



# IT'S FINALLY HERE, SUMMERTIME!

You've waited all year for it to arrive, but summer brings with it some unique weight-loss challenges. To help make this summer your best one yet, Weight Watchers® offers these tried and true tips, especially selected for this fun-in-the-sun season.

## ▶ School's out for summer!

The kids are home and looking for fun things to do, but don't just plan outings for them -- think of how warm weather activities with the kids can add to your weight-loss efforts. Set up a volleyball net in the backyard and arrange neighborhood tournaments. Find the closest water park and partake in all the activities with the kids. If the kids are heading to camp, find one for you as well! Even a weekend away at a local spa can help boost your weight loss and keep you motivated. Have fun and keep moving -- it's summer!

## ▶ Throw another shrimp on the barby!

There's practically no better way to enjoy the summer and keep to your weight-loss regime than to grill your summertime meals. Grilling can be your best bet when the weather is hot and you'd like to keep the stove off limits. But don't limit your grilling to burgers -- try veggies (peppers, mushrooms, onions, zucchini...), firm-fleshed fish and shellfish (salmon, swordfish, shrimp, mussels, clams...), you name it, try to grill it! Go online to find some wonderful low-fat bastes and marinades and you're summertime meals will be the hit of the season.

## ▶ Everyone into the pool!

It hardly seems like exercise, but it is! Whether you have your own pool, your community has one you can go to, or you decide to join a swim club or gym with one, jump right in and have a ball! And don't just use it to cool off this summer -- start walking! Yes, walking in the pool not only can burn calories, it can help tone those legs and abs. In to swimming laps? Great! Try to increase the number of laps you swim each time you go in the water. You'll be amazed how quickly they add up and how wonderful you'll feel each time you surpass the last set. Then, after you're done, feel free to jump onto a relaxing float and enjoy the warm sun and cool water. After all, you deserve it!

## ▶ I scream, you scream!

Summer comes with its own eating specialties, and ice cream probably tops most folks' "must have" list. Aren't we lucky that this yummy treat is no longer taboo for the weight conscious, thanks to the myriad low-fat products available in the marketplace. From cones to bars to sandwiches, there's something for everyone, and in portion-controlled servings! Cool!

## ▶ Drink up!

Staying hydrated is important all year round to keep your body in peak condition, but during hot weather it's especially important. However, not all beverages are created equal. The beverage of choice? Water, of course! But if water isn't your "thing," try to avoid choosing sugared sodas and alcoholic beverages -- they not only offer zero nutritional benefits, they can work against your weight-loss efforts. Instead, try adding a low-calorie powdered flavoring like lemonade or iced tea to an icy cold bottle of spring water for a delicious refresher. And don't wait till you're thirsty -- down some before you feel parched. It can not only cool you off and help keep you going, it might even help curb your appetite!

## ▶ Planning a vacation?

Is summer your time to hit the road? Whether you're planning a trip to a far-off location or just want to get away from the everyday routine, vacations can be challenging to a weight-loss plan. Keep in mind that your best defense is a good offense, so plan your strategy. Find out if the hotel can arrange for a small refrigerator or microwave in your room so you can keep healthy breakfast or snack foods available. When choosing a place to stay, ask if there's a fitness center you can use, or if there's an area where you can take an early morning power walk. Scope out local eateries online that offer a variety of healthy choices -- you'll probably be able to find quite a few nowadays. But if you decide to indulge a bit while you're away, don't let it keep you from your long-term goal! Make a pact with yourself that you'll return to your weight-loss plan as soon as you return home.