# FALL INTO WEIGHT-LOSS ACTION!

**This fall, harvest some great weight-loss tips with the help of Weight Watchers®**

## Seasons change – so do food choices

With the change of season, autumn food selections are now filling the marketplace, so be sure to include them in your menus. How do you know what's available? Check supermarket circulars - abundant items will certainly be advertised. Remember that as the weather cools down, you might crave heartier foods, so take that into consideration as you plan your week's meals. Cook big batches of soup, chili, and stew on the weekends, and freeze for easy meal preparation on weeknights. For new seasonal recipes, go to a favorite magazine or website – it will be loaded with just what you're looking for. (Remember to keep your food plan guidelines in mind so you pick recipes that fit the bill.)

## Enjoy the season

Fall is a great time to get outside and earn activity ***POINTS***® values. Take advantage of the beautiful weather by scheduling special outings on weekends. Try apple or pumpkin picking, hiking or bicycling, or long walks in the crisp cool air while enjoying the colorful fall foliage. And while the days are still long, set aside the morning for a mini-workout. On workdays, set your alarm clock 10 minutes earlier than you usually do and use the time to energize your system. March in place to lively music, climb stairs, or do jumping jacks. Before you leave the house, clip on a pedometer and aim for taking 10,000 steps per day, as health experts suggest. Check it periodically throughout the day and don't take it off till you reach your goal.

## Become classy!

Do you get those "continuing education" brochures from your local high school, Y, or library in the mail each fall? What a great opportunity to try something new! And after a long day's work, a fun class might be just what you need to energize yourself. Register for a foreign language or flower arranging course. Or to earn some activity ***POINTS*** values, take a yoga or aerobics class or try golf or tennis. And a healthy cooking course might be just the thing to spark up your menus and enhance your weight-loss efforts. You'll have fun, meet new people, and maybe discover a new and exciting pastime.

## Plan ahead

It's never too soon to begin planning for the upcoming holiday season, and planning doesn't only mean shopping. Think of where you want to be in your weight-loss efforts by year's end and make a commitment now. Attend Weight Watchers meetings or subscribe online. Start an exercise regime or add more activity to your day – an additional 10 minutes daily will add up down the road. Focus on your meals and try some new recipes to help keep you motivated. By doing it now you'll be well on your way to weight-loss success – and be less stressed – as the holidays approach.

## Be a savvy snacker

As your time indoors grows longer, you may find the urge to snack becomes more frequent. Don't simply give in to the urge - you might actually be bored and not hungry. Instead of eating, call a friend, go for a walk, do something to distract you from thoughts of food. Chances are, the urge will subside. But for those times that it is actually hunger, keep healthy low ***POINTS*** value snacks on hand and include them in your daily menu plans. Try 94% fat-free microwave popcorn, crudités and hummus, small packages of almonds, trail mix…whatever you know satisfies you. Don't count on the office vending machine – keep a stock of planned snack foods available at work to help avoid temptation. Remember – although fall is a season of change, don't let it change your weight-loss resolve.

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