium (100g) salmon steak, skinless, grilled
5 SmartPoints™



1 small (125g) lean beef rump steak, grilled
3 SmartPoints™



1 medium (120g) tuna steak, grilled, with lime wedges
2 SmartPoints™



3 frenched, trimmed (87g) lamb cutlets, grilled
4 SmartPoints™



125g plain firm tofu, marinated in 1 tbs sweet chilli
6 SmartPoints™



1 cup steamed broccoli and cauliflower
0 SmartPoints™



1 cup stir-fry vegetables
0 SmartPoints™



1 medium serve (125g) low-fat potato wedges, baked until golden
3 SmartPoints™



½ cup steamed or boiled mixed vegetables
1 SmartPoints™



Pumpkin wedge baked without oil
0 SmartPoints™



½ cup boiled or steamed peas
1 SmartPoints™



½ cup (80g) cooked corn
2 SmartPoints™



Wilted spinach leaves
0 SmartPoints™



1 cup zucchini, grilled (without oil)
0 SmartPoints™



1 cup steamed green beans
0 SmartPoints™



Capsicum, roasted without oil
0 SmartPoints™



1 cup of mixed salad leaves
0 SmartPoints™



2 tbs tzatziki
1 SmartPoints™



2 tsp pesto
1 SmartPoints™



1 tbs Dijon mustard
1 SmartPoints™



1 tbs tomato relish
1 SmartPoints™



1 tbs grated parmesan
1 SmartPoints™



½ cup gravy (made from powder)
1 SmartPoints™



1 tsp olive oil
1 SmartPoints™



1 tbs hummus
1 SmartPoints™



150ml glass of red wine
4 SmartPoints™



1 cup (250ml) herbal tea
0 SmartPoints™



1 bottle (375ml) draught beer
4 SmartPoints™



1 medium glass (250ml) diet or sugar-free cola
0 SmartPoints™



Get moving!

We know that exercise is good for us. It lifts mood, tones our bodies, prevents disease and can even help control appetite.

Finding the motivation to get moving can sometimes be tricky, especially in the early days. Getting motivated can be as simple as removing your barriers to exercise or making a plan.

There are three easy things you can do to get moving. Each of these will get you on track to reaching your

FitPoints™ goal, as well as helping you lose weight, feel good and look great. It's up to you whether you start working on one, or all three at once. The main thing is that you **START**. Just get in there and take the first step. Sometimes that's all you need to get going.

1 Get off your chair

We all love a good sit down. It's one of the things we do at the end of a hard day's work. But health experts have discovered that sitting is the new smoking. According to research, it's estimated that every hour we spend sitting watching TV cuts 22 minutes from our lifespan.

It's time to rebel against sitting by making a stand! Take every opportunity to stand up during the day. The best part is that when you stand up, you can burn up to 19 per cent more energy compared to sitting, and that's not even moving around. It's such an easy way to boost your metabolism.

EASY WAYS TO GET MORE TIME ON YOUR FEET

- **Keep a small glass** of water on your desk instead of a 1 litre water bottle. You'll have to get up more frequently to fill it up, and when you drink more water, you'll need to walk to the bathroom more often, too.
- **Stand up** to fold the washing in front of the TV and do the dishes during ad breaks.
- **Give up your seat** on buses and trains. Balancing around corners really engages your core.
- **Pace instead** of sitting while you're talking on the phone.



2 Move more

Walking 10,000 steps per day is what's recommended as the minimum daily activity goal for a healthy adult. Here's a breakdown of step counts and what they mean. Which category do you sit in?

Less than 5000 steps
= *sedentary*

5000 - 7499 steps
= *low activity*

7500 - 9999 steps
= *somewhat active*

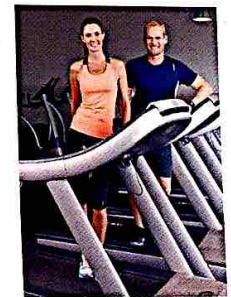
More than 10,000 steps
= *active*

More than 12,500 steps
= *very active*

10,000 pedometer steps equates to walking about 8km, or for an hour and 40 minutes throughout the day. If you find your daily step count needs a boost, gradually increase your activity each week. Everything counts and you'll be surprised how quickly your daily step count increases.

3 Plan something

As well as keeping off your chair and moving around more, at some point it's a good idea to add in some planned exercise. This can be playing sport with your kids or friends, going to the gym, doing a workout at home or going to a dance class. Increasing your daily movement is great, but adding in planned exercise is what's really going to give you the extra health, weight loss and mood-lifting benefits. It will also give you a stronger, more toned body.



If you're ready to add planned exercise and want some more ideas, visit the online fitness section of the Weight Watchers website. Our qualified trainers, Martha and Neil, will guide you with fitness plans and exercises to suit you and your fitness level.

Looking after yourself YOUR WAY

There's more to achieving successful weight loss than eating smart and exercising. **Taking care of yourself and FEELing good matters, too.**

For one thing, it makes **sticking to the Program easier.** For another, it just **FEELS good.** We've already mentioned the importance of putting yourself first, so let's look at eight other ways you can invest in yourself.

1 Be mindful

In this complex world, we tend to dwell on the past and fret about the future. As a consequence, we don't experience what's right in front of us, including the food we eat. Ever sat in front of the TV with a packet of Tim Tams intending to eat just one and ended up devouring the whole lot? You probably can't remember how they tasted, either.

Practising mindfulness, or being in the moment, helps us fully experience flavours and sensations, and allows us to immerse



ourselves in life's adventures. The concept applies to everything in life, but being mindful of what we eat is a great place to start. Here are three mindful eating tips for you to try.

- **Find focus** It's hard to give your food the attention it deserves when you're juggling a million things at once. Give up multi-tasking at meal times and look for a place free of distraction. Make enjoying your food your main focus.



- **Shift out of autopilot** Enjoy the process of eating. Going through the motions not only takes the joy out of eating, but you're more likely to eat more than you think. Sit down to eat at a table with nice

cutlery, use special plates or light a candle to set the scene.

- **Take mindful bites** Savour every bite from start to finish. Notice the smell, how it looks, the texture and the flavours as you chew and swallow.



2 Find ways of coping other than food

If you're feeling sad, eating will not make you happy. Emotions make you hungry for something. **But it's not food.**

Honest. Do you reach for chocolate, chips, ice-cream or a glass of wine and think that you're being nice to yourself? Perhaps you think you're treating yourself? Truthfully, it's the exact opposite. You deserve better than that.

If you're feeling sad, lonely or bored, eating won't take away that feeling, at least not for the long-term. The empty feeling in your stomach at times like this has nothing to do with food, **and there are much better ways to feed that emptiness.**

We've got three ideas for you here. Each one of them is better, and much more comforting, than reaching for a high **SmartPoints™** value snack could ever be.

- **Read a book or lose yourself** in your favourite magazine. We're particularly partial to *Weight Watchers* magazine. Can't think why?
- **Contact a friend** A good catch-up will boost your mood, make you smile and distract you from any mindless munching.
- **Go for a walk** 10 minutes, that's all it takes. Those endorphins will give you an instant lift. Trust us, it works.