April Newsletter

Spring brings many more reasons to begin a new lifestyle. But where do you start? This month learn why meetings matter and how not going in alone will help change your life.

Success Story

Better Together

As told to Terri Stansell, Newsletter Contributor and Meeting Leader

It is said that things are better when shared with others and for Peggy, Megan, and Cindy, it’s true. Peggy, mom to Megan and Cindy, joined Weight Watchers first. Peggy walked through the door of her meeting because she was at a point in her life where she was not feeling well, physically or emotionally.

None of the clothes she liked fit and she realized that time was not standing still. It was not her first attempt, but this time she was determined to make it work.

After seeing her Mom’s success, Megan decided to give Weight Watchers another try. Megan had recently given birth to her third child and wanted to feel healthy. She had struggled with her weight since childhood and had put on weight before this third pregnancy. She wanted to make a change, feel good about herself, and be able to take care of herself and her family.

Cindy was the last to join. She had recently given birth to her fourth child. Her older daughters were becoming aware of body image and had asked Cindy why she still looked pregnant. That hit Cindy...it hurt. Seeing the success that her sister was having at Weight Watchers inspired Cindy. So, Cindy joined her mother and sister at the Weight Watchers meeting.
They found working on a healthier lifestyle together has benefits. Here’s some of the many reasons doing it together has worked for this trio:

- It’s easier together. They cheer each other on. When one is weak, the other two reach out with support, encouragement and accountability.
- They have a built-in support system that is judgment free, helping each other get back on track in a supportive way that is not critical.
- Family gatherings and dinners have become less stressful and a lot healthier. Recently, they all gathered for a St Patrick’s Day themed family meal. In previous years, the green foods were not naturally green. This year their meal consisted of green foods and healthier choices—roasted asparagus, roasted brussels sprouts, grilled zucchini, salad and grilled chicken. No one missed the old foods.

Peggy, Megan and Cindy love the Beyond the Scale plan. Megan loves that this plan is real life and allows for life events, she plans for the splurges, then weighs in and moves on.

For Peggy, when life gets stressful and busy, she breaks it down, taking it one day at a time, sometimes 1 hour at a time. All three women view the plan as healthy plan for the rest of their lives. They love that the focus is not just on the number on the scale, yes there is a goal, but it is about more than that.

For all three of them, meetings are key to helping them achieve success. Peggy said that in the past she would go to weigh in and then leave, not staying for the meetings. Now, Peggy has found that meeting to be important and attends almost every week. She finds support in the meetings, not just from the staff, but from the members too. It’s a community of people with similar goals. Listening to other members gives her motivation to keep focusing on the healthier future she sees for herself and compassion for others on the similar journey.

Megan finds that the meetings give her tools she needs, with topics that help her to change the way she does things and the way she thinks, shifting her mindset.

Cindy found a recent meeting about “worth it” food, had her re-evaluating after a night time eating splurge and realizing that the Cheerios were not as “worth it” as something else might have been for those same SmartPoints®.

Since Joining

Peggy has lost 43lbs and is working toward her goal. Peggy says her weight loss is slow but the time is going to pass anyway so “I am already in this, I am going to finish this.”

Megan is down 20lbs and working toward her goal weight. She is feeling better, inside and out. Her anchor has become her belief that she is worth it, worth the effort and her family is worth the effort it takes.

Cindy reached her goal weight, having lost 20lbs and is now on maintenance. She feels healthier and really feels it on the inside. Some of her biggest realizations are finding that she does not have to put her life on hold—that traveling, raising kids and living life are all possible while losing weight and maintaining the weight loss. She plans to succeed, which helps her to find that the balance between life and good health habits, without stress and anxiety. This is livable!
Southwestern Slow Cooker Chicken
Servings 6

INGREDIENTS
2 (15 ounce) cans corn, drained
1 (15 ounce) can black beans, rinsed and drained
1 (16 ounce) jar chunky salsa, divided
6 boneless, skinless chicken breast halves
(4 to 5 ounces each)
Southwest seasoning blend (optional)
1 cup low-fat shredded Mexican cheese blend

INSTRUCTIONS
1. Ideal Slow Cooker Size: 4 to 6 Quart
2. Combine the corn, black beans and ½ cup salsa in your slow cooker.
3. Season the chicken well with Southwest seasoning blend or salt and pepper to taste.
4. Add chicken to the slow cooker and top with the remaining salsa.
5. Cover and cook on LOW for 4 to 6 hours or until chicken is fork tender.
6. Sprinkle with cheese. Cover and cook 5 minutes more or until cheese melts

SERVINGS SUGGESTIONS
Turn into a Chipotle-style burrito bowl with rice or cauliflower rice.
Top with any or all of the following: chopped scallions, chopped cilantro, reduced fat sour cream or nonfat plain Greek yogurt, wedges of lime

A Slow Cooker Crowd Pleaser
by Martha McKinnon*, Lifetime Member

To keep your sanity when trying to eat better and lose weight, I think it’s really important to find recipes the whole family will love. Life is too busy and time too precious to spend it cooking multiple meals every day.

That’s what makes this Southwestern Slow Cooker Chicken a winner. Kid-friendly, freezer-friendly, and gluten-free, this quick & easy fix-it and forget-it recipe really delivers.

Turn a few simple ingredients - boneless skinless chicken - and a few standard pantry staples - into a delicious dinner with less than 10 minutes of kitchen prep.

Chicken and salsa are a winning combination and one I turn to regularly when slow cooking. This 5-ingredient variation is one I’ve been making for years. The combination of chicken, corn, black beans and cheese never fails to please. If your family is anything like mine, it’s destined to become a favorite. Enjoy!

*Martha McKinnon is a lifetime WW member committed to balancing her love of food and desire to stay slim while savoring life. Her blog, Simple-Nourished-Living.com, is a popular resource for easy healthy recipes, success stories and weight loss tips to help you eat great and lose weight.

A huge fan of the slow cooker and confessed cookbook addict, when she’s not experimenting in the kitchen, you’ll find her helping beginners over the age of 50 discover the powerful benefits of yoga.
Getting Back on Track
Tips and Tricks

Our amazing leaders and staff at Weight Watchers Arizona have been in your shoes. This month they are sharing tips on how to get back on track. These come from their own experience on the Weight Watchers program and help them overcome every day struggles. Come back each month to get new tips and tricks you can use on your journey.

✔️ I attend a meeting, weigh in and have a mental reboot. – Sarah M, staff

✔️ I go back to basics, even using a paper tracker.
  – Dawn P, staff

✔️ I whine, clean the junk food out of the house and do simply filling. Talking about it at a meeting helps too, makes me feel accountable.
  – Amy C, staff

✔️ I get out my cookbooks, and make something different. It helps me jump back into the game.
  – Niki M, staff

✔️ I say something to myself like, “I had a fight with a bag of candy this weekend and I lost. It’s gone now, so time to reward myself by feeding on good food.” – Joe W, staff