



# IT'S SPRING!

**Finally... the days are getting longer, sweaters are being replaced by tees, and the fragrance of blooming flowers and fresh-cut grass is filling the air. Yes, spring is here, and it's about time!**

**So what can you do to rev up your weight-loss efforts this season? Weight Watchers® offers a basketful of suggestions!**



## Join a gym

Did you hibernate for most of the winter? Well, it's time to get out and start flexing those muscles. Today, gyms are more like sporting arenas than sweat tanks! Try kick boxing, bicycling, even karate! Looking for companionship? Ask a friend to join with you. It's a great way to socialize while getting in shape for beach weather.



## Shop till you drop!

Find out about the latest fashion trends this season by perusing the mall or leafing through catalogs. Did you lose a few pounds over the winter? Buy a new outfit to show it off. Are you just starting out? Pick something fun to wear and use it as your gauge for checking out how well you're doing as the season progresses. The better you look, the better you'll feel. And the better you feel, the more likely you'll stick to your eating plan.



## Plant a victory garden

There's nothing more delicious than fresh, home-grown produce, and there's nothing more satisfying than enjoying the fruits of your own labor. Seed catalogs are widely available at this time of year, so get started now. Your efforts today can help keep you successful later. And gardening is great exercise!



## Try a new food

The marketplace is overflowing with new products just about every week, and with the growing focus on eating healthy, lots of them are perfect for the weight-conscious. Make it a habit to read food labels and you'll make the wisest choices. Look for foods that are low in calories for their portion size and ones with the fewest calories coming from fat. Want to stay satisfied longer? Check out the protein and fiber content. Foods high in fiber such as whole-grain cereals, fresh fruits, and veggies, and those rich in protein like bean-based soups and low-fat cheese are all good choices.



## Drink to your health

With water, that is! Not a big fan of plain H<sub>2</sub>O? Try sprinkling in some low-calorie lemonade or iced tea mix. They now come in individual packets that are just the right size to add to a water bottle, so there's no excuse not to get all your water in! You can easily carry them in your pocket so every time you pick up a bottle of water you can have a different flavor treat!



## Try something new!

There's a wonderful excitement when you do something new. It can help keep your spirits up and your mind on the positive. And keeping a positive outlook is a sure-fire way to help in your weight-loss efforts. Get tickets to a hot new show or concert. Buy the latest hard-cover novel. Try a new hair style. Change your fragrance. It's spring! Enjoy the new season! Celebrate the new you!



## Make a commitment

Where do you want to be in your weight-loss efforts by summer? By fall? By the holidays? Set some realistic goals and write them down. Post them where you'll be able to see them periodically. They can be a great motivator as you start approaching them.