

Fit some fitness *into your day*

A big part of Weight Watchers is finding ways to weave healthy habits into your day - like exercise and taking care of yourself. Choose only those activities that you really want to do. You'll find they'll be easier to stick with — and you'll have results that stick around.



Walk This Way

- Wear sneakers or hiking boots and move like you mean it; don't just stroll along.
- Stash your gear in a backpack, so the load is balanced and your arms are free to swing.
- Pick the route with the fewest stoplights so you can keep a steady pace without having to stop too often.
- Banish excuses. (Remember, consistency is key.) If it's cold out, wear several light layers that you can peel off as you warm up. If it's hot, bring an icy-cold water bottle along, and let it double as a neck and forehead cooler.
- Aim to go a little further every day.

Like to Bike?

- Plan alternate routes to vary the scenery.
- Start off wearing comfortable, casual clothes and sneakers at home, then change at the office.
- Keep antibacterial wipes at your desk for a quick clean up.
- Use a lightweight mountain or hybrid bike. You don't need a fancy road bike to get to and from work.
- Add an extra 10 minutes to your ride home - there's no clock to punch.



Best Office Bets

- Tighten your abs, hold for 10 seconds, then release.
- March in place if you're talking on the phone.
- Lift your arms overhead and slowly and gently s-t-r-e-t-c-h.
- Get up and walk around briskly at least once an hour.
- Round up a group of office buddies for a daily lunchtime walk.
- Ask decision makers at your office to sponsor weekly yoga or toning sessions.



Make your workdays healthier. Ask your benefits administrator about Weight Watchers in your workplace.

