

Super Cheap
Super Foods

Job Making
You Fat?

Motivation
Jump Start

September/October 2009

WeightWatchers®

Feel Good
Do Good

LOSE WEIGHT

Recession-Proof
Your Health

- 10 Dinners, \$10 or less
- Free WALKING Workout
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Get to Know
the Girls **NOW**
BREAST-CANCER SPECIAL

U.S.A. \$3.95



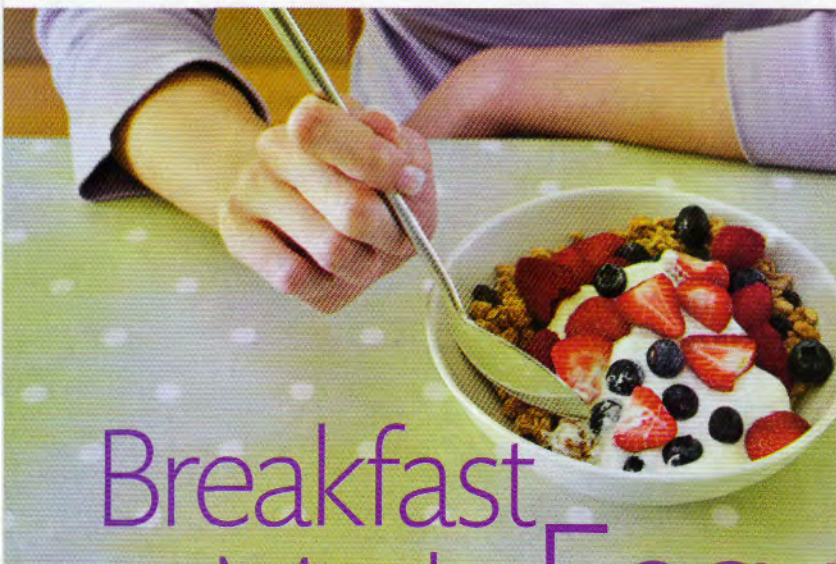
WeightWatchers.com

LOSE
FOR
GOOD

"I realize
how powerful a
cause can be."

Jenny McCarthy
unveils our latest
campaign to fight
hunger, p. 112.

up-front right now



Breakfast Made Easy

Another reason to eat your cereal: **Skipping breakfast may trick your brain into craving higher-calorie foods**, a new study suggests. That's bad news if you're trying to lose weight. To break the breakfast-skipping habit, follow our no-excuses guide:

✿ **"I never have time for breakfast in the morning!"**

Stash a week's worth of breakfast food in your desk at work. A loaf of bread, five apples, and a jar of peanut butter are enough to make a tasty, filling meal every weekday morning.

✿ **"I'm not hungry when I wake up."**

Opt for something light that will still give your body the kick it needs to start the day. Try a mini-parfait made with low-fat Greek yogurt, berries, and whole-grain cereal.

✿ **"I don't like breakfast food."**

Get creative: Make a "pizza" on a whole-grain English muffin using tomato sauce, spinach, and mozzarella; sip soup with a slice of whole-grain bread; or heat up a half-portion of your dinner leftovers.

EXPERT: DAWN JACKSON BLATNER, R.D., SPOKESPERSON FOR THE AMERICAN DIETETIC ASSOCIATION



Bulk Down!

If sweaters are your go-to fall fashion basic, consider these tips for finding the most flattering fit this season:

1 PICK THE RIGHT KNIT Check the labels: Look for cashmere blends and acrylics (known as flat knits); they're naturally more slimming than chunky cable knits or pure wool.

2 LAYER IT Pair a slim-fitting item (like a trim turtleneck) with something bulkier (like a sweater vest) for a more balanced proportion.

3 GO FOR PATTERNS Prints like argyle and houndstooth create an optical illusion, making you appear slimmer; the eye focuses on the pattern, not your tummy.

EXPERT: SALLY CANNON, WWM'S CONTRIBUTING FASHION EDITOR

Need Motivation? Check Your E-mail...

➤ Weekly e-mail reminders to eat well or exercise can have a positive effect on your health habits, according to new research published in the *American Journal of Preventive Medicine*. Study subjects subscribed to a paid e-mail service; try these ideas to get the same effect gratis:

➤ **Program your electronic calendar**

to send you a weekly reminder to hit your local farmers' market.

➤ **Pair up with a friend to send twice-weekly e-mails to cheer each other's weight-loss efforts.**

➤ **Share a specific get-healthy goal** (like eating five veggies a day) with a buddy. Have her remind you via e-mail once a week.

➤ **Sign up for a free e-newsletter, such as Harvard's HealthBeat** (health.harvard.edu)–

or the one at WW.com!