

## Three Weeks On Smart Points: How Did You Do It? (Part 4 of 5)



**You guys! Holy. Cow. You broke my Internet yesterday!**

**In what has got to be one of the coolest moments of my weight loss journey, Weight Watchers shared this blog, and its Facebook page on their Twitter, Instagram and Facebook yesterday. And just as this was happening, I decided I probably needed to pony up the \$18 to buy the website domain, and between that and the traffic to the site, they just could not keep up with your awesome-ness. So you'll find that we are moving to a new website, but we're gonna stop that process until after this crazy week is over!**



I don't know about you, but this week has been hard. There are a lot of people who are very upset about the functionality of the website, the rollout of the plan and several other issues. But you know what? I think a lot of the angst is fear.

Weight Watchers promised us that if we learned the PointsPlus program, we would lose weight. And we did! And now that system is gone, and we are afraid to go it alone. Except we are forgetting one key point: we are not alone! We have each other, and we continue to support and respect one another on our journey. We also still have Weight Watchers and a new and improved program! Just like before, WW is saying "Learn the program and you will lose weight!" And all of the WW leaders and staff, the beta test group and I are living proof that it works! We learned or are learning the program, and we are losing weight. And so will you!

So today, we are going to talk about how to make it work. I could go on and on about how the program works for me, but instead I'm going to give you 10 ideas that work for me, and you can ask questions you have, and I will do my best to answer them. Sound fair?

1. Just like when you were first starting out with WW, I strongly encourage you to take a sharpie marker and go and mark everything in your kitchen. Whether it ends up being 10SP or 0SP, mark it. The act of looking up all of these foods will make you more familiar with the app (and let's hope to gosh it works), but it's also going to show you food values for other items as you're looking.

2. Go through your tracker, and figure out the SP values for everything you ate last week. Again, these are probably food you eat regularly, so knowing their point values is good.

3. Draw up a sample menu for next week and, (you guessed it), look up the point values for every food item and meal you are planning to eat. You can see where you will have to adjust and maybe eat more protein, have fruit instead of granola for a snack, or where you have points left over to enjoy glass of wine! And you can also plan ahead to ensure that you get all of those foods and treats that you really love. *\*Tomorrow I am going to share a weeklong menu plan, and it includes eggplant parmesan, Chinese takeout, steak, pork stirfry, taco salad, three different kinds of breakfast, and room for a cocktail or desserts, too!* 4. Meal prep. My week is a standard Monday through Friday, so I do meal prep for my breakfast and at least half of

my lunches on Sunday. I also bag up snacks, make sure I have enough bottled water for the week. These things help ensure that I have healthy choices readily available to me every day.



5. Treat your "treats" like they are special. Some people love chocolate. Others love cake. Some very fabulous ladies love cosmos! \*Wink wink\* But one of the things that I am learning through BTS is that treats or splurges are not part of every day life. If you want to have a cupcake on the weekend, that's great! Want to glass of wine with dinner? Awesome. But that doesn't mean you have to have one of those items every day. Learning moderation is an important lesson in weight loss.

6. Don't be afraid to experiment! Part of my program is trying out things I have not tried before. I eat a ton of seafood, but I have not eaten a lot of beans, legumes or meatless protein options. I'm going to work falafel into my menu next week. I also want to try quinoa, which I have never made at home. Before WW, I didn't like spicy food, and now include it several times a week. I didn't like squash or carrots before PointsPlus and now I eat both. I am excited to see what new food I will try and love next!

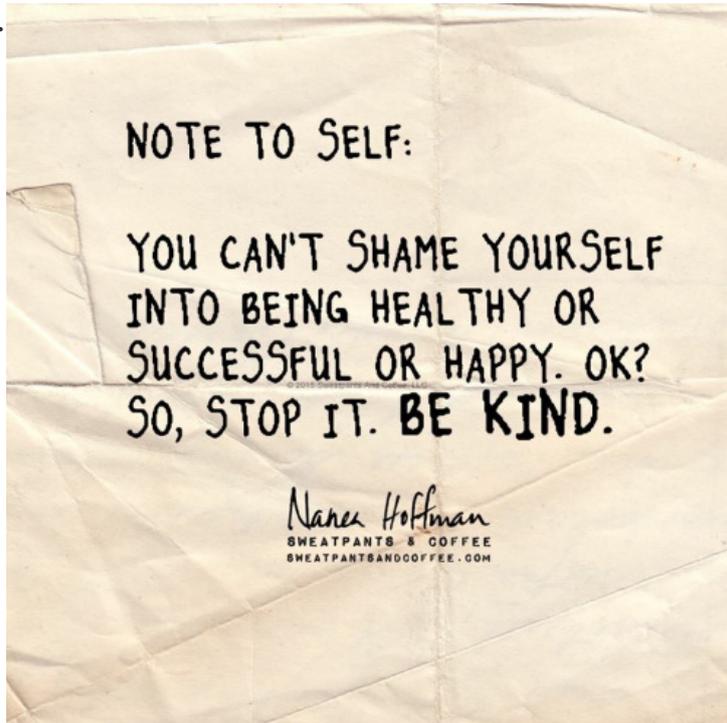
7. Consider alternatives to making your favorite meals more healthy, and more SP-friendly. For example: Instead of a Venti latte, try a Tall latte with a banana. Instead of a whole serving of cookies or cake, try half a serving and some fresh berries. Instead of fruit-flavored yogurt, try plain nonfat Greek yogurt and fresh fruit. Add kale (oh, how I love me some kale), mushrooms and other high-protein veggies to your veggie omelettes, lunches and even snacks!

8. Move your body. I cannot underscore the importance of exercise. I know we're all upset and unsure with the move to FitPoints, but our anxiety isn't healthy and exercise is our best anti-anxiety and anti-depressant! Those endorphins are our best defense against stress eating!

**Food is the  
most abused  
anxiety drug.  
Exercise  
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antidepressant.**

9. Make the program your own. I've decided I'm keeping my Good Healthy Guidelines because the hydration and the healthy oil are good for me. I've also decided to experiment and test out eating the FitPoints I earn over my weekly target. The program works when we work it, so let's make it work for us!

10. Be kind to yourself. Most importantly, each and every day, is encouraging yourself, being kind to yourself and patient with yourself.



You have undertaken a journey to lose weight, get healthy and change some things you don't like about yourself. It's incredibly personal, it leaves us feeling vulnerable, and the best thing we can do to help ourselves is love ourselves. Give yourself time to read and learn the plan. Give your body time to get adjusted. And give yourself a hug from me. You're worth it!



Now, do you have questions I can help with? LMK in the comments or by visiting [Trading Cardio for Cosmos](#) on Facebook!]