



NEW YEAR, new yo

Make your resolution come true with this exclusive three-part weight-loss plan from Weight Watchers!

Is losing weight and shaping up one of your New Year's resolutions? If so, you're not alone! Don't worry – this exclusive three-part plan, complete with menu plan, exercise guide and motivational advice, could see you lose 8kg by the end of summer!

It's all thanks to the Weight Watchers POINTS system. The POINTS plan takes the guesswork out of how much you should be eating. Follow our seven-day guide and you'll be eating a wide variety of delicious foods low in saturated fat and kilojoules.

The menu plan is very balanced – and you'll be amazed that you can eat so well and yet create an "energy deficit", in which you burn more energy than you consume.

This plan can be followed by people wishing to lose a significant amount of weight or by those who have simply overindulged over the festive season.

Depending on the amount of weight you have to lose, and how much exercise you do, you could lose 0.5kg to 1kg per week.

Our exercise plan will get you off the couch. It will work your heart, burn fat and get you fitter, with some easy resistance training and lifestyle changes. And when combined with our motivation guide, there's no better way to start 2008.

Easy exercise GUIDE

Getting fit is simpler than you imagined, thanks to this one-week beginners' plan

Our exercise plan, designed for Take 5 by Weight Watchers fitness expert Martha Lourey-Bird, is based on a combination of the three most important types of exercise.

First comes cardiovascular exercise, followed by resistance training to work muscles, then incidental exercise.

The cardio exercises – eg, brisk walking and swimming – help burn kilojoules fast, while resistance training – eg, lifting weights and doing toning exercises such as easy squats – helps to firm your muscles. Meanwhile, incidental activities, such as walking to get the weekend paper, establishes better lifestyle habits.



Here's how the plan works

MONDAY: Cardio day

TUESDAY: Resistance day, upper body

WEDNESDAY: Fun day

THURSDAY: Cardio day

FRIDAY: Resistance day, lower body

SATURDAY: Fun day

SUNDAY: Rest day

CARDIO DAY: Perform a cardiovascular exercise of your choice – eg, brisk walking, swimming, jogging, riding on a stationary bike or bike riding – for 20 mins, either continuously, in bouts of 5 mins or through more incidental activity.

RESISTANCE DAY: Try doing five different exercises for either the upper or lower body and repeat them if you can. Exercises to try include:

UPPER BODY: bicep curls – if you don't have light hand weights, you could use bottles of water. Do some push-ups onto the kitchen bench. Try tricep dips using a chair. Also increase your incidental exercise by carrying some groceries, lifting the kids, pushing a pram uphill or pushing kids on a swing, etc.

LOWER BODY: lunges onto a step, squats as if you were sitting onto a chair, stair climbing, step-ups, toe taps while cleaning your teeth, heel raises as you send a text, etc.

FUN DAY: Choose an enjoyable activity such as rollerblading, ice skating, playing with the kids, dancing, a scenic bike ride, social soccer, shooting hoops, running with the dog, a belly dancing class, swimming in the ocean, etc.

REST DAY: Enjoy your well-earned rest and reward your body with a sleep-in, soak in a warm bath, some relaxing stretches, a pedicure or even a massage. Well done!



Take 5
Wednesday 9/1/2008
Page: 20
Section: General News
Region: National Circulation: 260,091
Type: Magazines Lifestyle
Size: 2,188.71 sq.cms.
Published: --W----

Brief: WEIGHT_MNT
Page 2 of 4



u!

TIME TO GET motivated

Staying focused can be challenging when you start a weight-loss program. The key to setting yourself up for success is in understanding that you need to work through the three key stages of motivation.

STAGE 1 Overcoming discomfort
Getting started can be the tough part. Eating differently and moving more can feel uncomfortable both physically and mentally. Get through this stage as quickly as possible.

HANDY HINTS:

- Exercise with a friend.
- Start small – plan short-term goals like aiming to lose 10 per cent of your weight as your first goal.
- Reward yourself with some non-food rewards, eg, massage, yoga or a bubble bath.
- Keep a diary of your food and movement – it's great to look back and check where you may have gone wrong or right!

STAGE 2 Let's get physical
This is the exciting part! You start to see and feel the difference and others start to comment. Unfortunately, some people drop out at this stage so it's important to stay focused and keep rewarding yourself for your success, while also staying on track. Don't give up before the miracle!

IMPROVEMENTS IN THIS STAGE ARE:

- Weight loss
- More energy and vitality
- Feeling better, looking better
- Better quality sleep
- Less prone to sickness

STAGE 3 A positive outlook
This is the stage of ongoing success. You have made healthy eating and moving more a part of your lifestyle because you enjoy it. You have all the physical benefits but now you are feeling better mentally.

SOME IMPROVEMENTS INCLUDE:

- Sense of achievement
- Greater self-worth and self-esteem
- Feeling happier and more positive
- Better ability to handle stress and relax

Turn the page for your exclusive Weight Watchers seven-day meal plan!

Take 5 21



YOUR new you MENU PLAN

This exclusive Weight Watchers-designed seven-day guide will see you shedding kilos

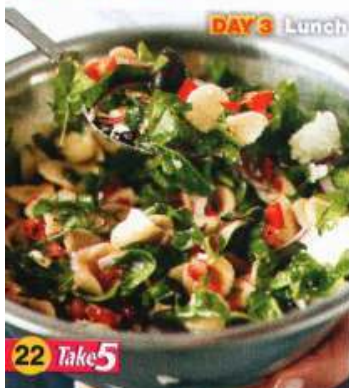
DAY 1

BREAKFAST Scrambled Eggs on Toast. 2 eggs (3 points) scrambled in a non-stick frying pan over low heat with 2 tsp skim milk (0). Serve over 2 slices wholegrain bread (2), toasted, and ½ tomato (0), sliced. 1 skim-milk cappuccino (1)
POINTS VALUE: 6

LUNCH Turkey, Cranberry & Cottage Cheese Wrap. 1 medium wholemeal Lebanese bread (3), 1 tbsp cranberry sauce (½), 2 tbsp Weight Watchers Cottage Cheese (½), 1 serve lean deli-cut turkey (1), ½ cup baby spinach (0), ½ cup grated carrot (0)
POINTS VALUE: 5

DINNER Coriander & Lemongrass Fish & Chips. 1 large potato (1½), washed, sliced into chip shapes, toss in 1 tsp olive oil (1). Bake in oven for 40 mins. 200g white fish fillet (2½). Place on foil, spread with 1 tbsp Gourmet Garden Coriander Herb Blend (½), 1 tbsp Gourmet Garden Lemongrass Herb Blend (½). Wrap with the foil and bake in oven for 15 minutes or until cooked, serve with 1 cup mixed salad leaves (0)
POINTS VALUE: 6

SNACKS/TREATS
● ½ cup skim milk for tea/coffee (½) ● 1 medium apricot (½)
● 1 medium nectarine (½) ● 2 tsp sunflower seeds (½) ● 1 tub Nestlé Diet Crème Caramel (1)
POINTS VALUE: 3



DAY 2

BREAKFAST Berry Trifle. 50g natural muesli (2½), 200g tub Nestlé Diet Yogurt (1), ½ cup mixed berries (½)
POINTS VALUE: 4

LUNCH Tuna & Avocado Roll with Lime Mayonnaise. 1 round bread roll (2), 95g can Weight Watchers Tuna in Springwater (1), drained, 2 tbsp avocado (2), 1 tbsp fresh coriander (0), 1 cup lettuce leaves (0), 1 tbsp Weight Watchers mayonnaise (½), mixed with ½ tsp minced garlic (0) and 1 tsp lime juice (0)
POINTS VALUE: 5 ½

DINNER Oyster Beef Noodles. 120g lean beef steak (3), sliced. Stir-fry with 2 tbsp oyster sauce (0), ½ cup green beans (0), sliced, ½ cup broccoli, ½ cup mushrooms (0), sliced. Serve with 100g prepared hokkien noodles (2½). Finish with 1 mini-tub Weight Watchers Cookies and Cream Ice-Cream (1½)
POINTS VALUE: 7

SNACKS/TREATS
● ½ cup skim milk for tea/coffee (½) ● 2 fresh dates (½) ● 1 small mango (1½) ● 2 cups air-popped popcorn (½) ● 5 rice crackers (½) with 1 tbsp tomato salsa (0)
POINTS VALUE: 3 ½

DAY 3

BREAKFAST Avocado & Tomato on Toast. 2 slices wholegrain bread (2), spread with ½ avocado (2½), sliced, 1 tomato (0), sliced, 2 tbsp Weight Watchers Cottage Cheese (½)
POINTS VALUE: 5

LUNCH Pasta with Fresh Tomato, Olives & Ricotta. 50g fresh pasta (2½) cooked. Combine with 1 vine-ripened tomato (0), finely chopped, 1 tsp baby capers (0), ¼ red onion (0), finely sliced, 1 tsp olive oil (1), ½ cup fresh basil leaves (0), shredded, 1 cup rocket (0), chopped, 50g low-fat ricotta (½), crumbled, 12 pitted



DAY 2 Breakfast

black olives (1) in brine, drained
POINTS VALUE: 5
DINNER Fish & Olive Couscous. 200g firm white fish fillet (2½), grilled, ½ cup prepared instant couscous (2), 6 green olives in brine (½), pitted, sliced, 1 tsp balsamic vinegar (0), ¼ red onion, sliced (0). Mixed "free" vegetables, eg, tomato, lettuce (0). Finish with 1 cup watermelon (½) and 1 apricot (½)
POINTS VALUE: 6

SNACKS/TREATS
● 1 pear (½) ● ½ punnet strawberries (½) ● 2 Weight Watchers Choc-Chip Cookies (1) ● 8 raw almonds (1) ● 200g tub Nestlé Diet Yogurt (1)
POINTS VALUE: 4

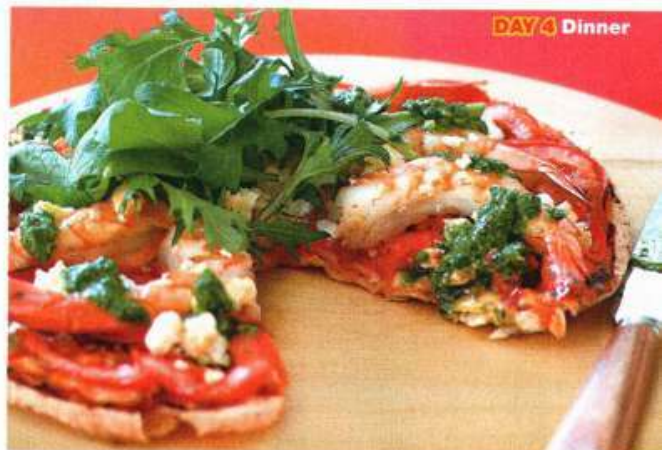
DAY 4

BREAKFAST Wheat Biscuits & Peach. 2 wheat biscuits (1½), topped with ½ cup skim milk (½), 1 medium peach, sliced (½), 2 tbsp low-fat natural yoghurt (½), small skim milk cappuccino (1)
POINTS VALUE: 4

LUNCH Takeaway Sushi. 2 takeaway sushi rolls (no battered filling) (5), 200g tub Nestlé Diet Yogurt (1)
POINTS VALUE: 6

DINNER Prawn, Fetta & Rocket Pizza. 1 small wholemeal pita bread (1) spread with 1 tbsp tomato paste (0). Top with 1 tomato (0), thinly sliced, 75g medium green prawns (1), shelled and de-veined, 25g reduced-fat fetta (2). Bake for 12 minutes or until prawns are cooked. Top with 1 tbsp fresh basil pesto (1½) and ½ cup wild rocket (0). Finish with 1 Weight Watchers Lamington Finger (1)
POINTS VALUE: 6 ½

SNACKS/TREATS
● ½ cup fresh pineapple (½) ● 2 tsp pumpkin seeds (½) ● 2 tbsp mashed avocado (2). Serve with POINTS-free vegetable sticks (carrot, celery, capsicum)
POINTS VALUE: 3



DAY 4 Dinner



Take 5
Wednesday 9/1/2008
Page: 20
Section: General News
Region: National Circulation: 260,091
Type: Magazines Lifestyle
Size: 2,188.71 sq.cms.
Published: --W----

Brief: WEIGHT_MNT
Page 4 of 4



DAY 5
Dinner

DAY 5

BREAKFAST Oats, Blueberries & Mango. 25g natural rolled oats (1½), ½ cup skim milk (½), and 2 tbsp low-fat natural yoghurt (½). Serve with ½ cup blueberries (½), ½ small mango (½), diced, 2 tsp pumpkin seeds (½)
POINTS VALUE: 4

LUNCH Barbecue Chicken & Fetta Salad. 100g barbecue chicken breast (3), skin removed, shredded, ½ cup canned chickpeas (½), rinsed, ½ cup baby rocket leaves (0), 1 tomato (0), diced, ½ cucumber (0), sliced, 25g reduced-fat feta cheese (2), crumbled
POINTS VALUE: 5 ½

DINNER Steak Sandwich. 2 small slices sourdough bread (1), toasted, 130g minute steak (3), pan-fried, 1 egg (1½), fried, 2 tsp Weight Watchers Mayonnaise (0), 1 leaf green oak lettuce (0), ½ tomato (0), sliced, 2 slices canned beetroot (0). Finish with 1 mini Mango and Cream Weiss Bar (1)
POINTS VALUE: 6 ½

SNACKS/TREATS
● ½ cup skim milk for tea/coffee (½) ● 1 medium nectarine (½)
● 10 raw hazelnuts (1½)
● 2 Weight Watchers Cookies (1)
POINTS VALUE: 3 ½

DAY 6

BREAKFAST Bacon, Spinach & Egg Toasted Sandwich. 2 slices multigrain bread (2),

TWO EASY PLANS Weight Watchers offers two eating plans to suit your lifestyle. The **POINTS** Plan lets you count food points to a total number each day, while the **CORE** plan allows you to eat freely from a list of selected foods. The Weight Watchers program is not just about eating right but also includes exercise and positive thinking to help you towards your goal. If you would like to find out more about Weight Watchers, visit www.weightwatchers.com.au or call 1300 880 053. This menu is based on a 20 points per day plan and is NOT designed to be repeated over a number of weeks.

toasted, 3 slices Weight Watchers Bacon (½), fried, 1 egg (1½), fried, 1 tbsp tomato salsa (0), ½ cup baby spinach leaves (0)
POINTS VALUE: 4

LUNCH Chicken & Alfalfa Sandwich. 2 slices dark rye bread (3). Top with 2 tsp seeded mustard (0), 1 tbsp Weight Watchers Cottage Cheese (½), 30g Weight Watchers Chicken



DAY 6
Breakfast

(½), ½ cup alfalfa sprouts (0), ½ tomato (0), sliced, 1 peach (½)
POINTS VALUE: 4 ½

DINNER Beef Skewers on Rice. 140g lean beef fillet (3), cubed, mixed "free" vegetables such as onion, zucchini, capsicum (0), cubed, 1 tbsp soy sauce (0), ¾ cup cooked basmati rice (2½), mixed "free" vegetables (0)
POINTS VALUE: 5 ½

SNACKS/TREATS
● 1 Weight Watchers Fruit Jelly



DAILY FLUID GUIDELINES

You must drink at least eight glasses of fluid each day. Plain water should make up half of your intake. Milk and caffeine-free, sugar-free beverages can make up the rest.

tub (0) ● 1 tbsp low-fat hummus (½), serve with POINTS-free vegetable sticks (carrot, celery, capsicum) (0) ● 1 small mango (1½) ● 8 raw almonds (1)
POINTS VALUE: 3

DAY 7

BREAKFAST Crumpets with Ricotta & Honey. 2 crumpets (2), toasted, 2 tbsp low-fat ricotta (½), 1 tbsp honey (1), 1 Weight Watchers Fruit Snack tub (½)
POINTS VALUE: 4

LUNCH Stuffed Salmon Potato. 1 large potato (1½), 1 can Weight Watchers Pink Salmon (2), drained, 30g Weight Watchers Grated Tasty Cheese (2½), mixed "free" salad vegetables (0)
POINTS VALUE: 6

DINNER Cajun Grilled Chicken with Cucumber Salsa. 140g chicken breast fillet (3), skin removed. Sprinkle with 1 tsp olive oil (1) and 1 tsp Cajun spice mixture (0). Char-grill. To make salsa, combine ½ Lebanese cucumber (0), finely diced, ¼ red onion (0), finely diced, ½ tbsp mint (0), chopped. Serve with 120g Weight Watchers Oven Wedges (2), dry roasted, ½ lemon (0). Finish with ½ cup fresh pineapple (½), 2 tbsp low-fat natural yoghurt (½)
POINTS VALUE: 7

SNACKS/TREATS
● 1 apricot (½) ● 1 mini Mango and Cream Weiss Bar (1) ● ½ cup cherries (1) ● 5 rice crackers (½) with 1 tbsp tomato salsa (0)
POINTS VALUE: 3



DAY 7
Dinner



WIN

Here's your chance to win great prizes from Weight Watchers! All you have to do is tell us in 25 words or less why you want a new, slimmer and fitter you for the New Year and you'll be in the running to win one of these amazing prizes to help you shape up in 2008.

We've got 10 amazing Weight Watchers hampers valued at more than \$340 each to give away, plus there are 20 runners-up prizes, worth over \$50 each. The hampers include a set of scales, a pedometer, free Weight Watchers registration, a cookbook, exercise DVD and delicious Weight Watchers products.

The runners-up prizes are free Weight Watchers registration, plus a *Meals in Minutes* cookbook. Entries close last mail received Friday, January 18, so get moving! For full terms and conditions, visit www.take5terms.magshop.com.au

SEND COUPON TO Take 5 Weight Watchers giveaway, PO BOX 465, Eastern Suburbs MC, NSW 2004

Name: _____

Address: _____

Daytime telephone number: _____

Tell us why you'd like a slimmer and fitter new you for the New Year (in 25 words or less): _____

