

Your expert guide to weight loss and wellness



weightwatchers
reimagined

SUCCESS STORIES

**'Losing 3st
has given me
a zest for life'**

Liz, WW member

Easter entertaining

*Mains and desserts
the family will love*

**Chocolate
on plan?
Yes, you can!**

April 2020

£2.99



CURTIS PRITCHARD
**'How I found my
body confidence'**



INSPIRATION | HEALTH | WELLNESS | FOOD | SUCCESS

SKIMMED MILK



TASTES LIKE

SEMI



*Comparative test results with 208 consumers of semi-skimmed milk.





Welcome

Stepping into spring, there's an energy in the air that gives you the boost you need to reconnect to your goals. And in celebration of this new-found vitality, why not reconnect with family too and get together for an **Easter feast that won't send you off track**? Our perfect-for-sharing buffet menu (P.46) is so good your guests won't know it's WW-friendly.

Talking of family, your nearest and dearest can give you that vital shoulder to lean on when it comes to finding the encouragement you need to stay committed to your plan. Take **success story Liz** (P.14). **She spurred on mum Joan to join WW and ended up a member herself.** 'I really loved helping to motivate Mum. She was so happy that we were sharing the journey and could give each other support and advice,' she says.

Sailing into the new season with a **new-found confidence is WW ambassador Curtis Pritchard** (P.20). After being publicly body shamed as a *Love Island* star, his is an inspiring tale of bouncing back to health and positivity.

If you're itching to get out and enjoy those lighter days, our midweek meal ideas (P.38) are all recipes you can whip up in 30 minutes or less. Leaving you more time for fun.

Have a bright and breezy month!

Donna

Donna Hardie
Acting Editor

Subscribe to WW magazine now

You'll never miss an issue! Plus, you'll get your favourite mag delivered to your door before it hits the shelves (see P.34)



Spring-tastic

This issue's packed with new-season inspiration. Here's some of the best



Easter family feast

We've counted the SmartPoints® in our buffet-sharing feast so you don't have to. Just relax and enjoy the company.

Lord of the dance

Read how WW ambassador Curtis Pritchard bounced back to a healthier lifestyle.



Feels like heaven

This tart uses WW Brownie Style Cake Mix so you can have a slice of chocolate bliss without blowing your SmartPoints Budget.

Get in touch!

Here at WW mag HQ, we love hearing from WW members and readers. Email us at wwuk@therivergroup.co.uk, post your ideas on social media using **#wwmaguk**, or send us a message on Instagram (**@wwmaguk**) for a chance to appear in a future issue.



20



39



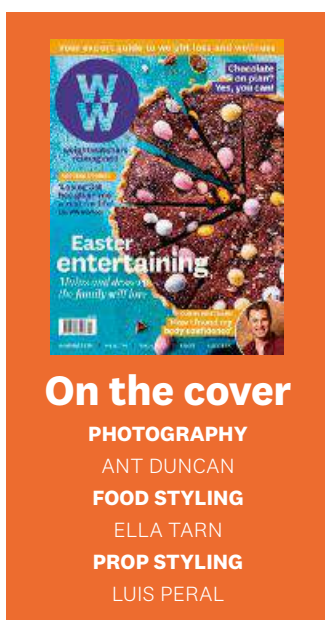
70



96

Contents

April 2020



On the cover

PHOTOGRAPHY

ANT DUNCAN

FOOD STYLING

ELLA TARN

PROP STYLING

LUIS PERAL

Regulars

7 Let's get social
What's new on social media from the WW community

8 News
Why pets are good for you, keeping fit as a family, the WW book club, and more

100 It takes two
Expert advice on busting the plateau

114 My day on a plate
How home economist Jill lost over 6st with clever life hacks

Success

14 It's a WW family affair
WW member Liz and her mum and daughter find wellness together

20 'Body confidence is everything'
Love Island star Curtis on WW and beating the body shamers

27 Cover star!
Fancy being on our cover? Here's how

29 6 health numbers
The vital stats everyone should know

96 Style file
WW ambassador Emma on life/work dressing

106 Our wonderful WW world
Milestone moments from around the globe

Food

38 Meal ideas
Healthy meals to keep you on track all week

46 Easter feasting
Tuck into a family buffet for sharing

54 Catch of the day
Easy fish dishes



58 Hot cross buns
Make your own classic Easter bakes – they taste shockingly good

60 Oats so tasty
Budget hero: baked oats done four ways

62 Easy peasy
Get creative with sweet, delicious frozen peas

66 Your kitchen kit
Handy gadgets for the coffee connoisseur

69 Check it out
This month's food superstars of the supermarket shelves

70 Chocolate heaven
Enjoy indulgent cocoa treats and still stay on track

77 Let's eat out
Talking Italian

78 Recipe index
This month's dishes

Life

82 A NEAT way to get fit
How to burn extra calories in the course of your day

86 Nobody's perfect
And that's just fine

91 Make time your friend
Simple hacks to prioritise your time

98 Flower power
Floral-infused beauty buys for spring

Reader offer

34 Subscribe today
Treat yourself to some me-time with WW



Editorial
Acting Editor **Donna Hardie**
Deputy Editor **Andrea Leebody**
Food Editor **Nadine Brown**
Senior Sub Editor **Lorraine Griffiths**
Sub Editor **Francesca Clarke**

Design
Acting Art Editor **Brigitta Holmar**

Production
Production Director **Nigel Mackay**
Senior Production Manager **Martin Black**
Advertising Production Manager **David Ryder**

With thanks to
Mathew John, Elizabeth Lismore,
Olivia Rosen, Jon Whitelocke,
Clare Whiting

Advertising
Advertising Manager **Tim Robinson**
Senior Account Manager **Tom Ainsworth**
Classified Sales Executive **Sundeep Prakash**

WW
Senior Publishing and Content Manager **Samantha Rees**
Recipe Nutritionist **Jessica O'Shea**
Recipe Editor **Harriet Joy**
Publishing Projects Manager **Nicola Kirk**
Weight Management Dietitian **Tony Hirving**

River Group Content Limited
Chief Executive Officer **Nicola Murphy**
Managing Director **Jackie Garford**
Creative Director **Phil Tristram**
Finance Director **Gavin Love**
Editor in chief **Marina Gask**
Publisher **Fiona Mercer**
Publishing Account Executive **Eve Boxall**
Circulation and Subscriptions Marketing Manager **Siobhan McNab**
Picture Editor **Abbie Murphy**

Published by:
River Group Content Limited,
Garden Floor, 16 Connaught Place,
London W2 2ES
020 7420 7000
therivergroup.co.uk
www.uk@therivergroup.co.uk
ISSN 039-8095 Tally Code 773

Printed by Walstead Bicester.
This magazine is printed on paper using pulp from well-managed, certified forests. All rights reserved. Reproduction in part or in whole, without written permission of the publishers, is strictly prohibited. Distributed by Seymour.

Info and prices in *WW magazine* are correct at time of going to press. *WW members'* details (including name, age, location and membership status) are correct at time of photography.

**Golden
Wonder**

LESS THAN

88

CALORIES
PER SERVING



RINGOs

**THE FULLY FLAVOURED SNACK
YOU CAN AFFORD TO EAT**

Available in Tesco (larger stores only), Morrisons, Sainsbury's, Asda (Scotland only),
Farmfoods, Home Bargains, Iceland and your local convenience store.

Flavours and pack sizes may vary.

Let's get social

Each month, we drop in on what the WW Community's talking about on Instagram. Join in! Hashtag **#wwmaguk**



**'Bit of fresh air late this afternoon with the boy.
So lovely in the sunshine'**

@ww_life_with_lucia



'Nothing beats a fresh mani. A moment to pause and recharge my batteries was much needed! WW reminding me to take care of more than just my diet, and to live a happy life'

@mum.tumtum



'My star can shine: a 2.5lb loss! I stayed the same for weeks and, feeling like it wasn't working, stress-eat my way through the cupboard. But I continue on this journey'

@ww_am_l_skinny_yet



'Firecracker chicken and veggie rainbow rice with sesame prawns. A quick, post-gym dinner from leftovers, high in protein and good carbs! Serves two, 5 SmartPoints each'

@mandst_ww_tortoise



'We're celebrating with doughnuts! These are made using Norfolk Saffron self-raising flour, honey and chopped hazelnuts. I'm sure they will keep my son quiet for a few minutes'

@nickywrightuk



'A photo from my 10k a couple of weeks back – I actually look happy!'

@wwjenni84

There are so many ways to get social in the WW community!

- Interact on Instagram @ww.uk. Share your pics and tips using the hashtag #wwmaguk – and they could appear on this page
- Attend your local WW Workshop. Find yours at [weightwatchers.com/uk/find-a-meeting](https://www.weightwatchers.com/uk/find-a-meeting)
- Log on to Connect, the private WW members' online platform, through the WW app
- Get involved on the WW UK Facebook page
- Check out twitter.com/ww_uk

Why pets are good for us

We've long been a nation of animal lovers – which is great news, as spending time with a pet can be good for our health, according to a recent survey by Harvard Medical School. There are the obvious physical benefits of activities such as walking your dog or horse riding. But research also indicates that pet owners tend to have lower blood pressure and cholesterol levels.

Our wellbeing can benefit from close contact with animals too. Stroking a cat or rabbit can be a calming, mindful activity, while spending time with a pet we love can help reduce levels of the stress hormone cortisol. It also boosts levels of oxytocin (the 'love' hormone), which makes us feel relaxed.

Having animals we love around us also triggers the release of dopamine and other mood-enhancing endorphins. April is National Pet Month, a great time to rediscover those 'friends with benefits'. Here's how:

- **Go for walkies** If you don't have a dog, offer to take a neighbour's for a regular walk – half an hour can earn you 2 FitPoints®. Or join Borrowmydoggy.com to connect with local owners who need help with dog walking.
- **Volunteer for an animal charity** Find feel-good opportunities with the RSPCA at volunteer.rspca.org.uk
- **Saddle up** Check out the Association of British Riding Schools website at abrs-info.org for local riding schools.
- **No time for a pet?** Visit Shareyourpet.co.uk, which brings together animal lovers to borrow and share pets.
- **Go to a petting farm** Take the kids to a farm where they can spend time with rabbits, guinea pigs, lambs and more.
- **Try cat yoga** Felines are curious and playful, so why not take part in a YouTube yoga class at home while hanging out with your furry friend? Downward Cat, anyone?

MINDSET

Make Insta your friend

If you've ever found yourself feeling inadequate after scrolling through social media, you're not alone. A survey by beauty tech firm Foreo found that 61% of women admit to 'compare and despair' syndrome, with a third feeling down about their looks after checking their news feed. The poll also found that 50% of people wish they could apply a filter to themselves in real life. Comparison coach Lucy Sheridan advises creating a positive digital space. 'It's not just a case of unfollowing the negative, but boosting your feed with what lifts you up,' she says. 'There's inspiration to be found and friendships to be made on social media but we need to actively find it.'



Made up

Spring clean your beauty stash and store it in the kind of make-up bag you're happy to show off on the bus



M&S Collection Faux Leather, £7.50

In a choice of pretty coral, lavender or lime, this will brighten up your morning routine



Rex London Love Birds, £7.95

Modern retro at its best. You can't go wrong with this take-anywhere oilcloth number



Tori Murphy Scallop Stripe, £36

This class act has a waterproof lining, heavy brass zip and leather tassel



Oliver Bonas Tierra Palm, £16.50

Take yourself off to the tropics with this neat and colourful tasselled cosmetics bag



FITNESS

Get fit as a family

Want to get the children off the Playstation and onto the football pitch? Research by Decathlon says that 64% of British parents believe we're more active than our kids, with 77% of us exercising more than the children. So what's the answer? Get fit together and make memories while you work out. Get the most out of weekend family time and spring into action with these ideas.

● Sign up to a free local Parkrun

Run 5k with older kids or enter the 4-14 year olds in a junior 2k on Sundays at parkrun.org.uk

● **Get competitive** Organise a basketball, football or rounders game in the park. Better still, involve other families and make a day of it. Half an

hour shooting basketball hoops can earn you 3 FitPoints.

● Head into the woods on a bike ride

Or find a woodland trail and take a long walk to boost your mood with fresh air and greenery. Half an hour low-intensity cycling earns 2 FitPoints.

● Jump to it at a trampoline park

It's fun, you'll work out your whole body and it helps to improve bone health (plus you'll earn 4 FitPoints per hour). Try Gojumpin.com, Flipout.co.uk or Jumpgiants.com

● Make a splash at the local pool

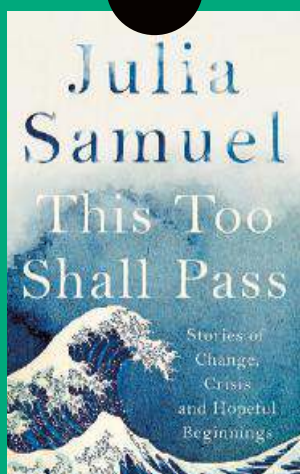
Set some family swimming challenges and help maintain a healthy weight, heart and lungs. Plus, you'll earn 3 FitPoints in half an hour.

44%

The percentage of Brits who feel guilty about the amount of food wasted in their household – throwing away nearly £8 worth of food each week, according to a survey by Hello Fresh. Another reason to try this month's midweek meal ideas on P.38



Books



Book club

This Too Shall Pass
by Julia Samuel,
(£14.99, Penguin)

We all feel fear and uncertainty, whether we're changing careers, having kids or facing old age. And intimate stories of other people's experiences are fascinating. Covering themes of family, love, work, health and identity, psychotherapist Julia Samuel explores the life stories of some of her therapy clients.

Understanding how they respond to change and identifying their coping mechanisms gives a powerful insight into how we can do the same.

Seed of wisdom

'If we have the courage to face our difficulties with self-compassion, learn to know ourselves rather than distract ourselves, then change will bring growth. With it comes the liberating humility of being grateful in the present while having hope for a positive future. We are in a process of becoming: it is not a place at which we arrive. If we know the direction in which we are heading, we are more likely to thrive.'



Sherry (left) and Hannah,
WW members

WELLNESS

Shake it off

NHS UK is clear that regular dancing has many health benefits. It can help you lose weight, maintain bone and muscle strength, improve posture, balance and co-ordination, and beat stress. The best part is, you'll be having so much fun you won't have time to feel self-conscious or notice how hard you're working. Try these:

Clubbercise Bring a Saturday-night feel to your workout with a class taught in a darkened

room to a soundtrack of club hits – plus disco lights and glow sticks. Visit clubbercise.com

Tap Check out Tapdanceuk.com for classes in your area and realise your dancing dreams.

Bollywood Traditional and fusion classes are available all over the UK. Guaranteed to make you feel happier and more energised.

Ballet Improves fitness, strength and flexibility. Many dance schools offer beginner adults classes. Tutu optional!

Shopping

Write on!

Making notes and keeping on track is easier when you have gorgeous stationery to hand



Find inspiration in nature
National Trust 125 Year Anniversary Leather A6 Notebook, £8



Pens which make writing a pleasure
Kikki.K Dream.Plan.Do Everyday Gel Pens, 3-pack, £6



Don't text - send a card instead
Caroline Gardner Rainbow Thank You Note Cards, 10-pack, £5



Getting organised is now officially fun
Paperchase A4 Padfolio (stickies, pockets, refill pad and clipboard), £12

A deliciously lighter way to enjoy our Scottish pâté

30%
Less Fat*



AVAILABLE AT

WAITROSE
& PARTNERS

*30% LESS FAT THAN OUR STANDARD PÂTÉ RANGE OR COMPARATIVE PRODUCTS.
TERMS & CONDITIONS: SELECTED STORES. SUBJECT TO AVAILABILITY.



**83%
LESS*
SUGAR**

*Than Leading Brands

- ✓ **AWARD WINNING**
- ✓ **KINDER TO TEETH**
- ✓ **GLUTEN FREE**
- ✓ **DIABETIC FRIENDLY**



Available
from

Sainsbury's

Morrisons
Since 1899

Waitrose

ocado

HOLLAND & BARRETT

Success

Liz makes weight loss a family affair + Curtis Pritchard on body shaming + Your health numbers

#WWMantra

Some days
you have to
**create your
own sunshine**

Words Quote shared by Faye Blake (@carrots.and.cake) Photography iStock by Getty Images



Got a great personal mantra or motivational quote that you live by? Share it on Instagram using #wwmaguk for a chance to appear on this page in a future issue

It's a WW family affair

It's not just Liz who's discovered a new healthier WW lifestyle, her mum and daughter are reaping the benefits too. How did she become an inspiration across the generations?

AS TOLD TO JANE COMMON PHOTOGRAPHY GEMMA DAY

When my mum, Joan, told me she hoped to lose weight for a big holiday she had coming up, I wanted to support her. She was nervous about going along to her first WW Workshop, so of course I told her I'd go along with her. I pretended to everyone, including my husband, Mark, that it was moral support for Mum – but deep down, I knew she wasn't the only one who needed to get healthy. My weight had been creeping up for a few years. I'd gain some pounds, then count

calories and lose a little, then put it all back on again.

Before I started my family, I'd trained as a lawyer and had a senior job, but 12 years ago I decided to stay at home with our children, Issy, who's now 12, and Henry, eight. During that time, my motivation and confidence had dwindled, which hadn't helped my self-image.

I love cooking and baking, and my kitchen, with its big farmhouse table, is the centre of our family home. But my problem was I'd serve up huge portions, and also snack on biscuits throughout the day. In the evening, when Mark and I sat down to watch television, I'd get up to make rounds of toast with butter and jam. I jokingly called him Mr Portion Control as he could eat one slice and then stop. But I'd be tempted by a second, then a third.

Maternal motivation

I used to feel like a hypocrite for criticising my kids' snacking habits. It was important for me to be a good healthy role model for both of them, especially my daughter who was on the verge of becoming a teenager.

So when Mum, 75, and I joined our local WW Workshop, neither of us knew quite what to expect. But I grew to love the support, inspiration and practical

Workshops became mum and daughter bonding time



advice we got from fellow members and our Coach, Jan. We made it our weekly routine to stop off at the local garden centre café for a coffee afterwards, and it soon became cherished mother-daughter time. We had a real laugh when I volunteered to help Jan with the Wellness check-ins. Mum joked that I'd nag her if she put on a pound or two.

I very quickly realised how great the WW programme is. When I joined, the food plan was called Freestyle™ and it suited me perfectly. Then, when myWW™ was introduced at the end of 2019, I went onto the Blue plan, which is similar to Freestyle.

I made quick progress, which encouraged me. Within two weeks of joining, I'd lost 5lb and decided to drop the pretence that I was only there for Mum. I was proud to be there for myself, too. I bought the WW cookbooks, which reignited my love of cooking, and ➔



Name Liz Fradd Gilbert

Age 43

Weight lost 3st 7lb

WW Workshop

James West Community Centre, Hailsham

Coach Jan Heath







I got creative, making colourful salads from Mark's allotment



since Mark has an allotment, he was excited to see how many homegrown vegetables we could use in the recipes.

Smart swaps

I'm a big fan of WW's cooking tips; they've taught me so much, such as making chips from butternut squash rather than potatoes, frying with calorie controlled cooking spray and reducing the amount of sugar in my cakes. I made my SmartPoints®

Budget go much further by swapping rice for cauliflower rice when I made curry or chilli, and using flatbread for the base of homemade pizzas.

And I could still enjoy baking! The banana bread recipe on the WW app is really tasty, and I learned some great new techniques, such as making mug cakes in the microwave. All my family love those, topped with fruit, yogurt and a dusting of low-calorie hot chocolate.



Mother's Day this year will be extra special for Liz and her mum, Joan (above), who between them have lost 4st since joining WW 18 months ago. Another proud family member is Liz's daughter, Issy (left), who's a big fan of her mum's fashion sense

As Mum and I became fitter and more energetic, it was great to see Issy and Henry starting to pick up some of my healthier habits. I got creative with Mark's homegrown lettuce, tomatoes, green beans and asparagus, and would make colourful salads, adding ham, low-fat cheese and croutons to the fresh veg. I couldn't believe it when Issy then asked for salad instead of sandwiches for her school packed lunch! I found it much easier to tell the kids that one biscuit was enough.

Fighting fit

As my confidence grew and I took up fitness again, I was able to inspire the kids to

Walking into gym classes on my own felt so empowering



stay active. Before WW, I'd joined the local gym with Mark, so we could work out while Issy and Henry had swimming lessons. But, in all honesty, I didn't enjoy it. It always felt like a slog and every time I caught a glimpse of myself in my leggings and gym top in the mirrors, my mood would plummet.

When I'd lost about a stone, a friend persuaded me to go with her to a Body Combat class. As I followed the instructor, I soon forgot my self-consciousness and got to the end of the class without stopping. I felt amazing; I really could do this!

A few weeks later, I decided to try out a few different ➔





Slim Noodles

Regular Noodles

18
calories

0g
carbohydrates

730*
calories

140g*
carbohydrates

200g

200g

*egg noodles

Available in good health food stores and Holland and Barrett

HOLLAND & BARRETT
the good life

ocado

ASDA
Free From Aisle. Selected stores

WHOLE FOODS
MARKET

amazon

Orderline: 020 3384 2668

Order online: www.EatWater.co.uk

[f/SlimPasta](https://www.facebook.com/SlimPasta) [G/Eat_Water](https://www.youtube.com/Eat_Water) [i/Eat_Water](https://www.instagram.com/Eat_Water)



Liz now has the confidence to plan her return to work or study

classes at the gym and pick my favourites. Walking into them on my own felt so empowering. This was something I'd never have believed possible just a few months earlier.

I became a regular at Body Combat every Sunday morning, then I'd join Mark and the kids in the pool, full of energy after my workout. And the children weren't the only ones to benefit from my new-found zest for life. Our Westie, Amber, enjoyed much longer walks than usual too!

Better together

As well as setting an example for my own children, I really loved helping to motivate

Mum. She was so happy that we were sharing the journey and could give each other support and advice. If she was struggling, I'd remind her of tips we'd learned at the Workshop, such as the importance of planning, or suggestions for quick and easy meals she could batch-cook.

Mum lost 1st 7lb and I was so proud of her, especially after she continued to attend our Workshop to support me. Six months after I joined, I'd lost 3st 7lb, and Mum and I went shopping to celebrate. 'This is all thanks to you,' I told her, as I chose a denim mini dress for an upcoming holiday to Mallorca. I'd never have dared wear it before, but

My world seems bigger. There are more options open to me



when I showed it to Issy, who's very forthright in her fashion opinions, she approved!

Now, the three of us – Mum, Issy and I – love going on girlie shopping trips together. Issy jokes that I have more clothes than she does. We're always keen to encourage Mum to try on new outfits, too.

My healthier lifestyle has given me such a zest for life. My world now seems bigger again, as if there are so many

more options open to me. I feel that I'm ready to go back to work, in a different field perhaps, or even back to university to retrain. That confidence is all thanks to losing weight and making lifestyle changes with WW.

The biggest compliment of all is when Issy asks me to star in her selfies and tells me I don't need a filter. She's proud of her mum and I'm hugely proud of mine. Mother and daughter power – we did it!



‘I’ve found my body confidence’

After gaining weight and being body shamed on *Love Island*, Curtis Pritchard re-assessed his relationship with food and joined WW. Today he’s lighter, leaner and much more self-assured

AS TOLD TO ALBERTINA LLOYD

Reality TV star Curtis Pritchard fell victim to fat shaming on social media after gaining 2st during his time on *Love Island* last summer. The 24-year-old professional ballroom dancer admits he’d never had a healthy relationship with food and had fallen into a cycle of crash dieting ahead of performances, which often left him with no energy and a tendency towards compulsive eating.

Now a WW ambassador, Curtis – who’s currently dating his *Love Island* co-star Maura Higgins – is proud to have shown the social media trolls that he can eat what he wants and look and feel fantastic.

Here, Curtis speaks about tackling his weight while living in the spotlight, tracking SmartPoints® in a hectic celebrity schedule, and why he believes men should talk more openly about body confidence. ➔



Name Curtis Pritchard

Age 24

Weight lost 1st

WW Workshop
Digital

Instagram
[@curtispritchard12](#)

Curtis credits his weight loss to WW and sheer determination

WW How confident are you about your appearance?

Curtis As a dancer you learn to have confidence on the dance floor, and dancing gives you confidence. But it can work negatively on your body image. You see these incredible dancers and get an image in your head that you have to have a six-pack, you have to be shredded. It works both ways.

WW Were you aware of your weight gain on *Love Island*?

Curtis I knew I'd put on weight – it wasn't a small amount to put on in eight weeks. I didn't work out in the villa at all, and got into a habit of overeating. At some meals I was having five slices of cheesecake!

WW Why do you think you're prone to overeating?

Curtis I've never had a healthy relationship with food. That's why I wanted to do WW. What I've always done for dancing is crash diets. I'll drop an extreme amount of weight in a short period of time. And it's what I did going into the villa – hitting the gym hard and not eating a lot. Then all of a sudden I thought, 'Well, I'm on holiday now', so I started overeating again. It's not healthy. That's why I joined WW – and now I can still eat all the foods I love but I never overeat because I feel satisfied.

WW How did you feel when you found out you'd been body shamed on social media?

Curtis Obviously it's not nice when people say anything bad about you. You don't know what's going on when you're inside the villa, but as soon as we came out, the team sat us down and talked us through the press stories, good and bad. They said, 'Look, you've been fat shamed.' It's not nice hearing people saying you're fat, it affects you. But I'm strong minded. And that's why the WW programme has worked so well. It made me want to prove to everyone that I could get back on track. And



Curtis and Maura Higgins got together on *Love Island*

it's made me want to prove that to myself and not let it get me down. Now I'm 14st 7lb, so I can't complain.

WW What do you think of the people who trolled you about your weight?

Curtis I'm not the type of person who likes to put anybody down, so I don't really see why people do it. I can only assume it's jealousy. Or they're not 100% confident in themselves.

WW Do you feel under pressure to show off your body on Instagram?

Curtis Oh no! That just doesn't interest me. If I'm on holiday I'll take a topless picture, but I'm in England – it's blooming freezing outside! I try to live in the moment, so I never feel pressured.

WW Are you feeling more confident since losing weight?

Curtis I feel great. Body confidence is everything, it's not just about how you look. It's mental positivity, physical fitness, how you feel on the inside. When I did crash diets I was hardly eating anything and I felt run down. I may have

In the villa, I ate five slices of cheesecake at some meals



looked a lot thinner but I didn't feel happy about my body at all. Having that fuel in my body means my mind can work properly, and then I'm able to function properly. Now I feel self-assured. That's what body confidence means to me: being happy and feeling energised; feeling fresh, thinking clearly.

WW: You've talked about using meditation techniques. How does that help you?

Curtis: This is what meditation does for me: imagine everything in my brain is jumbled up and thrown around. Then when I meditate, it puts everything into folders and filing cabinets. There's a straight pathway that I can walk down, and it's all clear. If I want a memory or thought, I can just pull it out of the filing cabinet. I can feel and think clearly. ➔

**“ I’m in the front
seat watching
transformation
happen every
day! ”**

Ayse Hime, WW coach



Want to inspire others?

Join our family as a WW Coach and help
change lives every day

We're hiring
WW.com/uk/careers



**weight watchers
reimagined**

WW logo is the trademark of WW International, Inc. © 2020 WW International, Inc. All rights reserved.

WW Who do you turn to for emotional support?

Curtis If I'm not feeling confident or if I'm really struggling, it's my mum, dad, brother or grandparents. They're the ones I speak to if I've got any worries in life, because they're the people closest to me. They've always been there and will always have my best interests at heart.

WW How does the WW programme fit into your life?

Curtis I was on Purple because there are more carbs on the ZeroPoint™ foods list, although there's a smaller SmartPoints® Budget to spend. My life's a bit hectic at the moment and because of work I have no way of cooking. So I've changed to Green. I've got more SmartPoints, which helps when eating out or buying on the go. It's working for me and it keeps me on track.

WW How easy do you find tracking food on the go?

Curtis It's so simple scanning with the app. I go to Costa every morning and get porridge for 10 SmartPoints. I then have 34 left for the day. For lunch I have a jacket potato for 10-12 SmartPoints. I've been to Nando's a couple of times and had the boneless meal for two with long stem broccoli and sweet potato mash. That's about 20 SmartPoints. The app keeps me focused, on track and still losing weight.

WW Do you tend to clock up a lot of FitPoints®?

Curtis I use my ZeroPoint™ foods quite smartly, so I'm always full; I don't need to use my FitPoints. I actually eat more than I ever have, but make the right choices. If I'm feeling hungry or doing extra exercise, I add a ZeroPoint chicken breast to a meal.

WW Did following the plan affect your social life?

Curtis Not at all. I can go to any restaurant, including

McDonald's – it's just about making smart choices. You can still go out with your friends while they eat whatever they want. If you fancy a night out drinking, you just save up your SmartPoints and go for a cheeky gin and slimline tonic instead of a beer. And try not to overindulge.

WW And if you do end up overindulging?

Curtis If you have a bad day, don't worry about it. This is what I've told myself since I've been on my WW™. Don't beat yourself up. Start again the day after. Don't go and starve yourself

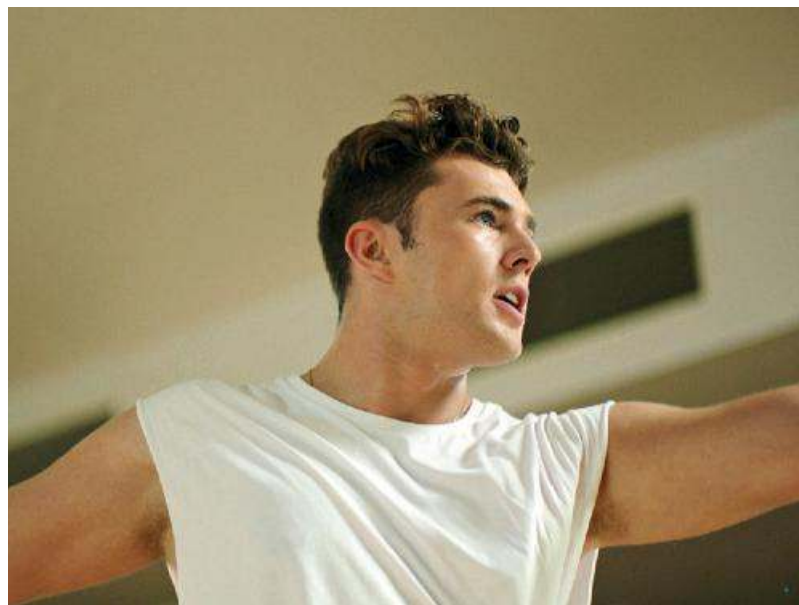
Body confidence is everything. It's not just about how you look



throughout the day because you had a bad one the day before. That's how it spirals out of control. Forget about it. Every day is a new day.

WW Do you think it's harder for men than women to talk about weight issues?

Curtis It shouldn't be different for anybody, male or female. But I do think at this moment in time, more women talk about it. Maybe it's to do with masculinity. Perhaps you feel emasculated if you're talking about it because you're taking that strong shell away. And it shouldn't be like that, because if you talk about it, if you change to a healthier lifestyle – I can guarantee it to any men out there – you'll feel stronger, more positive, and you'll be able to accomplish and conquer a lot more. If you have a voice in your head that says, 'I don't feel confident with my image', then don't be afraid. Let's do something about it. Talk about it, because you will feel better.



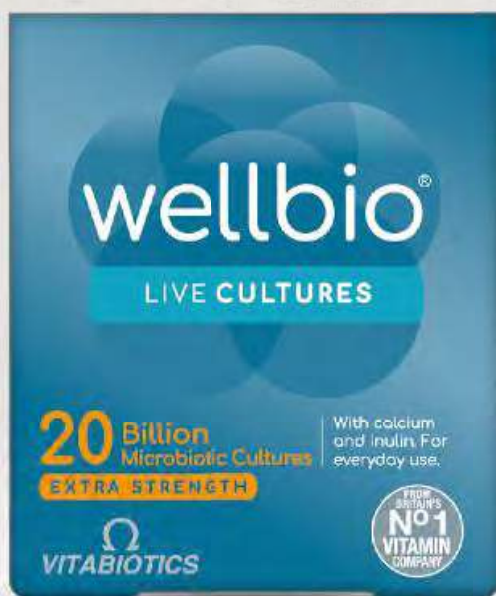
Being a professional dancer, Curtis admits that he can feel under pressure to have a six-pack



New

Make a great gut decision

...because health begins on the inside*



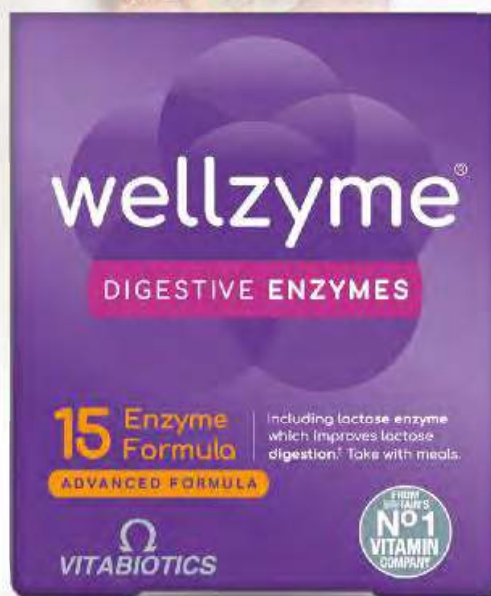
Live Culture capsules
Vegan Friendly



Proven to reach the gut intact



With Lab4® the UK's most studied friendly microbiotic cultures†



Digestive Enzyme capsules
Vegan Friendly



Designed to be taken with or after meals



Advanced formula including Lactase, Lipase & Protease enzymes

BRITAIN'S No.1 VITAMIN COMPANY**

*With calcium which supports normal function of digestive enzymes.
Includes lactase enzyme which improves lactose digestion†

From *Boots*, chemists, health stores & www.vitabiotics.com

‡Lactobacillus acidophilus (2 strains), Bifidobacterium bifidum, Bifidobacterium animalis subsp. lactis

†In individuals who have difficulty digesting lactose. Tolerance to lactose is variable. Seek advice as to the role of this substance in your diet.

**Source: Nielsen GB ScanTrack Total Coverage Value and Unit Retail Sales 52 w/e 7 September 2019.
To verify contact Vitabiotics Ltd, 1 Apsley Way, London NW2 7HL.



VITABIOTICS
SCIENCE OF HEALTHY LIVING

Cover star

Could you make it onto our next cover? We're on the lookout for successful readers like you to inspire others in *WW magazine*



Do you have a great get-healthy story? Maybe you've reached your happy-weight goal, discovered fitness in a big way or found a new zest for life thanks to WW. Perhaps you're a long-term member who's left and come back. Or it could be that you've maintained your healthy weight for years. Maybe you'd love to nominate a friend or relative who's reached a wellness goal with WW. Or are you a WW Coach with a member whose story would inspire others?



Motsi, WW member



Donna, WW member



Louise, WW member



Catriona, WW member

If so, please email a summary of your story to us at wwuk@therivergroup.co.uk, under the heading 'Cover Star', attaching a few recent photos, as well as some 'then' pics. We'd love to hear from you!



MAKES THE MEAL



Why grate?
Just add a tasty squeeze of cheese

For more recipes visit: primula.co.uk/recipes



6 numbers everyone should know

There's far more to wellness than the number on your scales. From your body mass index to blood cholesterol levels, these vital statistics paint a true picture of your health. So how are you measuring up?

WORDS CHRISTINE MICHAEL

1 Blood pressure

Why do I need to know about it?

A blood pressure check is the only way to find out if you have high blood pressure (hypertension), which typically has no symptoms. The British Heart Foundation estimates that 4 million

people in the UK aged 65 and under have untreated high blood pressure.

A blood pressure test measures how strongly blood is pushing on the walls of your arteries as it's pumped round your body. If the pressure's high, over time the increased strain on your arteries can raise your risk of heart disease, heart attack or stroke.

What's a healthy number?

A blood pressure reading consists of two numbers: systolic pressure, when your heart is pumping blood out; and diastolic pressure, when the heart rests between beats. A normal systolic/diastolic reading is from 90/60mgHg to 120/80mgHg. High blood pressure is 140/90mgHg or

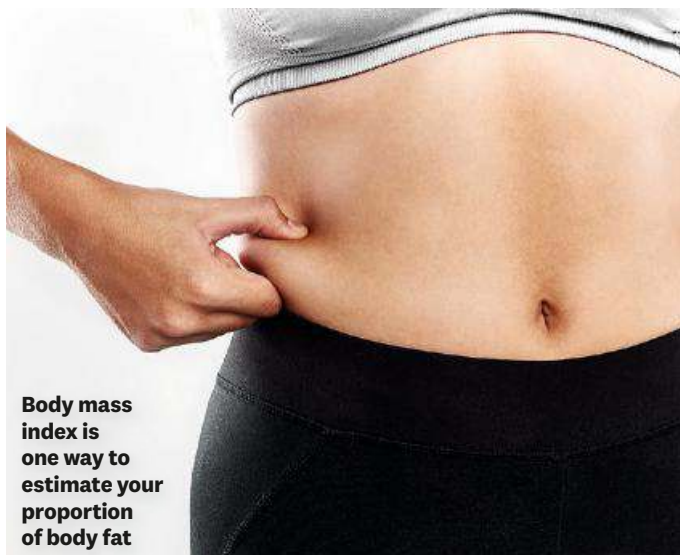
higher. Low blood pressure (90/60mgHg or below) can cause dizziness, weakness and fainting.

How can I check it?

The NHS recommends that everyone over 40 has a blood pressure test at least every five years, but you can ask your GP to check yours at any time if you're concerned. You can also buy a digital monitor to use at home. Check the British and Irish Hypertension Society website for a list of approved products.

What can help?

Hypertension can run in the family, but the charity Blood Pressure UK says, 'Your blood pressure readings can also reflect what you eat.' Drinking less alcohol, eating more fruit and vegetables and cutting down on salt can help lower blood pressure, as can losing excess weight and being physically active. The NHS also recommends stopping smoking and taking GP-prescribed medication. ➔



Body mass index is one way to estimate your proportion of body fat

2 Body mass index

Why do I need to know about it?

Body mass index (BMI) is a measure of your weight relative to your height. It estimates your proportion of body fat, which can be used to assess weight-related health risk. Having a higher proportion of body fat is linked to an increased risk of heart disease, high blood pressure, Type 2 diabetes, breathing problems, certain cancers and early death.

What's a healthy number?

A BMI of between 18.5 and 24.9 is considered to be in the healthy weight range. Below 18.5 is in the underweight range, 25-29.9 is overweight, and 30 and above is obese.

However, BMI isn't always the most accurate way of assessing weight-related health risk because it doesn't take into account age, gender, muscle mass or the distribution of body fat. But for most people it's a useful starting point.

How can I check it?

If you know your weight and height, you can quickly check your BMI using an online calculator, like the one on the WW website. You can also buy bathroom scales that measure your BMI, body fat

percentage as well as your weight, such as WW's Ultra Slim Body Analyser Scales.

What can help?

The *myWW*™ programme is designed to help with safe, steady weight loss. It's the ideal solution if your BMI is in the overweight or obese range and you'd like to lower it. You can also use *myWW* to guide you towards healthier habits, such as eating well and becoming more active, to help you maintain your weight once you reach your goal.

3 Fasting glucose

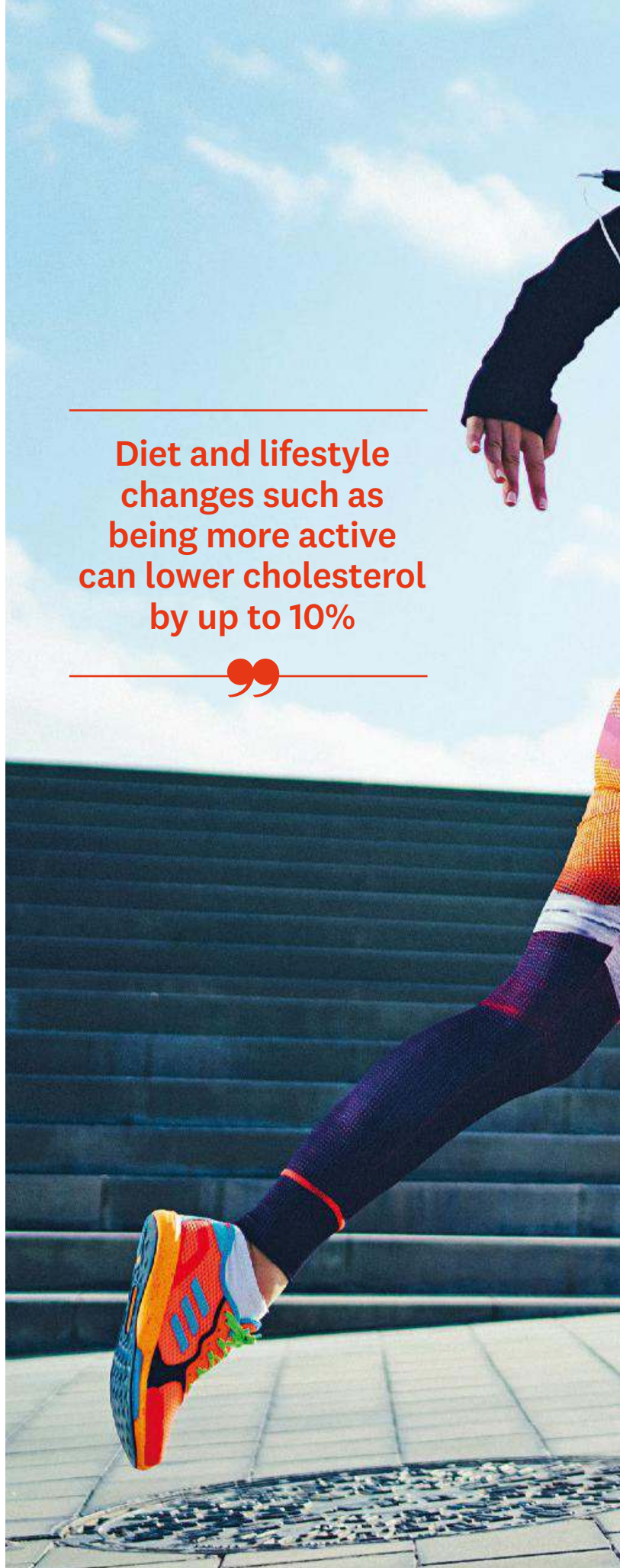
Why do I need to know about it??

A fasting glucose test is a way of measuring the level of sugar (glucose) in your blood. It's a blood test usually done in the morning after you've fasted for at least eight hours. A high reading indicates diabetes or prediabetes, but more than one test result will be used before a diagnosis can be made.

What's a healthy number?

A normal reading is 3.9-5.4mmol/L (millimoles per litre). A result of 5.5-6.9 3.9-5.4mmol/L suggests impaired glucose tolerance or prediabetes, while 7.0mmol/L or above indicates diabetes.

Diet and lifestyle changes such as being more active can lower cholesterol by up to 10%





How can I check it?

There's no home check, but talk to your GP if you have symptoms that might suggest high blood glucose, such as feeling very tired, very thirsty, or going to the loo a lot, especially at night.

What can help?

The charity Diabetes UK estimates that more than half of all cases of Type 2 diabetes could be delayed or prevented by a healthier lifestyle. This includes eating a diet with plenty of vegetables, wholegrains and fruit; losing excess weight; and being physically active. Visit www.diabetes.org.uk for further information.

4 Cholesterol

Why do I need to know about it?

Cholesterol is a type of fat in the blood. If it's high, you're at increased risk of developing coronary heart disease or having a stroke. High cholesterol has no symptoms, so a test is the only way to see if you're at risk.

What's a healthy number?

A cholesterol test measures not only the total cholesterol (TC) in your blood, but also

two different types: high-density lipoprotein (HDL), or 'good' cholesterol, and low-density lipoprotein (LDL), aka 'bad' cholesterol which can narrow the arteries. The proportion of HDL relative to your total cholesterol is measured too. Results in the healthy range are: TC of 5.0 or less; LDL cholesterol of 3.0 or less; HDL cholesterol of at least 1.0 in men and at least 1.2 in women; and a cholesterol ratio (TC:HDL) of 4 or less.

How can I check it?

A blood test from a health professional is the only way to check cholesterol levels. In England, people aged 40-74 years may have their cholesterol tested as part of an NHS Health Check. The charity Heart UK recommends all adults have the test, because high cholesterol can be genetic as well as caused by lifestyle.

What can help?

Diet and lifestyle changes can lower cholesterol by up to 10%. These include maintaining a healthy weight and waist size, eating more fibre (in fruit, veg and pulses), eating less fat and being more active. Taking any medication prescribed to lower your cholesterol is also key. ➔





your waist (being an 'apple' shape) is known to be a greater risk to health than carrying fat on your bottom or thighs (being a 'pear' shape). It can increase your risk of heart disease, stroke and Type 2 diabetes.

What's a healthy number?

A waist measuring 80cm (31.5in) or less for women and 94cm (37in) or less for men is considered healthy. A woman whose waist measures more than 88cm (34.5in), or 102cm (40in) for a man, is thought to be at very high risk of developing serious health conditions.

How can I check it?

You can measure your waist at home. Simply place a tape measure around your waist at the midway point between the bottom of your ribs and the top of your hips.

What can help?

No diet plan can reduce weight just from your middle. Following a healthy eating programme like *myWW* will help you lose fat from all parts of your body, including your waist. Regular physical activity will also help with weight loss and help your overall feeling of wellness.

Photography Getty Images, iStock by Getty Images, WW Asset Bank
Find out more British Hypertension Society (bhsoc.org)

5 Triglycerides

Why do I need to know about them?

Triglycerides are another type of fat (made up of saturated and unsaturated fat) in our blood, a high level of which increases the risk of coronary heart disease and fatty liver disease. As with high cholesterol, there are no symptoms.

What's a healthy number?

A level of 2.3mmol/L or below is considered to be healthy.

The circumference of your waist is easy to check at home



How can I check it?

A health professional can measure triglycerides at the same time as cholesterol.

What can help?

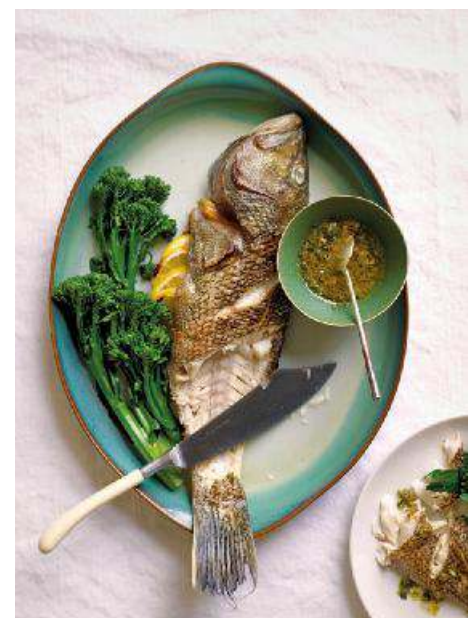
Research shows that losing excess weight can significantly lower triglycerides, so it's worth working towards a healthy weight. Cutting down on

alcohol and sugar-sweetened drinks, sweets, sugar, honey, agave syrup, etc can help too.

6 Waist circumference

Why do I need to know about it?

Regardless of your height or BMI, carrying weight round



Tired of being Tired?

Floradix®

Iron contributes to the reduction
of **tiredness** and **fatigue**

- No preservatives, colourings or artificial flavourings
- Non constipating liquid formula
- Highly absorbable iron gluconate
- Vitamin C to increase iron absorption
- Suitable for vegetarians
- Suitable during pregnancy and breastfeeding

Available from selected stores:

HOLLAND & BARRETT

Boots

LloydsPharmacy

Superdrug ☆

+well

Tesco, Pharmacies and health stores

Subject to availability

**Free from
Preservatives**



www.floradix.co.uk

4 GREAT REASONS TO SUBSCRIBE

1 65 days of easy-to-make meal ideas

We've counted the SmartPoints® for all our easy and delicious WW dishes so you don't have to. We're here to help you stick to your healthy habits and goals all through the week.

2 More than 280 delicious, healthy recipes to try

Keep your WW journey interesting by breaking away from the same old 'rabbit food' and trying out a wealth of food ideas that'll tempt and delight the tastebuds.

3 Never miss an issue

Your WW magazine (11 issues a year*) is delivered to your door each month, so you never miss out.

4 Support and inspiration from others just like you

Thousands of WW members have seen success with the WW programme. If your aim is to get fit and healthy, our success stories, advice and expert tips provide all the support you need to reach your goal.

Terms and conditions: 1 Offer is open to customers purchasing a 12-month subscription to WW Magazine using code WWAPR20. 2 The free bonus issues relate to a 12-month subscription term consisting of 11 issues* (including Dec/Jan issue) + 2 issues free. 3 Standard WW terms & conditions apply. See page 105 for details. 4 Direct debit rates are subject to change. If the price does change, we will inform you in writing beforehand. You can cancel your subscription at any time by contacting Customer Services, tel 0345 345 1500. 5 Offer ends 9 April 2020. 6 For subscriptions enquiries and orders, email wwmagazine@subscriptionhelpline.co.uk, visit www.magazinesubs.co.uk or call 01293 312217. The order line is open Mon-Fri 9am-5pm. Check rates with your service provider. 7 Data Protection Promise: Your details will be used only to administer your subscription and will never be passed on to third parties.



Photography WW Asset Bank



2 extra issues
free
Save 22%

Subscribe now for £30

Get TWO bonus issues FREE

Here's an offer guaranteed to put a spring in your step. If you take out a year's subscription to *WW magazine* today, at the end of the 12-month period we'll send you two bonus issues free, saving you a massive 22% off the cover price!



ORDER BY PHONE
Call 01293 312217 and
quote code WWAPR20



SIGN UP ONLINE
Visit wwmagazinesubs.co.uk and
use the promo code WWAPR20

NEW
THICKER
RECIPE

OUR PERSONAL BEST

- ✓ NEW thicker and creamier tasting
- ✓ NEW 0% added sugar
- ✓ Still FAT FREE



Our personal best. What's yours? #MyPersonalBest

Contains naturally occurring sugars.

OFFICIAL
YOGURT



BRITISH
ATHLETICS

Food

An entertaining Easter feast + How to make hot cross buns + Quick and easy weekday meals + more



This month
we're loving
CHOCOLATE

FOOD EDITOR NADINE SAYS: 'With Easter on the horizon, the WW kitchen has been busy with decadent chocolate recipes. Dark chocolate containing 70% cocoa solids is rich in iron and antioxidants. Legendary Aztec leader Montezuma II is rumoured to have downed more than 50 cups of liquid chocolate a day. He may have been onto something, but try not to overindulge!'

Photography Vinny Whiteman Food styling Ella Tam Prop styling Luis Peral



Cooking one of our recipes? Show us how you get on using the **#mywwkitchen** hashtag on Instagram

All
recipes
use 10
ingredients
or fewer



MONDAY



TUESDAY



WEDNESDAY

YOUR MIDWEEK Meal ideas

Planning is key if you want to stay on track over a busy week. To make life simpler, we've put together a Monday to Friday menu that's simple, quick and, most importantly, utterly delicious. We've even written the shopping list for you...



THURSDAY



FRIDAY

Shopping list

Fruit & vegetables

2 carrots
6 garlic cloves
5g fresh ginger
Fresh herbs (you'll need coriander and parsley)
1 lemon
1 lime
2 onions
700g potatoes
150g red cabbage
1 red onion
2 heads Romaine lettuce
Rocket leaves
100g watercress

Meat, fish & poultry

4 x 165g skinless chicken breast fillets
60g chorizo
500g extra lean pork mince (5% fat)

Dairy, eggs, chilled & frozen

80g half-fat crème fraîche
4 large eggs
500g fresh gnocchi
30g low-fat spread
115g Parmesan cheese
100g ricotta
Fresh white breadcrumbs

Storecupboard

230g basmati rice
Black pepper
Calorie controlled cooking spray
1 chicken stock cube
400g tin chickpeas
Chilli flakes
Clear honey
Ground cumin
Ground turmeric
Ground white pepper
300g orzo
2 x 500g cartons passata
Teriyaki sauce
Toasted sesame oil

Scan the
barcodes on
each recipe
using the
WW app

You can
quick-
track
these
recipes!

✓ Ready in 30 minutes max ✓ Using no more than 10 ingredients ✓ Budget-friendly shopping list

Teriyaki chicken salad

Punchy Asian flavours of ginger, lime, coriander and sesame, plus heaps of crunchy vegetables, take the humble chicken salad to a whole new level

Serves 4 **Prep time** 5 minutes **Cook time** 25 minutes **Calories** 291 per serving



SmartPoints® per serving

70ml teriyaki sauce
1½ tbsp clear honey
4 x 165g skinless chicken breast fillets
Juice of ½ lime
5g fresh ginger, peeled and finely grated
1 tsp toasted sesame oil
1 tbsp finely chopped coriander, plus extra to serve
2 heads Romaine lettuce, roughly torn
150g red cabbage, shredded
2 carrots, peeled and grated

1 Heat a large griddle pan over a high heat until smoking. Combine the teriyaki sauce and 1 tbsp honey in a medium bowl. Add the chicken and toss to coat in the marinade.

2 Lift the chicken from the bowl, shake off the excess marinade and lay on the griddle pan. Cook for 2 minutes on each side until well marked. Transfer to a baking tray, pour over the marinade and bake for 20 minutes until cooked through, basting after 10 minutes.

3 Meanwhile, make the dressing. Combine the remaining honey, lime juice, ginger, sesame oil and coriander in a small bowl with ½ tbsp cold water. Set aside.

4 When the chicken is cooked, toss together the lettuce, cabbage and carrots in a large mixing bowl. Pour in the honey and lime dressing, then toss again. Divide the salad among 4 plates. Slice the cooked chicken and arrange on top, then sprinkle over the extra coriander leaves.



Cook's tip

Not sure what to do with your leftover teriyaki sauce? Brush it over fish or veg before grilling

SCAN



Pork & ricotta meatballs

Cheesy meatballs in a classic tomato sauce: perfect midweek comfort food

Serves 4 **Prep time** 5 minutes **Cook time** 25 minutes **Calories** 575 per serving



SmartPoints® per serving

500g extra lean pork mince
(5% fat)

100g ricotta

40g grated Parmesan

Zest of ½ lemon, plus extra to serve

3 garlic cloves, crushed

25g fresh white breadcrumbs

Calorie controlled cooking spray

1 onion, finely chopped

2 x 500g cartons passata

240g orzo

1 Put the pork, ricotta, half the Parmesan, the lemon zest, half the garlic and breadcrumbs in a mixing bowl and season well. Mix together with your hands until well combined, then shape into 16 evenly sized balls. Set aside on a plate.

2 Mist a large saucepan with cooking spray and fry the onion over a medium heat for 5 minutes until soft, then add the remaining

garlic and fry for another minute. Tip in the passata, season well, cover and simmer for 5 minutes. Stir in the meatballs and cook for a further 15 minutes until cooked through, stirring occasionally.

3 Meanwhile, cook the orzo to pack instructions, drain and divide among 4 bowls. Top with the meatballs and sauce, then sprinkle over the remaining Parmesan and lemon zest.

Cook's tip

Leftover meatballs can be frozen for up to 3 months. Thaw completely before reheating

Chickpea & turmeric rice with poached eggs

A colourful meat-free dish that's wonderfully warming and full of flavour

Serves 4 **Prep time** 10 minutes **Cook time** 20 minutes **Calories** 386 per serving



SmartPoints per serving

Calorie controlled cooking spray

1 red onion, finely sliced
2 garlic cloves, crushed
2 tsp ground turmeric
1½ tsp ground cumin
2 tsp chilli flakes, plus extra to serve
230g basmati rice, rinsed
400g tin chickpeas, drained and rinsed
2 tbsp chopped coriander, plus extra to serve
4 large eggs

1 Mist a large lidded frying pan with cooking spray and fry the

onion over a low-medium heat for 5 minutes until soft. Add the garlic and spices, and fry for another minute. Stir in the rice, then pour in 400ml boiling water. Stir together, bring to the boil, cover and simmer gently for 10 minutes until the rice is tender. Stir in the chickpeas, cover and cook for 2 minutes, until warmed through. Season well and stir in the coriander. Cover, turn off the heat and leave to stand for 5 minutes.
2 Meanwhile, half-fill a large saucepan with boiling water.

Bring to a simmer, then reduce the heat until bubbles are only just visible on the bottom of the pan. Crack in four eggs, one by one, and poach for 3 minutes, until the whites are just set and the yolks are still runny. Remove with a slotted spoon and transfer carefully to a plate lined with kitchen paper. Cover to keep warm until needed.

3 When the rice is ready to serve, fluff it up with a fork and divide among 4 bowls. Top with the poached eggs, extra chilli flakes and chopped coriander.

Cook's tip

If you like, swap the chickpeas for a 400g tin of kidney beans – the SmartPoints will remain the same



R
REFLEX
NUTRITION

**35%
OFF**

At reflexnutrition.com
Use code: **COMPLETE35**
Expires 31/05/2020



215
CALORIES



NATURAL
FLAVOURS

23

VITAMINS
& MINERALS



ALL 9 ESSENTIAL
AMINO ACIDS

INTRODUCING COMPLETE DIET PROTEIN

Protein and carbs with added CLA, L-Carnitine, Green Tea, Chromium, Digestive Enzymes and Friendly Bacteria.

Cook's tip

To make this vegetarian, swap the Parmesan for vegetarian Italian-style hard cheese



Cacio e pepe gnocchi

This classic Italian-style sauce of cheese and black pepper is ridiculously simple to make and on the table in 10 minutes

Serves 4 **Prep time** 5 minutes **Cook time** 5 minutes **Calories** 300 per serving



SmartPoints® per serving

500g fresh gnocchi
30g low-fat spread
75g Parmesan, grated
1 tbsp coarsely ground black pepper
Handful chopped parsley
Rocket leaves, to serve

1 Cook the gnocchi in a large pan of boiling water according to pack instructions. Drain, reserving 150ml of the cooking water.

2 Combine the spread and half the reserved cooking water in a medium pan. Stir over a low heat

until the spread has melted. Gradually stir in the Parmesan and remaining water until the cheese has melted. Stir in the pepper and the gnocchi. Divide among 4 bowls, scatter over the parsley and serve with rocket.

SCAN



5 051882 245046

**Cook's tip**

Try blitzing in some steamed broccoli for no additional SmartPoints®

Watercress soup with chorizo

This vibrant green watercress soup is spring in a bowl, and a scattering of flavour-packed chorizo gives it an extra kick

Serves 4 **Prep time** 10 minutes **Cook time** 20 minutes **Calories** 271 per serving



SmartPoints® per serving

Calorie controlled cooking spray

1 onion, finely chopped

1 garlic clove, crushed

½ tsp ground white pepper

700g potatoes, cut into 2cm pieces

1 litre hot chicken stock, made with 1 stock cube

60g chorizo, finely chopped

100g watercress

80g half-fat crème fraîche

1 Mist a large saucepan with cooking spray and fry the onion for over a low-medium heat for 5 minutes. Add the garlic and white pepper and fry for another minute. Add the potatoes and stock. Bring to the boil and simmer for 10 minutes until the potatoes are soft.

2 Meanwhile, fry the chorizo in a frying pan over a medium heat for

3-4 minutes until crisp. Transfer to a bowl with a slotted spoon.

3 Stir the watercress into the soup (reserve a little to garnish) and cook for 2-3 minutes until wilted. Season to taste. Blend until smooth with a stick blender.

4 Divide the soup among 4 bowls. Swirl in the crème fraîche and scatter over the chorizo and reserved watercress.

SCAN



5 051882 245053 >

Say hello to our scrumptious new Cake Slices with added oat fibre

Available in Lemon, Caramel or Chocolate flavours, each slice has fewer than 100 calories (3 SmartPoints per slice) and contains 70 per cent less sugar than a standard cake slice - and they taste amazing!

Each slice is individually wrapped so you can enjoy on the go, perfect for a post lunch pick me up or as an after dinner treat!

Pick them up in the cake aisle at your local ASDA, Co-Op, Morrisons or Sainsburys



The new weight watchers







An Easter feast with friends

This colourful spread of relaxed sharing dishes is perfect for enjoying with friends and family over the long weekend

Carrot & pesto puff pastry tart

Heritage varieties of baby vegetables make this an Insta stunner, but the tart tastes just as delicious made with ordinary carrots

Serves 6 **Prep time** 10 minutes

Cook time 35 minutes

Calories 251 per serving



SmartPoints per serving

400g baby rainbow carrots, trimmed

Calorie controlled cooking spray

5 thyme sprigs, leaves picked

320g sheet light puff pastry

1 egg, lightly beaten

150g low-fat soft cheese

½ tbs reduced-fat green pesto

15g fresh parsley, chopped

Zest of ½ lemon, finely grated

1 Preheat the oven to 200°C, fan 180°C, gas mark 6. Put the carrots on a large baking tray, mist with cooking spray and toss with the thyme. Season and roast for 25 minutes until tender, turning halfway.

2 When the carrots have been cooking for 10 minutes, lay the pastry on a baking tray and score a 2cm border around the edge, making sure not to cut all the way through. Brush with a little of the beaten egg and put in the oven below the carrots.

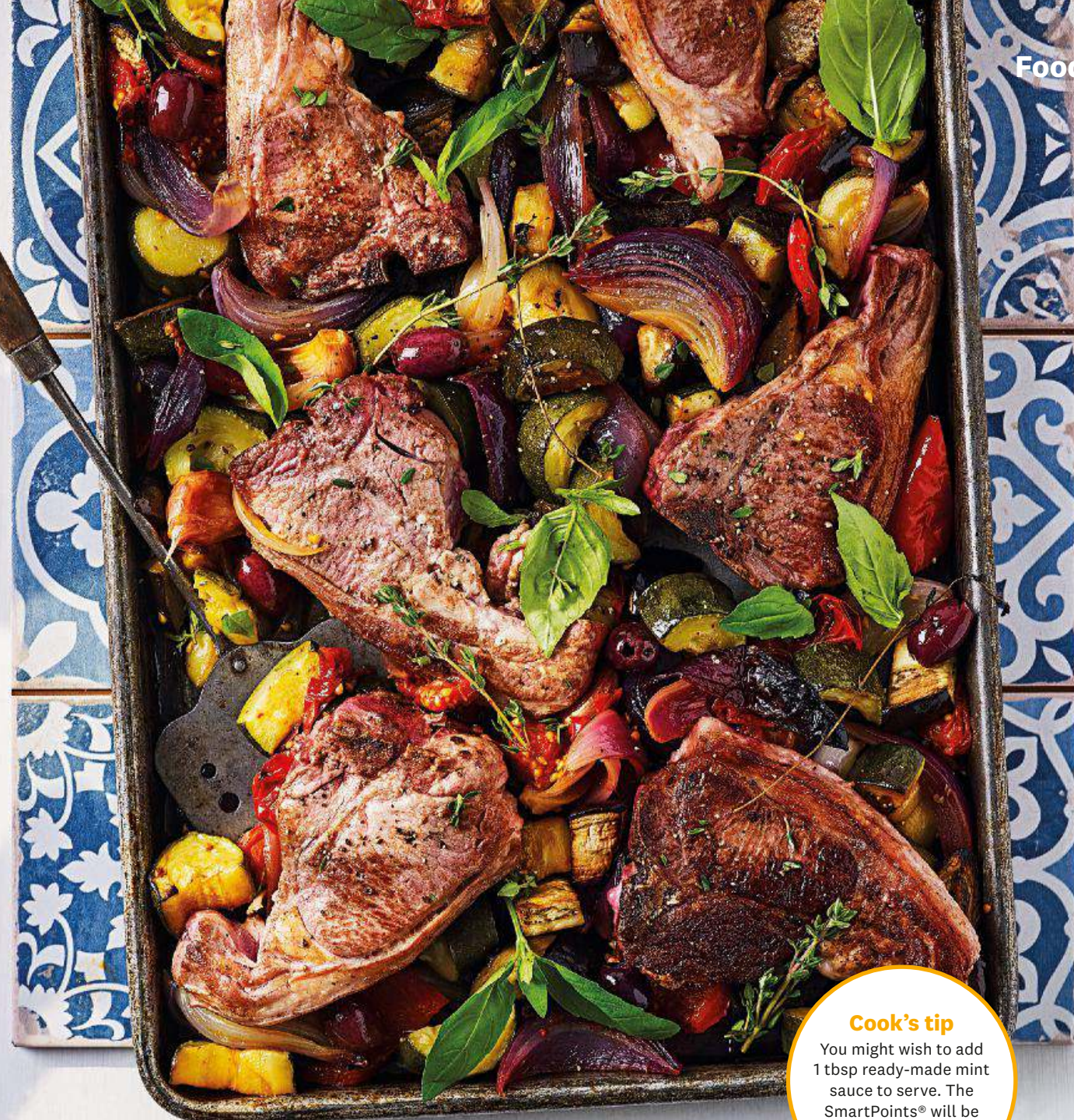
3 Mix the remaining egg with the soft cheese and pesto. Season to taste.

4 When the carrots are cooked, remove from the oven, along with the pastry. Gently press down the centre of the pastry with the back of a spoon. Cover with the cheese mixture and scatter over the carrots. Bake for 10 minutes until the filling has set and the pastry is golden. Sprinkle over the parsley and lemon zest.

Cook's tip

To make this tart veggie-friendly, just use a ready-made vegetarian pesto, for the same SmartPoints®





Cook's tip

You might wish to add 1 tbsp ready-made mint sauce to serve. The SmartPoints® will be

7 7 7

Lamb chop & ratatouille tray bake

Quick and tasty, this rustic dish is a simple way to feed a crowd

Serves 6 **Prep time** 10 minutes **Cook time** 30 minutes **Calories** 219 per serving



SmartPoints per serving

2 courgettes, chopped
300g cherry tomatoes
2 red onions, cut into wedges
1 medium aubergine, chopped
1 red pepper, deseeded and chopped
30g black olives, drained
4 garlic cloves, skin on, lightly crushed with the flat of a knife
5 thyme sprigs, plus extra to garnish

Calorie controlled cooking spray
1 tbsp balsamic vinegar
6 x 60g lamb loin chops
Handful fresh basil leaves, to garnish

1 Preheat the oven to 200°C, fan 180°C, gas mark 6. Tip the vegetables, olives, garlic and thyme into a large roasting tin. Mist with cooking spray, season, then toss together with the balsamic vinegar. Roast for 30 minutes

or until the vegetables are tender and slightly charred.

2 Meanwhile, mist a large frying pan with cooking spray and fry the lamb chops over a high heat for 2 minutes on each side until browned. Transfer to the roasting tin with the vegetables for the last 8 minutes of cooking time.

3 Remove the tin from the oven and garnish with the extra thyme and basil. Take the tin to the table and let everyone serve themselves.



Food

Herby potato & bacon salad

This flavour-packed salad swaps the mayo for a mustardy vinaigrette to lower the SmartPoints®

Serves 6 **Prep time** 5 minutes

Cook time 15 minutes

Calories 168 per serving



SmartPoints® per serving

850g baby new potatoes, quartered

Calorie controlled cooking spray

4 smoked bacon medallions, roughly chopped

1 eschalion shallot, finely chopped

2 tsp Dijon mustard

2 tsp wholegrain mustard

2 tbsp olive oil

1 tbsp white wine vinegar

1 tbsp parsley, finely chopped

½ tbsp dill, finely chopped

30g cornichons, finely chopped

1 Cook the potatoes in a large pan of boiling water for 12-15 minutes until tender, then drain and shake the colander to fluff up the edges a little.

2 Meanwhile, mist a large frying pan with cooking spray and fry the bacon over a medium heat for 3 minutes until golden. Remove with a slotted spoon and set aside on a plate. Mist the pan again and gently fry the shallot for 6-7 minutes until soft. Stir in the mustards, olive oil and vinegar until combined.

3 Toss in the cooked potatoes and bacon. Stir through the parsley, dill and cornichons, then season to taste. Transfer to a large serving bowl and serve warm or cold.

Cook's tip

To make this vegetarian, leave out the bacon and dust the salad with smoked paprika to serve. The SmartPoints are the same

Italian-style griddled baby courgettes

Spring veg get the Italian treatment in this super-easy side you'll want to make time and again

Serves 6 **Prep time** 5 minutes

Cook time 10 minutes

Calories 48 per serving



SmartPoints per serving

600g baby courgettes, halved lengthways

Calorie controlled cooking spray

Juice of ½ lemon, plus wedges

40g vegetarian Italian-style hard cheese, shaved

1 Set a griddle pan over a high heat. Mist the courgettes with cooking spray and season. When the pan is smoking, cook the courgettes for 5 minutes on each side until charred and tender (you may have to do this in batches).

2 Transfer the courgettes to a serving plate and squeeze over the lemon juice. Scatter over the cheese and serve with lemon wedges.

Cook's tip

If you can't find baby courgettes, use regular varieties cut into 2-3cm strips

Floradix Magnesium Liquid

Magnesium contributes to normal



MUSCLE



NERVE functions

Is stress tying you in knots?

Today's lifestyles are demanding, and one of the things they demand most is the mineral magnesium, which allows the nervous system to function properly and the muscles to relax. Magnesium is available in healthy foods such as wholegrains, dried fruit, green leafy vegetables and nuts, however there are times when your diet can lack the goodness needed and be deficient in magnesium.

If you are feeling irritable and snappy, with knots in your shoulders and tension stiffening your neck, bump up your magnesium and lose those knots. **Floradix Magnesium** contains highly absorbable magnesium in a delicious herbal formula which could make the difference to your nerves - unlock the knots and survive the stress.

Available from selected **Holland & Barrett, Boots,**
health food stores and pharmacies

Salus
NATURAL HEALTH CARE SINCE 1916



www.floradix.co.uk

100% St. Dalfour. 100% from Fruit.



All Natural. No Artificial Colours or Preservatives.

St. Dalfour preserves are handmade in the Aquitaine region of France, near Bordeaux. Our Maître Confiturier slowly cooks hand-picked and meticulously selected and sourced fruit together with vineyard-ripened grapes and fruit juices in traditional kettles. Our local French method of small batch production results in the finest, best-tasting preserves in the world.

Honey & spiced peach parfaits

Transform a few storecupboard ingredients into this luscious fruity dessert

Serves 6 **Prep time** 5 minutes
Cook time 10 minutes + cooling
Calories 171 per serving



SmartPoints® per serving

30g pistachio kernels
410g tin peach slices in light syrup
1 star anise
¾ tsp mixed spice
2 tbsp clear honey
800g 0% fat natural Greek yogurt

1 Preheat the oven to 200°C, fan 180°C, gas mark 6. Put the pistachios on a baking tray and toast in the oven for 6-7 minutes until lightly golden and fragrant. Allow to cool completely then roughly chop.

2 Drain the peaches. Reserve 1 tbsp syrup and 6 slices. Roughly chop the rest, then tip into a medium saucepan with the star anise, mixed spice, reserved syrup, half the honey and 1 tbsp water. Simmer over a low heat, stirring regularly, for 7-8 minutes until the fruit has begun to break down and most of the liquid has evaporated. Remove the star anise (use to decorate one of the pots when serving, if you like) and set the compote aside to cool.

3 Blitz ¾ of the peach compote with a hand blender and gently fold through the yogurt to create a rippled effect. Layer the compote and rippled yogurt among 6 small glasses. Drizzle over the remaining honey, top with the reserved peach slices and scatter over the pistachios.

Catch of the day

Packed with protein and vitamin B12, our fish recipes guarantee a meal that's off the scales

Fish fillets with creamy lemon sauce

This is a lovely light, fresh, zesty dish with all the colours of spring. Perfect for a weekend lunch or dinner with friends

Serves 4 **Prep time** 15 minutes **Cook time** 30 minutes **Calories** 353 per serving



SmartPoints® per serving

300g baby carrots, trimmed

Calorie controlled cooking spray

460g baby potatoes

4 x 200g ling fillets, skin on

1 tbsp cornflour

3 tsp lemon zest

80ml lemon juice

80ml vegetable stock, made using $\frac{1}{2}$ stock cube

80ml Elmlea Double Light Cream Alternative

10g fresh dill, finely chopped

130g kale, trimmed and shredded

1 Preheat the oven to 220°C, fan 200°C, gas mark 7. Line a baking tray with baking paper, add the carrots, mist with cooking spray and roast for 15 minutes. Meanwhile, cook the potatoes in a large pan of salted boiling water for 8 minutes or until tender. Drain, rinse in cold water and flatten slightly with a masher. Set aside.

2 After the carrots have been roasting for 15 minutes, add the potatoes to the tray. Mist with cooking spray and season. Place the tray on the top shelf of the oven for 15 minutes or until the potatoes are golden and the carrots are tender.

3 Meanwhile, season the fish and mist lightly with cooking spray. Heat a nonstick frying pan over a medium-high heat and cook the fish for 3-4 minutes each side, or until golden and just cooked through. Transfer to a plate and keep warm.

4 Whisk the cornflour with 80ml cold water in a jug. Pour into the frying pan on the heat, with the lemon zest, juice and stock. Whisk until bubbling. Add the cream and dill, then season to taste.

5 Boil the kale in a pan of salted water for 2 minutes or until just wilted. Drain. Divide the kale, fish, sauce, potatoes and carrots among 4 plates and serve.

Cook's tip

If you can't find ling, use pollock or coley fillets instead – the SmartPoints are the same



Seafood pie

This creamy seafood sensation is comfort food at its finest, and a dish all the family will love. Make it the star of the show this weekend

Serves 6 **Prep time** 15 minutes **Cook time** 40 minutes **Calories** 425 per serving



SmartPoints per serving

400g trout fillets
400g coley fillets
500g raw prawns, peeled
1 leek, white part only, thickly sliced
1 carrot, thinly sliced
1 dried bay leaf
750ml skimmed milk
800g potatoes, roughly chopped
40g low-fat spread
40g plain flour
2 tbsp fresh dill, chopped, plus extra sprigs to garnish
Calorie controlled cooking spray

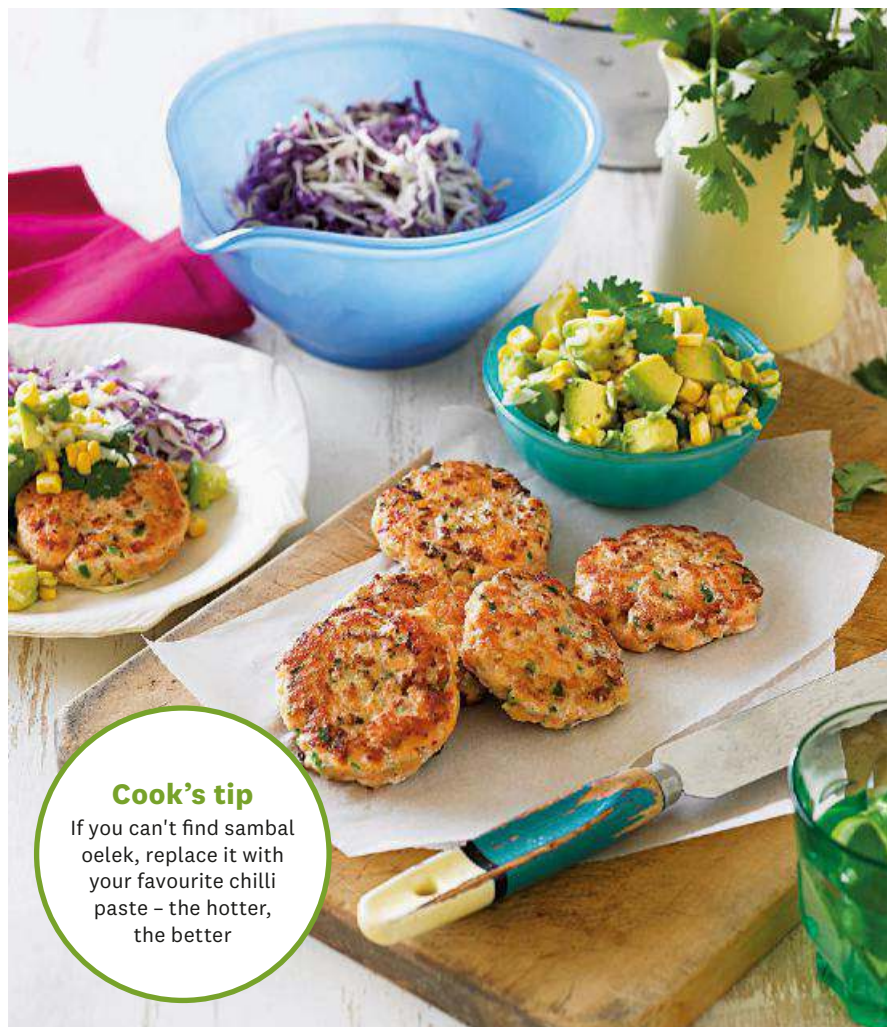
1 Preheat the oven to 180°C, fan 160°C, gas mark 4. Put the trout, coley, prawns, leek, carrot and bay leaf in a large deep frying pan. Add 625ml milk, bring to a boil over a medium heat, then lower the heat and simmer for 5 minutes or until

the fish is just cooked. Strain through a colander and reserve the milk. Transfer the mixture to a large plate, coarsely flake the fish, discard the bay leaf and set aside.

2 Cook the potatoes in a large saucepan of boiling water for 15 minutes or until tender.

3 Meanwhile, melt the spread in a medium saucepan over a medium heat. Add the flour and cook, stirring, for 2 minutes or until bubbling. Gradually pour in the reserved poaching milk, stirring constantly. Cook, stirring, for 5 minutes or until thickened and smooth. Season and stir in the dill. Add the fish mixture and stir through gently. Spoon into a 2-litre ovenproof dish.

3 Drain the cooked potatoes, return to the pan with the remaining milk and mash until smooth. Spoon the mash over the fish mixture and mist lightly with cooking spray. Bake for 20 minutes or until golden. Garnish with the dill sprigs.



Cook's tip

If you can't find sambal oelek, replace it with your favourite chilli paste – the hotter, the better

Lime fish cakes with corn salsa & slaw

Full of flavour and served with colourful avocado salsa and red cabbage coleslaw, these fish cakes wake up the senses

Serves 4 **Prep time** 15 minutes **Cook time** 10 minutes **Calories** 278 per serving



SmartPoints® per serving

550g cod fillets, roughly chopped
1 green chilli, deseeded and finely chopped
1 tbsp sambal oelek paste
1 tbsp lime juice
1 egg white
Calorie controlled cooking spray

For the corn salsa

1 corn on the cob
1 medium avocado, roughly chopped
3 spring onions, trimmed and chopped
5g fresh coriander leaves
2 tsp malt vinegar

For the slaw

250g 0% fat natural Greek yogurt
1 garlic clove, crushed
150g red cabbage, shredded
150g green cabbage, shredded

1 Put the cod, chilli, sambal oelek, lime juice and egg white in the bowl of a food processor. Season, then blitz to a smooth paste. Shape the mixture into 8 evenly sized balls then flatten into 7cm rounds.

2 Mist a griddle pan with cooking spray. Cook the corn over a high heat for 8-10 minutes, turning occasionally, until tender.

3 Meanwhile, mist a medium nonstick pan with cooking spray and set over a medium heat. Fry the fish cakes for 3 minutes each side or until golden and cooked through.

4 Cut the griddled corn from the cob and mix with the avocado, spring onions, coriander and vinegar in a serving bowl.

5 In a large bowl, combine the yogurt, garlic and cabbage with 1 tbsp water. Divide the fish cakes between 4 plates and serve with the salsa and slaw.





Middle Eastern-style fish parcels

Cooking in baking paper (en papillote) locks in the flavours brilliantly and stops the fish drying out. It's also quick, simple and fun to do

Serves 4 **Prep time** 15 minutes **Cook time** 15 minutes **Calories** 197 per serving

3 0 0   

SmartPoints per serving

Large handful fresh coriander

Large handful fresh parsley

2 tbsp lemon juice

1 tbsp baharat spice mix

2 garlic cloves

1 red chilli

4 x 120g cod fillets

1 lemon, thinly sliced, plus lemon wedges to serve

1 red onion, thinly sliced

2 courgettes, thinly sliced

400g tin chickpeas, drained and rinsed

1 Preheat the oven to 220°C, fan 200°C, gas mark 7. Blitz the coriander, parsley, lemon juice, baharat, garlic, chilli and 1 tbsp water in a food processor until almost smooth. Transfer to a shallow dish, add the cod fillets and turn to coat in the paste.

2 Cut out 4 x 30cm squares of foil and 4 x 30cm squares of baking paper. Place a piece of baking paper on top of a piece of foil. Divide the lemon, onion and courgette slices among the squares, then top with the chickpeas and fish. Carefully fold up the baking paper, then foil, to enclose the filling in an airtight parcel.

3 Transfer the parcels to a baking tray and bake in the preheated oven for 10-15 minutes or until the fish is just cooked. Unwrap the parcels carefully (the steam will be hot) and serve with extra lemon wedges for squeezing over.

Cook's tip

Baharat is a spice blend popular in Middle Eastern, North African, Turkish and Greek cuisine

MAKE YOUR OWN

Hot cross buns

Supermarket shelves are stacked high with them, but it's surprisingly simple to knock up these spiced Easter buns at home. Have a go and put your baking skills to the test. Warm from the oven, they're hard to beat



Makes 12 **Prep time** 30 minutes + resting and proving **Cook time** 30 minutes

Calories 228 per bun



SmartPoints® per bun

2 tsp dried active yeast
65g caster sugar
125ml skimmed milk,
warmed
1 egg, lightly beaten

495g plain flour
1 tsp mixed spice
50g low-fat spread
85g sultanas
40g currants

Calorie controlled
cooking spray
2 tbsp reduced sugar
apricot jam, melted
(we used Sainsbury's)

Cook's tip

The milk should be lukewarm. Test it by dripping a little on your wrist – it should feel comfortably warm, but not hot



1 In a medium mixing bowl, stir together the yeast, 55g sugar, the milk and 80ml warm water. Leave to rest in a warm place for 5 minutes until frothy. Whisk in the egg. Sift 450g flour and the mixed spice into a large mixing bowl and rub in the spread using your fingertips until the mixture resembles fine breadcrumbs.



2 Stir the sultanas and currants through the flour mixture. Make a well in the centre and pour in the yeast mixture. Using a wooden spoon, gradually stir together the wet and dry ingredients to form a sticky dough.



3 Tip the dough out on to a lightly floured surface and knead for 5-7 minutes until elastic. Transfer to a bowl and cover with a clean, dry tea towel. Set aside to prove in a warm draught-free place for 1 hour or until doubled in size.



4 Preheat the oven to 200°C, fan 180°C, gas mark 6. Lightly mist an 18 x 28cm cake tin with cooking spray. Use your fist to knock back the dough and remove the excess air.



5 Divide the dough into 12 and roll into balls. Arrange in the prepared tin. Set aside in a warm, draught-free place for 30 minutes or until doubled in size. Make a flour paste by combining the remaining flour and sugar with about 2 tbsp water in a small bowl. Transfer to a small food bag, snip off a corner and pipe crosses onto the buns.



6 Bake for 10 minutes. Reduce the oven temperature to 180°C, fan 160°C, gas mark 4 and bake for a further 20 minutes or until golden and the buns sound hollow when lightly tapped. Remove from the oven and set aside in the tin to cool slightly. Brush with the melted jam. Serve warm or at room temperature.

Budget bites

Brilliant baked oats

Meet your new breakfast game changer. Baked oats are simple to make, low in SmartPoints® and portable – plus the flavour variations are pretty much endless. Give these four a try and you'll be hooked

Coconut & blueberry

Serves 4

Prep time 5 minutes

Cook time 25 minutes

Calories 303 per serving



SmartPoints per serving

120g porridge oats

375g 0% fat natural

Greek yogurt

3 eggs

30g desiccated coconut

200g frozen blueberries

10g coconut flakes

½ tbsp clear honey

1 Preheat the oven to 200°C, fan 180°C, gas mark 6. In a large mixing

bowl, combine the oats, yogurt, eggs, desiccated coconut and 150g blueberries. Spoon into a square 20cm baking dish and level with the back of a spoon. Scatter over the remaining blueberries and bake for 25 minutes until golden. **2** Meanwhile, set a small frying pan over a low-medium heat. Toast the coconut flakes for a few minutes until starting to turn golden. **3** Scatter the toasted coconut over the baked oats and drizzle over the honey. Cut into 4 squares.

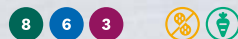
Apple pie

Serves 4

Prep time 5 minutes

Cook time 25 minutes

Calories 297 per serving



SmartPoints per serving

120g porridge oats

375g 0% fat natural

Greek yogurt

3 eggs

2 eating apples,
peeled, cored
and cut into
3cm chunks

40g raisins

1½ tsp ground cinnamon

Pinch of ground nutmeg

1 tbsp clear honey

1 Preheat the oven to 200°C, fan 180°C, gas mark 6. Put all the ingredients in a mixing bowl and stir until combined. Spoon into a square 20cm baking dish and level with the back of a spoon. **2** Bake for 25 minutes until golden and a knife inserted into the centre comes out clean. **3** Cut into 4 squares to serve.

Gingerbread

Serves 4

Prep time 5 minutes

Cook time 25 minutes

Calories 234 per serving



SmartPoints per serving

120g porridge oats

375g 0% fat natural

Greek yogurt

3 eggs

2 tsp ground ginger

1 tsp ground cinnamon

½ tsp mixed spice

1 tbsp clear honey

1 Preheat the oven to 200°C, fan 180°C, gas mark 6. Put all the ingredients in a mixing bowl and stir until combined. Spoon the mixture into a square 20cm baking dish and level with the back of a spoon. **2** Bake for 25 minutes until golden and a knife inserted into the centre comes out clean. **3** Cut into 4 squares to serve.

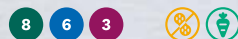
Banana choc chip

Serves 4

Prep time 5 minutes

Cook time 25 minutes

Calories 289 per serving



SmartPoints per serving

120g porridge oats

150g 0% fat natural

Greek yogurt

3 eggs

2 very ripe
medium bananas,
mashed

40g chocolate chips

1 Preheat the oven to 200°C, fan 180°C, gas mark 6. Stir together all the ingredients in a mixing bowl. Spoon into a square 20cm baking dish and level with the back of a spoon. **2** Bake for 25 minutes until golden and firm. **3** Cut into 4 squares to serve.



Coconut & blueberry
baked oats

Get creative!



Easy peasy

We've all got a bag stashed away, but frozen peas go with more than just fish fingers. It's time to bring this brilliant no-fuss staple out of the freezer and into the limelight

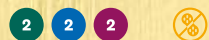
Pea & ham croquettes

Served with a mustard mayo dip, these bite-sized croquettes are light and moreish

Makes 16 **Prep time** 15 minutes

Cook time 25 minutes + chilling

Calories 85 per croquette



SmartPoints® per serving

350g potatoes, cut into chunks

1 tbsp semi-skimmed milk

70g lean ham, finely chopped

70g frozen peas, thawed

15g parsley, leaves finely chopped

Zest and juice of ½ lemon

30g plain flour

1 large egg

40g panko breadcrumbs

3 tbsp vegetable oil

For the mustard mayo dip

50g reduced fat mayonnaise

50g 0% fat natural Greek yogurt

1 tsp Dijon mustard

1 Cook the potatoes in a large pan of salted water for 15 minutes or until just tender.

Drain, return to the pan and mash with the

milk. Season and stir in the ham, peas, parsley, lemon zest and juice. Chill for 1 hour.

2 Shape the potato mixture into 16 croquettes. Tip the flour onto a plate and season. Lightly beat the egg in a shallow bowl. Put the breadcrumbs into another bowl. Coat the croquettes first in flour, then egg, then breadcrumbs.

3 Heat half the oil in a small frying pan over a medium-high heat. Fry half the croquettes for 4-5 minutes, turning, until golden. Using a slotted spoon, transfer to a plate lined with kitchen paper. Repeat with the remaining oil.

4 Combine the dip ingredients in a small bowl. Season with black pepper. Serve the croquettes hot with the dip alongside.

Cook's tip

You could also serve these as a lunch for 4 with a crisp green salad. The SmartPoints will be

10 9 7

Pea, prawn & chilli linguine

Fresh colours and full-on flavour unite in this simple and satisfying dish that makes a wonderful spring meal

Serves 4 **Prep time** 10 minutes **Cook time** 20 minutes **Calories** 300 per serving



SmartPoints per serving

200g linguine

1 tbsp olive oil

4 garlic cloves, thinly sliced

½ tsp chilli flakes

Zest of 1 lemon and juice of ½

300g raw king prawns

50ml white wine

120g frozen peas

Large handful basil leaves, finely shredded, plus extra to serve

1 Cook the pasta in a large pan of salted boiling water, according to pack instructions or until al dente. Drain, reserving 100ml of the pasta water, and return to the pan. Cover and keep warm.

2 Meanwhile, heat the oil in a large frying pan over a medium heat. Add the garlic, chilli and lemon zest. Fry, stirring, for 30 seconds until fragrant. Add the prawns and fry, stirring, for 2 minutes until just

cooked through. Add the wine and peas, bring to the boil and simmer for a few minutes until the peas are hot and the liquid has reduced by half.

3 Add the prawn mixture to the hot pasta with the lemon juice and a splash of the pasta water. Toss together, adding more pasta water if it seems dry. Stir in the shredded basil, season to taste and garnish with the extra basil leaves.

Cook's tip

A bunch of basil will stay fresh for up to a week if you treat it like flowers – just trim the stems and pop in a jug of water





Pea & bacon salad

Using split and frozen peas, this recipe takes the ingredients of a pea and ham soup and turns them into a hearty salad

Serves 4 **Prep time** 10 minutes **Cook time** 35 minutes **Calories** 190 per serving



SmartPoints® per serving

170g split green peas
225g frozen peas
125g streaky bacon, fat trimmed
300g baby new potatoes, quartered
3 tsp white wine vinegar
2 tbsp wholegrain mustard
10g chives, roughly chopped

1 Cook the split peas in a pan of boiling water for 30-35 minutes until tender. Add the frozen peas for the last 5 minutes.

2 Meanwhile, dry-fry the bacon in a large nonstick frying pan over a medium heat for 8-10 minutes

until crisp and set aside, leaving the bacon fat in the pan. When the peas are cooked, drain and tip into a large bowl and stir in the cooked bacon.

3 On a medium-low heat, add the potatoes to the frying pan and cook, stirring occasionally, for 10-15 minutes, until golden. Season, remove from the heat and add the vinegar and mustard. Combine well to coat the potatoes in the dressing, scraping the bottom of the pan as you go.

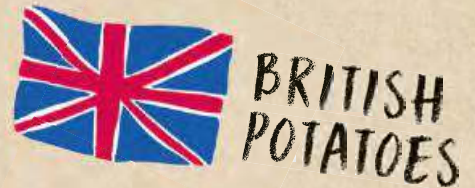
4 Empty the potato mix into the bowl with the peas. Add the chives, season to taste, and toss to combine, adding a little more vinegar if you prefer your peas on the tangy side.



Yes, peas!

WW member Liz says: 'I really like peas! We have our own allotment and although we don't grow peas every year, when we do I love adding them freshly shelled to my salads. That's if they make it that far – fresh peas from the pod are so delicious as a snack. They're really easy just to pop in a container to take on the go.' Read Liz's story on P.14

Next issue Versatile yogurt is a brilliant SmartPoints-friendly ingredient. We showcase three ideas for breakfast, dinner and a teatime cake



JACKETS IN A JIFFY

AVAILABLE IN THE FREEZER IN

MORRISONS, WAITROSE, ICELAND,
NISA, BOOTH'S & OCADO

GLUTEN
FREE



- ✓ SOURCE OF FIBRE
- ✓ VEGETARIAN FRIENDLY
- ✓ WHOLESOME & HANDY
- ✓ BAKED IN YORKSHIRE. FROZEN IN TIME

FOR RECIPES,
NEWS & MORE!



www.bannistersfarm.co.uk



**Barista & Co
Brew It Stick, £11.99**

In just four minutes, you can use this convenient coffee maker to make just the one cup – anywhere, any time

Your kitchen kit

Our round-up of kitchen appliances and gadgets is designed to make your cooking journey easier and more fun. This month: coffee connoisseur essentials

TRY THIS...



**Lakeland bean
to cup coffee
machine, £99.99**

For those who take their coffee seriously, this sleek gadget grinds beans, as well as giving the option to use ground coffee. Plus there's a handy keep-warm function

**Prezzybox personalised My Order
travel mug, £19.99**

A must for the diehard coffee shop commuter. Not only does it show your order, but your name will be spelled correctly every time





Cookut Cofi coffee cotton filters, £10 for two

These organic, washable cotton filters are compatible with all filter coffee makers and last for a year. How's that for sustainable?

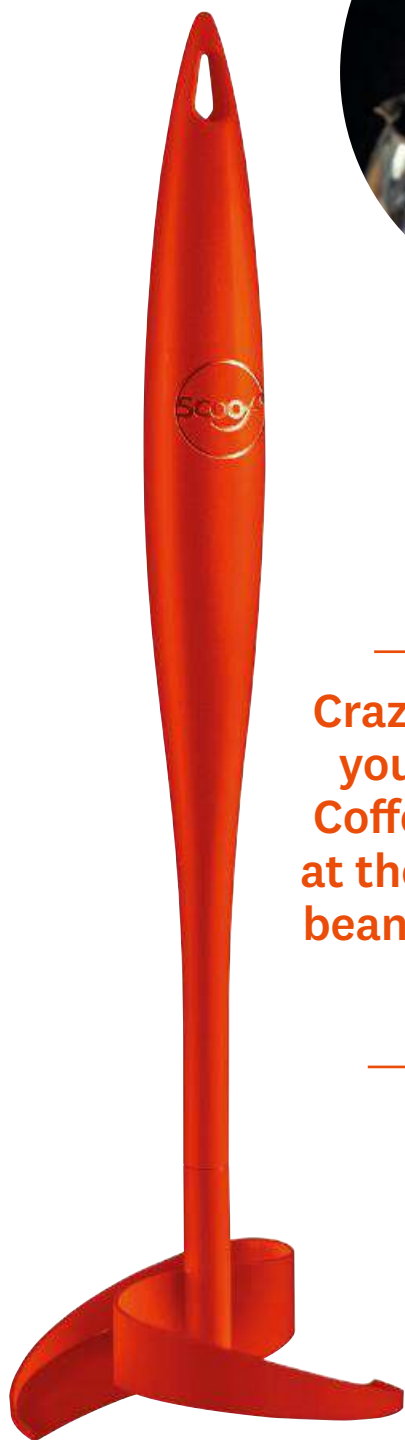


Whittard Copper 3-cup cafetière, £20

This effortlessly stylish brewer makes sterling cups of coffee – and looks gorgeous on your kitchen counter too

Crazy for cappuccino? Get yourself to the London Coffee Festival, 2-5 April, at the Truman Brewery for beans, brews and baristas

Our food editor Nadine



Scoop, £9.95

Is it a pen? Is it a bird? Nope, this nifty little gadget stirs the coffee made in cafetières for a fuller flavour, and then swiftly clears the grounds in the pot in just a few twists. Nice!

Grounds for success

NADINE SAYS:

'Don't ditch those grounds so quickly – they have a list of uses that are cheap as well as resourceful.'

1 DITCH THE DIRT

The abrasive texture of coffee grounds can be put to good use as a scrub for dirty dishes. Be sure to use only on non-porous finishes.

2 GROW YOUR GARDEN

Add coffee grounds to a compost heap to make garden compost. Dug into flowerbeds, the compost helps drainage and adds nutrients.

3 KEEP CATS AWAY

Fend off stray felines in your garden with a sprinkling of coffee grounds – cats are said to hate the smell.

4 TENDERISE MEAT

Coffee is great for tenderising meat. Try making a rub using a mixture of grounds and spices, which will also add a rich smoky flavour.

5 CLEANSE YOUR HANDS

If you've been chopping onions and garlic, rubbing coffee grounds into your fingers will help to neutralise those strong odours.

LAYERS
UPON



LAYERS

UPON

LAYERS



UPON

LAYERS

UPON



LAYERS

UPON

LAYERS

UPON

LAYERS

BELLS & WHISTLES®

TRY INDULGENT **PLANT-BASED** CAKE



VEGANS
DIVE IN!



GLUTEN
FREE



DAIRY
FREE



UNDER
120
CALORIES
PER SLICE

ASDA Sainsbury's Morrisons Waitrose
Since 1899

FIND US IN THE FREE FROM AISLE
FULL STOCKIST DETAILS: WWW.BELLS-WHISTLES.CO.UK

 [EATBELLSANDWHISTLES](https://www.instagram.com/eatbellsandwhistles)

Check it out

You can fill your trolley with Food Editor **Nadine Brown's** top grocery picks – the SmartPoints® are already counted

FOOD EDITOR FAVE



'I love cooking with creamy coconut milk, which can be a lot of SmartPoints, so I often end up using only half a can. This clever product lets me control how much I use – just add water.

And a little goes a long way,' says Nadine.

Coconut Merchant Organic Coconut Milk Powder, £5/250g, Amazon, SmartPoints per 25g serving

8 8 8

SOUP OF THE DAY

Nourishing bone broth was a health 'elixir' back in the day, but it requires a long, slow cook time. Now the chefs at Boosh have come up with three quick and easy broths – in a jar.



Boosh Bone Broth in Asian spiced organic chicken £4.99, Ocado, SmartPoints per 350ml jar

0 0 0

TREND SPOTTER

With Tastecard naming jackfruit 'Taste of the Year 2020' and supermarkets getting in on the act, now's the time to make the most of this tasty alternative to meat

Cooks & Co Young Green Jackfruit £2.25, Ocado, SmartPoints per 400g tin (220g drained weight)



0 0 0

Plant Pioneers Mexican Style Jackfruit £2, Sainsbury's, SmartPoints per 150g pouch



4 4 4

Wall's BBQ Jackfruit Rolls (4 pack) £1.50, Asda, SmartPoints per 30g roll



3 3 3

Plant Kitchen BBQ Pulled Jackfruit Pizza £3.50, M&S, SmartPoints per 187g pizza



11 11 11

THREE UNDER 3

These SmartPoints savers will help keep you on track



Drink Me Chai Turmeric blend, £3.95, Waitrose, SmartPoints per tbsp

1 1 1



Count On Us Sea Salt and Balsamic Vinegar Lentil Curls (5 pack), £2, M&S, SmartPoints per 22g pack

2 2 2



Metcalfe's Chocolate Orange Mini Rice Cakes, 75p, Tesco, SmartPoints per 16g pack

3 3 3



Chocolate heaven

With a little cunning you can enjoy a few cocoa-rich treats and stay right on track. Tuck in!

Mini egg brownie tart

Using WW brownie-style cake mix in this showstopper dessert keeps the SmartPoints® low without compromising on taste

Serves 12 **Prep time** 15 minutes **Cook time** 40 minutes + cooling and chilling
Calories 212 per serving

9 8 8  

SmartPoints per serving

375g ready rolled light shortcrust pastry (245g used)
140g Cadbury Mini Eggs
1 pack WW Brownie Style Cake Mix
1 medium egg
25ml sunflower oil
½ tsp icing sugar

1 Unroll the pastry and use it to line a 23cm loose-bottomed tart tin. Trim the excess from the rim (you should have about 130g of pastry left over) and discard or wrap in clingfilm, chill and save to use in another recipe. Chill the pastry case for at least 30 minutes.

2 Preheat the oven to 190°C, fan 170°C, gas mark 5. Prick the base of the pastry case with a fork, then line with baking

paper and fill with baking beans. Bake for 15 minutes. Remove the beans and baking paper and bake for a further 8-10 minutes until golden all over. Leave to cool on a wire rack. Turn down the oven temperature to 180°C, fan 160°C, gas mark 4.

3 Finely chop half the chocolate mini eggs. Set aside 6 of the remaining eggs and roughly chop the rest.

4 Make up the brownie mix according to the pack instructions, using the egg, sunflower oil and 50ml water. Fold in the finely chopped mini eggs. Pour the mixture into the chilled pastry case and bake for 10 minutes. Scatter over the reserved mini eggs and bake for a further 5 minutes.

5 Leave the tart to cool, then dust with the icing sugar and cut into 12 to serve.

Cook's tip

If you don't have baking beans, use uncooked rice or dried beans to blind bake your pastry



Cook's tip

Make these pots up to two days ahead and decorate just before serving – perfect for a dinner party

Malted chocolate pots

A hint of Horlicks malt in rich chocolate custard makes these puds irresistible

Serves 6 **Prep time** 15 minutes **Cook time** 20 minutes
+ cooling and chilling **Calories** 208 per serving



SmartPoints® per serving

250ml semi-skimmed milk
45g Horlicks Light Malt
85g milk chocolate, broken into chunks
5 large egg yolks
50ml Elmlea Double Light Cream Alternative
15g bag WW Chocolate Malt Balls, roughly chopped

1 Preheat the oven to 160°C, fan 140°C, gas mark 3. Put 6 x 125ml ovenproof pots or ramekins in a large baking dish or roasting tin.

2 Heat the milk in a medium saucepan with all but 1 tsp of the Horlicks. Bring to a

simmer over a medium heat, whisking until the Horlicks has completely dissolved. When the mixture starts to bubble, add the chocolate chunks, turn down the heat and continue whisking until smooth. Remove from the heat.

3 Put the egg yolks in a large mixing bowl. Gradually pour in the hot chocolate milk mixture, whisking gently as you go. Strain the mixture through a sieve into a jug, then carefully pour into the ovenproof pots. Half-fill the roasting tin with boiling water so that it comes halfway up the

sides of the pots. Transfer the roasting tin and chocolate pots to the oven and cook for 20 minutes or until the mixture is set, but still retains a slight wobble.

4 Carefully remove the pots from the hot water and place on a wire rack to cool. Once cool, transfer the pots to the fridge to chill.

5 When you're ready to serve, whisk the Elmlea with the reserved Horlicks powder until thickened. Top the chilled chocolate pots with the Horlicks cream and chopped WW Chocolate Malt Balls.

Tiramisu Swiss roll

Coffee, cream and chocolate combine to heavenly effect

Serves 10 **Prep time** 30 minutes

Cook time 10 minutes + cooling

Calories 195 per serving



SmartPoints per serving

4 tbsp instant espresso granules

50g low-fat spread

75g golden caster sugar, plus 1 tbsp

2 large eggs

100g self-raising flour

30g cocoa powder

150ml Elmea Double Light Cream Alternative

100g low-fat soft cheese, at room temperature

30ml Marsala wine (optional)

20g dark chocolate, shaved into curls with a vegetable peeler

1 Preheat the oven to 180°C, fan 160°C, gas mark 4. Grease and line a 33 x 22cm Swiss roll tin with baking paper. Dissolve half the espresso granules in 1 tbsp boiling water.

2 Beat together the low-fat spread and 75g sugar until pale. Add the eggs, one by one, beating well after each addition (if the mixture curdles, beat in a little flour). Sift and fold the flour into the mixture with the espresso. Pour into the prepared tin and bake for 8-10 minutes until firm.

3 Meanwhile, bring 75ml water to the boil in a small pan with the remaining espresso granules and 1 tbsp caster sugar. Turn down the heat and simmer for 5 minutes.

4 Lay a damp tea towel on a work surface and top with a piece of baking paper larger than the sponge. Reserving 1 tsp of the cocoa powder, dust the rest over the paper and carefully invert the sponge on to it.

5 Peel off the baking paper and brush the sponge with the coffee syrup. Score a line about 2cm from the edge of one of the shorter ends of the sponge. Starting here, use the baking paper to help you roll up the sponge tightly. Leave to cool.

6 In a medium bowl, whisk the Elmea to soft peaks and fold through the soft cheese and Marsala, if using. Unroll the sponge and spread with the mixture (leaving a 1cm border).

7 Carefully re-roll as before, so that the join is underneath. Dust with the remaining cocoa powder and decorate with the chocolate curls.

Cook's tip

Rolling up the sponge, unfilled, while warm means it's less likely to crack when you add the filling and re-roll

What's new in store?

There's no need to trawl the supermarket aisles. Here's a selection of the latest treats and gadgets to help you on your wellness journey



FLAVOURS OF THE EAST

Mr Lee's authentic 'no nasties' instant noodles are made from the finest freeze-dried ingredients. Gluten-free, low in sugar and vegan, you can enjoy hot lunch al desko for 208-274 calories per cup. RRP £2.50. Available at Asda (Free From aisle), Holland and Barrett, Amazon, Ocado and mrleesnoodles.com



SQUEEZY AND CHEESEY

Creamy and delightfully cheesy, Primula Cheese has been enjoyed by cheese lovers worldwide for 92 years. Stirred into pasta, squeezed on to a jacket potato, or as the finishing touch on a burger, Primula makes the meal. At selected Asda, Morrisons, Iceland and Sainsbury's stores and online at Ocado.



COFFEE MORNINGS

At only 2 calories a cup and without sugar or sweeteners, Beanies flavoured instant coffee is your not-so-guilty pleasure. Over 20 flavours available. Enter the code WW10 for 10% off your order at beaniesflavourco.co.uk and see which one – or more – tickles your tastebuds.



A PIECE OF CAKE

Have your cake and eat it with Bells & Whistles cake slices, which allow you to indulge without worrying. With a baked coconut and almond base, and smooth ganache and rich vegan choc top, each slice has less than 120 calories. At selected Waitrose, Asda, Sainsbury's and Morrisons stores.



PROTEIN POWER

At 215 calories per full serving, Reflex Nutrition's new Complete Diet Protein is packed with protein, carbohydrates, 23 vitamins and minerals, digestive enzymes and friendly bacteria. It comes in five delicious, natural flavours.



Chocolate & hazelnut doughnuts

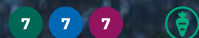
Buttermilk keeps these easy-bake doughnuts deliciously moist

Serves 6

Prep time 15 minutes

Cook time 15 minutes + cooling

Calories 198 per serving



SmartPoints per serving

Calorie controlled
cooking spray

100g plain flour

25g golden caster sugar

10g cocoa powder

¼ tsp bicarbonate of soda

¼ tsp baking powder

100ml buttermilk

25ml vegetable oil

1 medium egg

1 tsp vanilla extract

40g chocolate

hazelnut spread

1 tbsp golden syrup

2 tbsp semi-skimmed milk

10g toasted hazelnuts,
chopped

1 Mist a 6-hole doughnut
tray with cooking spray.

Preheat the oven to 180°C,
fan 160°C, gas mark 4.

2 Combine the flour, sugar,
cocoa powder, bicarb, baking
powder and a pinch of salt
in a large mixing bowl. Whisk
together the buttermilk, oil, egg
and vanilla extract in a jug and
pour into the bowl of dry
ingredients. Whisk to combine.

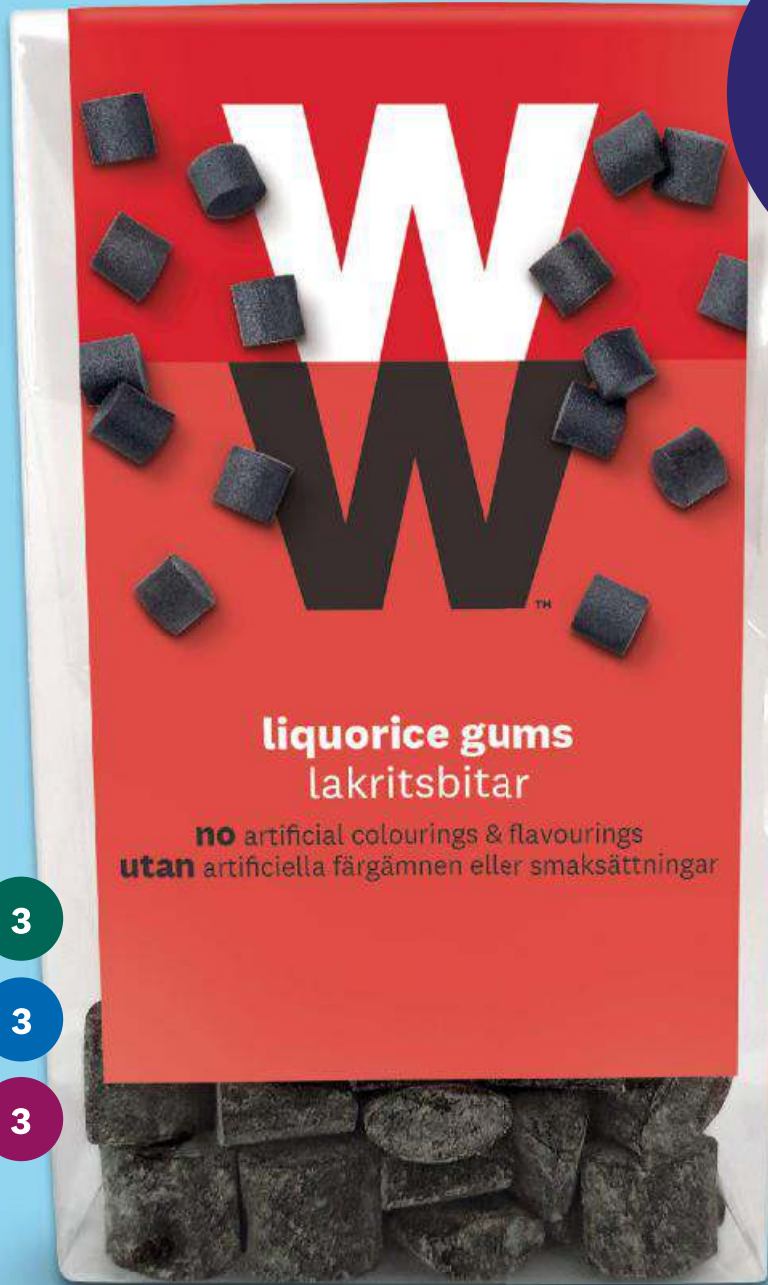
3 Spoon the batter into the
prepared tray and bake for 8-10
minutes. The doughnuts should
spring back when pressed.

Leave to cool in the tray for a
few minutes, then turn out on to
a wire rack to cool completely.

4 To make the glaze, set a small
saucepan over a low-medium
heat. Add the chocolate
hazelnut spread, syrup and
half the milk. Heat, stirring,
until melted, adding more
milk to loosen, if needed.

5 Dip the top of each doughnut
in the glaze. Transfer to a wire
rack and sprinkle with the
hazelnuts before the glaze sets.





£1.90

NEW Liquorice Gums

Our NEW WW Liquorice gums are just 3 SmartPoints® per portion (2 portions per pack). Perfect for sweet snacking at home or on the go!

Pricing correct at time of printing. WW Logo and myWW™ are trademarks of WW International, Inc.
©2020 WW International, Inc. All rights reserved.





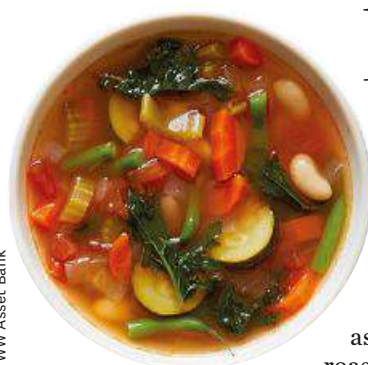
Janna,
WW member

Let's eat out

Talking Italian

You can say 'Si!' to an Italian meal or pizza and still stay on track. You just need to know your way around the menu

Italian and pizza restaurants are among the most popular in the UK, with around 12 million people going out for a plate of spaghetti or a quattro formaggi every year. Eating Italian-style is usually relaxed, so it's fine if you want to save SmartPoints® by sharing a pizza or dessert, or choose a starter portion of pasta instead of a main. There are usually plenty of SmartPoints-friendly options, too – and your weeklies and rollovers are there to help you enjoy a special meal out without veering off track.



1 Start light

A traditional Italian soup that's based on vegetable or chicken broth, such as tomato or minestrone, is a filling and tasty starter. Other options, such as asparagus, melon or roasted figs with Parma

ham, are likely to be lower in SmartPoints than garlic bread, dough balls or deep-fried arancini (rice balls).

2 MAKE SMART MAINS CHOICES

Many traditional Italian menus have a number of dishes that are low in SmartPoints or even zero in some cases. Chicken breast, fish or shellfish, grilled or cooked on skewers, are usually good choices. Add fresh veg such as broccoli, wilted spinach or a salad (dressing on the side).

3 KNOW YOUR SAUCES

If you're ordering pasta, tomato-based sauces – think pomodoro (tomato), marinara (seafood) or arrabiata (spicy) – tend to be lower in SmartPoints than sauces such as creamy Alfredo, carbonara or béchamel, which is used in oven-baked lasagne and cannelloni.

4 Be salad smart

In Italian restaurants, a 'salad' may describe anything from a plate of leaves with no dressing to a huge bowlful topped with cheese, croutons and Caesar or ranch dressing. This isn't always a low SmartPoints choice. Build-your-own salad bars usually offer plenty of ZeroPoint™ veg to base your salad on, and it's easy to track any extras and dressings.

5 LOOK OUT FOR LIGHTER CHOICES

Some restaurants offer lower-calorie versions of classic dishes, such as Zizzi's Skinny Pizzas and Pizza Hut's Flatbread Pizzas. Pizza Express has now extended its Leggera range (these pizzas have a hole in the middle filled with salad). Favourite toppings such as Diavolo and Sloppy Guiseppe are now available as Leggera versions, which come in at 16 SmartPoints per pizza (Green, Blue, Purple). WW has recently worked with both Pizza Hut and Pizza Express to SmartPoint their menus, making it even easier to make smart choices.

6 Choose ice cream or sorbets

A typical serving of Italian ice cream, without toppings or sauces, is likely to be much lower in SmartPoints than some traditional desserts such as tiramisu, which is 27 SmartPoints per serving (Green, Blue, Purple) at Zizzi. Or try an espresso to end the meal for zero SmartPoints.

7 LET WW HELP YOU

You'll find SmartPoints values for Ask Italian, Domino's, Papa John's, Pizza Express, Pizza Hut and Zizzi on the WW app.

Recipe index

Here's where to find this month's delicious recipes

57

Key to symbols



Gluten-free

Recipes do not include any ingredients that contain gluten



Dairy-free

Recipes do not include any ingredients that contain dairy



Nut-free

Recipes do not include any ingredients that contain nuts



Vegetarian

Recipes that are meat-free and use only vegetarian ingredients



Vegan

Recipes that do not contain any animal products

Apple pie baked oats

P60

8 6 3



Banana choc chip baked oats

P60

8 6 3



Cacio e pepe gnocchi

P43

9 9 9



Carrot & pesto puff pastry tart

P48

8 8 8

Chickpea & turmeric rice with poached eggs

P41

10 6 6



Chocolate & hazelnut doughnuts

P75

7 7 7



Coconut & blueberry baked oats

P60

10 7 4



Fish fillets with creamy lemon sauce

P54

8 6 4



Gingerbread baked oats

P60

7 4 1



Herby potato & bacon salad

P50

5 5 2



Honey & spiced peach parfaits

P53

7 5 5



Hot cross buns

P58

8 8 8



Italian-style griddled baby courgettes

P50

1 1 1



Lamb chop & ratatouille tray bake

P49

6 6 6



Lime fish cakes with corn salsa & slaw

P56

5 3 3



Malted chocolate pots

P72

9 7 7



Middle Eastern-style fish parcels

P57

3 0 0



Mini egg brownie tart

P70

9 8 8



Pea & bacon salad

P64

5 3 1



Pea & ham croquettes

P62

2 2 2



Pea, prawn & chilli linguine

P63

8 6 6



Pork & ricotta meatballs

P40

12 12 12



Seafood pie

P55

9 6 3



Teriyaki chicken salad

P39

6 4 4



Tiramisu Swiss roll

P73

8 8 8



Watercress soup with chorizo

P44



49



39



64



60

Useful information

- All spoon measures are level. Eggs, fruit and veg are medium unless stated.
- Low-fat spread means a light spread with a fat content of no more than 39%.
- Recipes displaying a gluten-free symbol include ingredients that naturally do not contain gluten, but might contain processed products, such as sauces, stock cubes or spice mixes – please check that they don't include gluten-containing ingredients (wheat, barley or rye). Visit coeliac.org.uk
- Recipes displaying a dairy-free symbol include ingredients that are naturally dairy-free, but which might have been processed in facilities that also handle dairy foods. If you have a dairy allergy, check ingredients labels.

- Recipes displaying a vegetarian symbol include non-meat-based ingredients, but might contain processed products that aren't vegetarian, such as Parmesan and pesto. Please check ingredients labels.
- Recipes displaying a vegan symbol include no products made from or with the aid of animals or animal products.
- Recipes displaying a nut-free symbol include ingredients that do not contain nuts, but might include ingredients produced in facilities that also handle nut products. If you have a nut allergy, please check ingredients labels.
- SmartPoints® have been calculated using the values for generic foods, not brands (except where stated). Tracking with branded items might affect the recorded SmartPoints.

SmartPoints are per serving

Cycle Kenya

10-19 October 2021



To celebrate 10 years of Women V Cancer cycling challenges we are heading back to where it all began! Join us for this very special anniversary ride through the **Rift Valley** – from the slopes of majestic **Mount Kenya** to the shores of magnificent **Lake Victoria**. And if that isn't exciting enough...we'll visit an **elephant orphanage** too!

We are delighted to be supporting the **Faraja Cancer Trust** in Kenya again and £100 of the money you raise will be used to support women with cancer in Kenya.



For more information and to register online:

www.dream-challenges.com

t: 01590 646410 e: events@dream-challenges.com

**BREAST
CANCER
NOW**
The research
& care charity

ovarian
cancer **action**

Jo's cervical
cancer trust



Faraja
CANCER SUPPORT TRUST



**Dream
Challenges**



To take part you need to pay a registration fee of £299 and raise minimum sponsorship funds of £3,500.
Registered Charity Nos. Breast Cancer Now is a working name of Breast Cancer Care and Breast Cancer Now, a charity registered in England and Wales (1160558) and Scotland (SC045584), and a business name of the registered charity in the Isle of Man (1200). Ovarian Cancer Action: 1109743/SC043478, Jo's Cervical Cancer Trust: 1133542/SC041236. Women V Cancer is established under Giving Works. Registered Charity No. 1078770.

Life

Motivation + Wellbeing + Fitness + Style + Beauty + Expert Q&A

Keep on moving

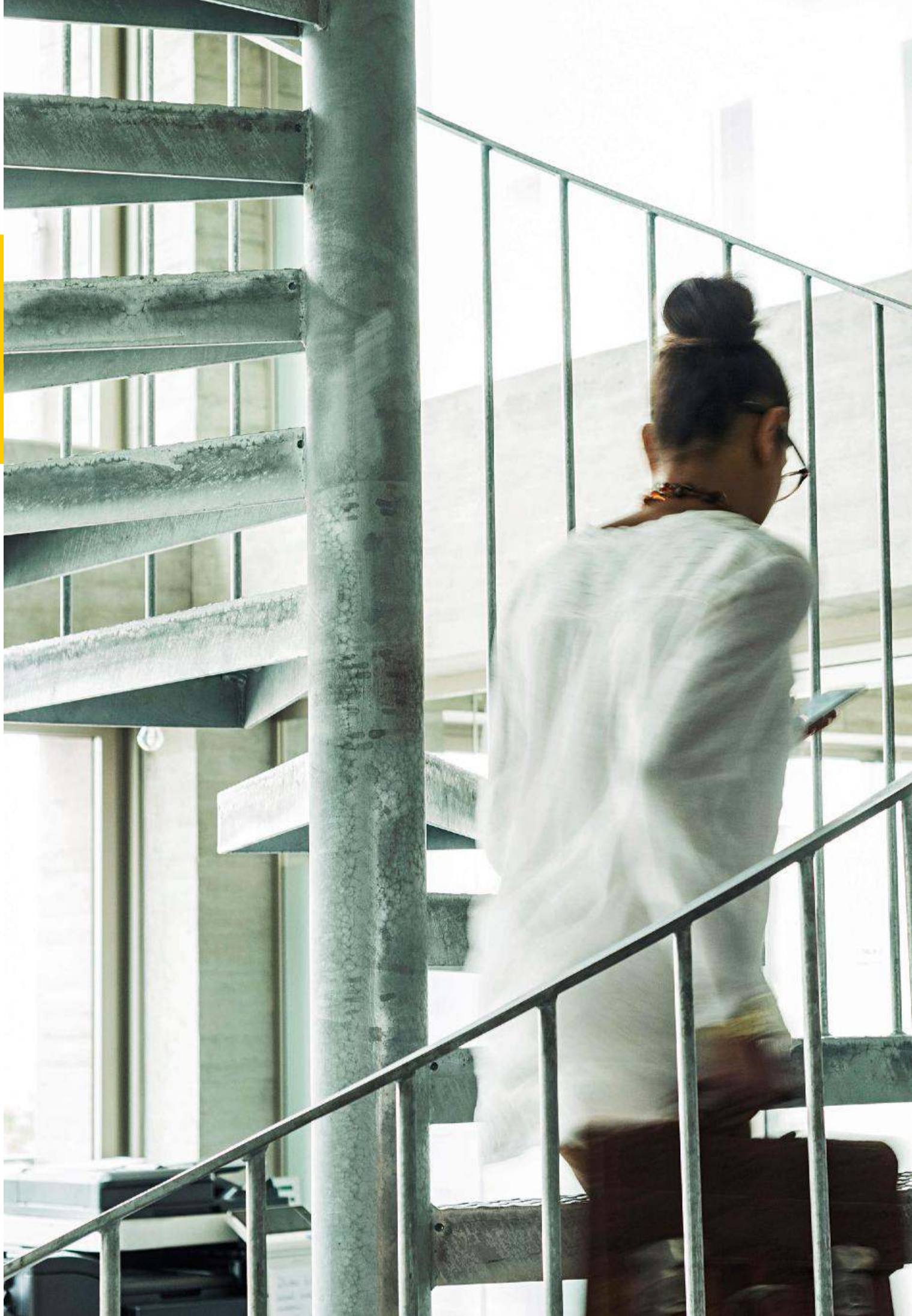
Increase your activity,
burn more calories.
That's NEAT fitness! (P.82)



Photography iStock by Getty Images



Celebrating a fitness or health milestone? Share your successes using the **#wwmaguk** hashtag on Instagram



A neat way to get fit

Did you know you could burn an extra 2,000 calories a day simply by standing, walking and moving more? Here's how to lose weight using a NEAT method

WORDS ROB BROWN

We all like to find different ways to exercise, and this may be one of the simplest approaches. It's called non-exercise activity thermogenesis – or NEAT for short. That might sound like a mouthful, but it's well worth getting your tongue around. For these small changes could help you edge towards your fitness and weight loss goals – without breaking into a sweat!

NEAT fitness covers those everyday activities, such as standing, walking and housework – and even includes fidgeting. All those times when we're burning up energy without consciously doing exercise fit into this category.

The theory behind NEAT is that while physical exercise has many benefits, it's not the only way that your body burns calories. Every time you move, your body requires fuel.

Dr Brian Johnson, medical advisor to Public Health Wales, says the principles of NEAT can help people achieve their NHS-recommended 150 minutes of moderate (or 75 minutes vigorous) activity a week by adding to their regular exercise routine.

Little things mean a lot

'Those small things you can do – getting up from sitting, standing at the stove to cook dinner, pottering around the house – burn calories

and can make a difference,' says Dr Johnson. 'By moving more you trigger physiological pathways such as your body's insulin mechanism. Any activity is good. More is better.'

You might think you do those things all the time. Most of us stand, walk and have chores to do, after all. But you need to remember that humankind is moving far less today than in the past, so we need to make a bit of an effort to reap the benefits of NEAT.

'We're leading far more sedentary lives, thanks to the evolution of technology,' says Dr Pedro Villablanca, a US-based cardiologist and expert on NEAT and weight loss. 'Pretty much everything is available at the touch of a button from the comfort of the home.'

Most of the trappings of modern life – cars, phones, computers, buildings ➔

Humankind is moving far less today than in the past, so we need to make a little effort





On public transport, give up your seat, or if you're sitting on the sofa, get up and walk around



with lifts and escalators, internet shopping, ready meals, etc – require us to move less in order to get what we want. The average British adult now sits for 9.5 hours a day while 52 per cent of adults manage 2,000 steps, or fewer, daily. If you're interested, you can monitor your own personal step count via an app on your smartphone, which tracks your steps for you.

Going the extra mile

Yet making more of an effort to stand, walk and even fidget more can burn up to an extra 2,000 calories daily, according to a 2015 study conducted by Dr Villablanca and his team. And the more weight you have to lose, the more you're likely to benefit from NEAT. 'Generally, the more you weigh, the more calories you'll burn during physical activity,' he says.

Ways to get moving

Stand more

Try to find ways to stay standing for longer, rather than sitting down. On public transport, give up your seat once in a while, or if you're sitting on the sofa, get up and walk around. If you work in a sedentary office job, suggest a 'walking meeting' rather than a conference room. It's worth it – sitting for too long has been linked to obesity, Type 2 diabetes and certain types of cancer.

Take the stairs

Let's say you live four floors up and it takes you three minutes to climb the stairs to get home. Skip the lift twice a day and you'll be nearly a third of the way towards your recommended 150 minutes' weekly activity. Slow and



Moving the TV remote to somewhere out of reach means you have to get up – it's a chance to stretch your legs



steady is fine: one recent study found that climbing stairs one at a time burns more calories per flight than taking two at a time.

Avoid the comfort zone

Moving the TV remote to somewhere out of reach means you have to get up – a chance to stretch your legs while the ads are on. But don't stop there. Move your bin at work so you have to stand to reach it, and speak to colleagues in person rather than emailing. Don't underestimate the benefits of this. One study found that interrupting prolonged periods of sitting by getting up every 30 minutes can dramatically lower its detrimental effects.

Love housework

Even doing dreaded housework has some health benefits. Only 43% of the

UK population meet or exceed the recommended amount of activity each week, and if we didn't keep our homes spick and span that number would be much lower. Housework accounts for more than a third of the 'moderate to vigorous activity' carried out by Brits each year. So carry on cleaning, and why not take it up a level by blasting your favourite songs and dancing while you work?

Get fidgety

That's right. Tapping your feet, wiggling your toes or raising your lower legs every so often while sitting isn't just NEAT activity, it can also reduce the impact sitting can have on blood circulation and heart health. Try it while standing in a shop queue, sitting at a table, waiting for the kettle to boil or marking time at the school gates.

Serial fidgets can burn up to 10 times as many calories a day as those who don't.

Do more shopping

If you do your grocery shopping online, aim to head out for an occasional supermarket shop instead. You'll rack up steps by walking up and down the aisles, pushing a trolley and carrying shopping home. Loading the bags into the car will help build your strength.

Have a ball

Invest in a stability ball to sit on at home – it forces you to balance yourself so you're constantly using your core muscles. You can also gently bounce and move on it, which gives you the chance to burn calories while sitting down. Try it while watching TV, playing video games, sorting the laundry or reading.

8 reasons why you're not losing weight

Eating plan on point but the pounds aren't shifting? It's time for some lateral thinking

WORDS LARA PALAMOUDIAN

Sometimes, despite our efforts, the extra weight just doesn't seem to shift – or worse, it increases. According to James Davis, health coach and founder of fitness retreat company 38°N, it's time to start looking beyond your weekly eating plan to find the reasons why you've stopped losing the pounds. 'Many of us don't realise that losing weight isn't simply about food or alcohol, it's about daily lifestyle choices and mindset too,' he says. 'The mind is a powerful tool when it comes to our physical health as well as mental wellbeing.' So why are you stalling on the scales?



1 Perfectionist leanings
Many of us believe perfection is possible if we try hard enough, but there's nothing wrong with lowering our expectations a little – no one can be successful 100% of the time. If your intention was to eat healthily all week but you overindulged on Saturday night, don't beat yourself up about it. To follow the rules 80% of the time is still a high standard, and a more realistic one.

Stop being hard on yourself if you're falling short of 'perfect', says chartered counselling psychologist Dr Chloe Paidoussis-Mitchell. 'Negative judgement eventually tires you out. It also causes resentment, anxiety and sadness.' None of which will help you to stay positive and focused when it comes to your wellness journey.

Aim to be good enough, rather than perfect, recognise your small wins and celebrate them regularly with non-food

Aim to be good enough (not perfect) and celebrate those small wins



rewards like a new book, movie night or just a mental high-five.

2 You're cheating yourself
How honest are you about your weight loss efforts? 'Go back to basics and keep a food diary for 7-10 days,' advises James Davis. Get yourself a WW Journal and note down everything you eat and drink. This way, you'll be more mindful when it comes to food and

you'll be able to see where the extra calories are creeping in. Those daily lattes will add up, so you can swap them for healthier options.

In addition, try to delve deeper, says James. 'Examine the subconscious beliefs you have about yourself. If they're not in line with who you want to become, work on changing them.' If you're trying to lose weight but deep down believe you're not capable of it, it's likely you'll find it a struggle. 'Imagine yourself as you want to be – healthier, slimmer, happier – and write down the beliefs this "new you" would have, such as "I enjoy being active every day", or "I always eat a healthy breakfast".

'Make these statements positive affirmations that you say to yourself every morning. Your mental "reps" are as important as the physical ones – or more important. As your beliefs change, so will your behaviours,' James says.

3 Sleep issues

Getting good-quality sleep is important for our bodies to function at their best, and poor sleep habits have been linked with obesity. 'The more sleep deprived you are, the more you crave food and sugary, fatty foods in particular,' says sleep expert Dr Neil Stanley, author of *How to Sleep Well*. Research also tells us that short-term sleep loss can slow metabolism, while being tired and less focused can make it more difficult to stick to healthy habits.

For a better night's sleep, make your bedroom calming and uncluttered. Remove unnecessary tech and gadgets, like TVs and smartphones. The Sleep Council recommends making your bedroom completely dark before bed (you could wear an eye mask), and keeping it at a cool 16-18°C. Diffuse essential oils to help you drift off: lavender and germanium are calming.

If you're having trouble sleeping, try the free NHS-recommended Pzizz app (pzizz.com). It helps you fall asleep and wake up refreshed using a mixture of music, voiceovers and sound effects.

4 Fear of change

A changing body can be a source of anxiety and it might be the reason you're subconsciously resisting going that extra mile for the weight loss and the body you want. It could be that you're not allowing yourself to achieve it as something is holding you back.



Losing a noticeable amount of weight can change the relationships you have with others. Friends or colleagues, especially if they're battling to lose weight too, can resent your new look. Picking up on this can be a factor leading you to subconsciously sabotage your own weight loss journey.

For some women, carrying a few extra pounds is a way to avoid attracting unwanted attention.

Fear of failure can also be a reason for staying overweight. It's an uncomfortable thought wondering if it's something about you other than weight that's seen you passed over for promotion.

If you recognise any of these scenarios, try talking to a friend or your WW Coach about why you might be resisting achieving the body you want.

5 Poor hydration

We're made up of 50-60% water, which perfectly illustrates its importance to our health and wellbeing. Water aids digestion, helps to regulate body temperature and enables our kidneys to eliminate toxins. And it can help with weight loss. A 12-week US study involving men and women following weight loss diets found that drinking 500ml of water before meals resulted in a 44% greater reduction in weight. In short, drink before meals and you'll eat less. Other research has concluded that drinking 500ml of water slightly increases energy expenditure for around an hour after.

Replacing sugar-sweetened drinks with water will lower your calorie ➔



Boost your wellbeing and raise your confidence – get out for a walk



intake, help you feel satisfied and burn a few more calories. Make it a daily habit to drink enough water – pale-yellow pee is an approximate indicator of adequate hydration. Try the WW Water Tracking Bottle to help keep you drinking enough.

6 Setting unrealistic goals

Working towards a goal can be a positive thing, but if you're aiming too high, disappointment can have a negative effect on your motivation. Be honest about what's possible and clear about how you'll do it. 'People do make big transformations, but they do it in small steps,' says James Davis. 'Set regular, achievable mini-goals.'

For example, spend 10 to 15 minutes every weekend deciding on your meals and planning your workout sessions for the week. 'People say they want to hit the gym five times a week when the reality is they haven't been for months and are leading lives that are too busy,' says James. 'Don't be vague. Set a specific target – "I'm going to a class on Tuesday and Thursday at 1pm" – and commit to it by scheduling

it into your diary. If you can get a friend to work out with you, then you'll have extra accountability.'

7 Not feeling supported

Whether you're a private person or feel embarrassed about talking to others about losing weight, being able to lean on others for support is proven to be key to success. And listen to your inner voice, says Dr Chloe – something that regular journalling can help you achieve. 'Notice how you're feeling. Remind yourself that it's OK to seek support – it's not weakness, it's a strength,' she says. Ask yourself: what kind of support would you find useful?

The odd coffee, pep-talks when you're off track or practical help with healthy recipes? Decide who you could ask for support. You may prefer to buddy up with someone from your Workshop who's going through a similar experience rather than a family member who isn't.

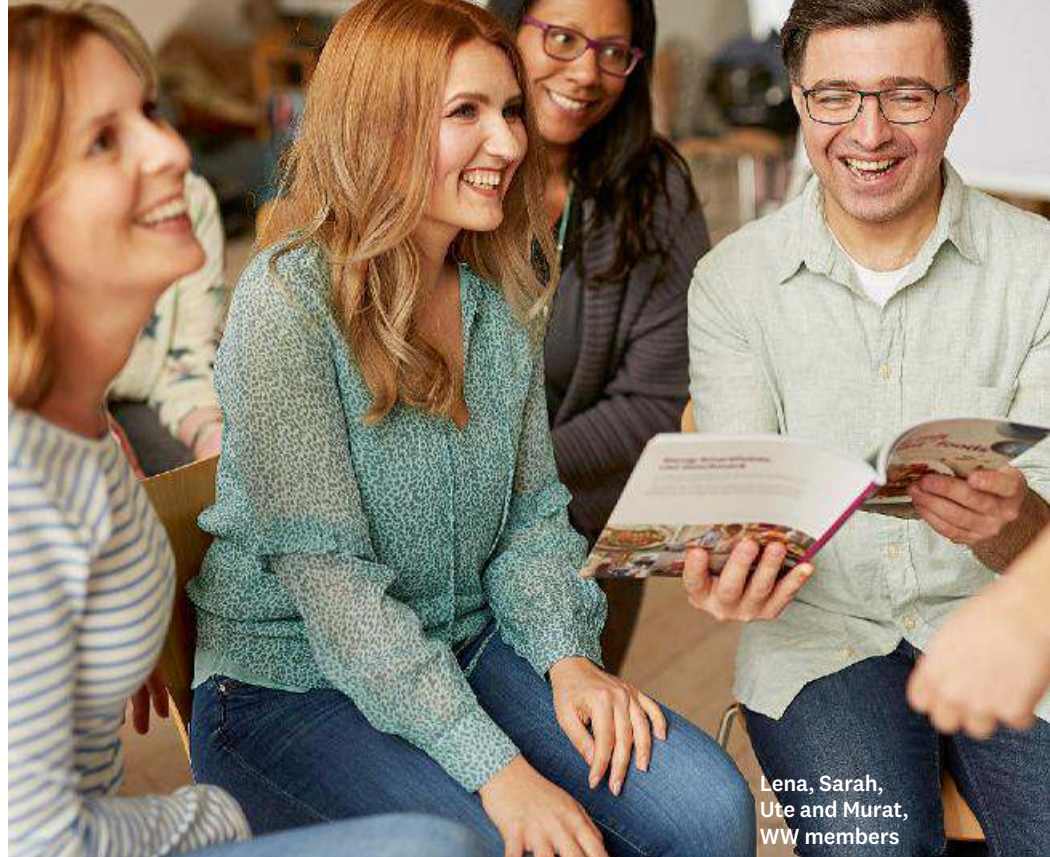
'But don't be afraid to share your goals with your network and ask their opinion,' says Dr Chloe. 'Do they agree? Do they support you? How?' And tell people clearly how you want them to help (as well as what you don't want).'

8 A lack of confidence

Waning confidence can make you feel more stressed and less inclined to stick to healthy plans. If this is you, remind yourself why you chose to join WW in the first place, get inspired by member stories on Connect and reach out to your WW Coach. Build up your confidence by completing wellbeing boosters: go for a walk in nature, try meditation to calm intrusive thoughts (tune in to Headspace on the WW app) or meet up with friends.

There is a link between low self-worth and emotional eating, where people turn to food for comfort. 'Think about what feelings are being triggered for you when you're driven to comfort eat, and what you might do to heal your feelings,' says Dr Chloe.

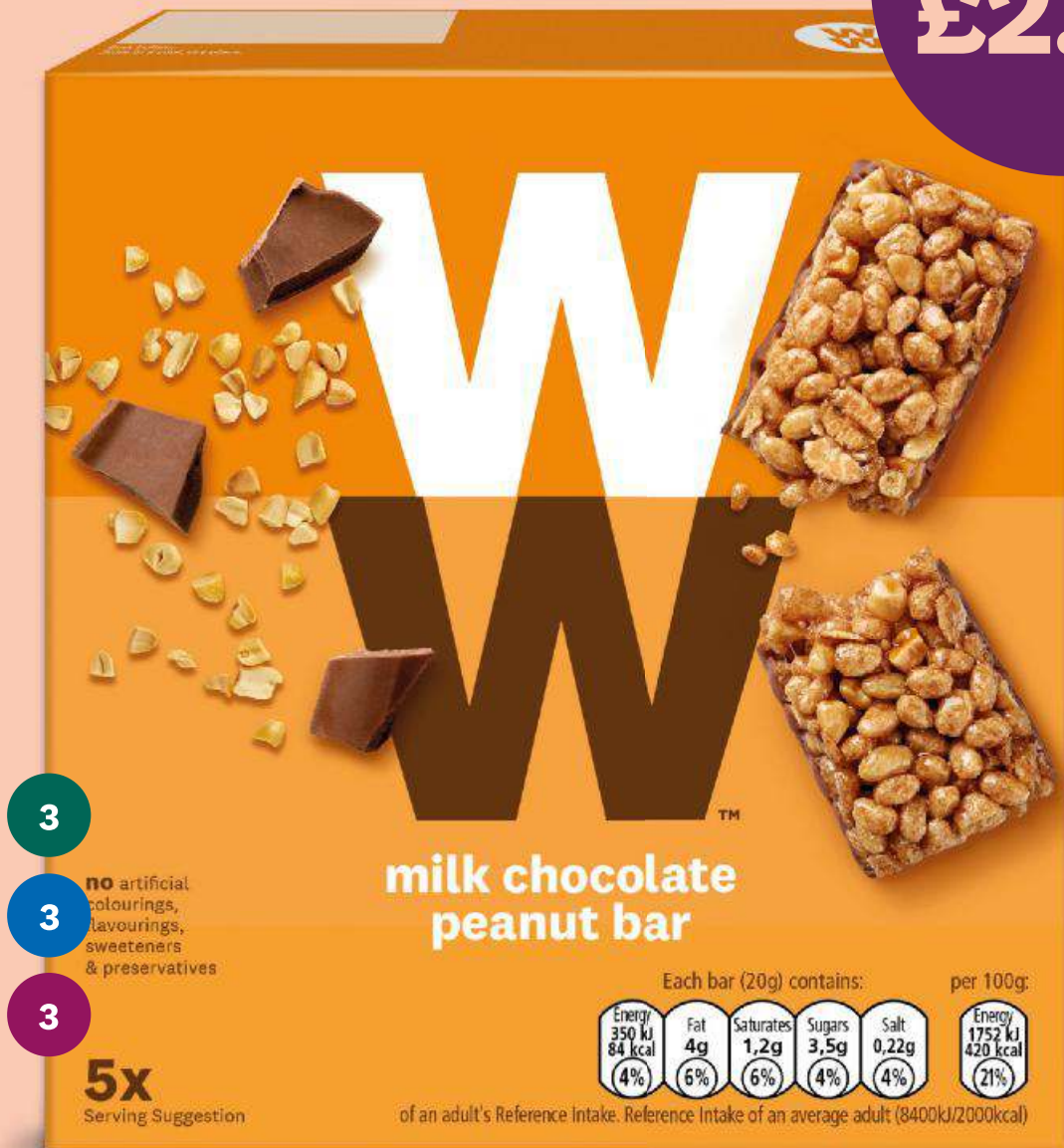
Nerves, negativity or anxiety? Writing a daily journal is a great way to work out why and when you overindulge. Try out activities to balance yourself and make you feel better, from a gentle lunchtime walk to a kickboxing class.



Lena, Sarah, Ute and Murat, WW members



5 bars
£2.25



NEW Milk Chocolate Peanut Bar

Our NEW and tasty cereal bars are filled with crunchy peanuts and coated in rich milk chocolate. Delicious and filling snacking for only 3 SmartPoints® per bar. Enjoy a box of 5 bars for just £2.25!

Pricing correct at time of printing. WW Logo and myWW™ are trademarks of WW International, Inc.
©2020 WW International, Inc. All rights reserved.



REVERSIBLE • LIGHTWEIGHT • SIZES 10-26

Cotton
TRADERS

**HALF
PRICE**

now
£32

CREAM
PRINT



NAVY PRINT

NAVY
PRINT
REVERSE

CREAM
PRINT
REVERSE

REVERSIBLE QUILTED JACKET

£64 £32 SAVE £32

- Floral print to one side with a plain reverse
- Lightly wadded for added warmth
- Pockets to both sides

Machine Washable 100% Polyester Length approx 27" (68.5cm)

Sizes 10-26 Cream Print Navy Print

AD11877 DZL

Plus only £3.99 standard delivery

POST TO: Cotton Traders, Cotton Hub, Merlin Court, Atlantic Street, Altrincham, Cheshire WA14 5NL

ORDER CODE	SIZE	1ST COLOUR CHOICE	2ND COLOUR CHOICE	QTY	TOTAL

Please send me item(s) inside (BLOCK CAPITALS PLEASE)

I enclose my Cheque/PO made payable

to Cotton Traders Limited for £

UK STANDARD
DELIVERY
TOTAL **£3.99**

Mr/Mrs/Miss/Ms Initial Surname

Address

Postcode

Telephone

Signature

Please debit my



MasterCard



Visa



Maestro

Valid From

Expiry Date

Issue No.

Security Code*

PLEASE USE THIS
PROMOTIONAL CODE
TO CLAIM YOUR OFFER

F161

Payment taken at point of order. We aim to deliver within 3 working days from dispatch, subject to availability. We comply with Consumer Contract Regulations; you have the right to cancel your order no later than 14 days after the day on which you receive your goods. Inform us of your wish to cancel in writing, by letter or email. Returns are not free, full details are on your delivery note. Return goods within 14 days of cancellation. Calls to 0844 numbers will cost 7p per minute plus your phone company's access charge. £3.99 UK standard delivery. International delivery from £6.95. Offer applies to purchases in GBP only. Exception is Ireland orders which will be charged in EUR at the set conversion rate. Prices quoted are correct at time of production but can vary. One promotion per order. *Must 3 digits on back of card. This is mandatory to process your order. Offer ends 14.03.2020.

Marketing and Promotions: We want to make sure you don't miss out on our great products and offers, so we will keep you informed by post. If you do not want to hear from us, please let us know. I do not want to be contacted by Post ☐ We take your privacy seriously. For details of our privacy policy and full terms and conditions visit cottontraders.com.

order today,
visit **cottontraders.com**
or call **0844 844 1111**

Calls cost 7p per minute plus your phone company's access charge.

14 DAY MONEY BACK GUARANTEE IF NOT COMPLETELY SATISFIED

Registered office: Cotton Traders Ltd, Cotton Traders House, Atlantic Street, Altrincham WA14 5GZ

Fast, reliable **UK & International** delivery service
International delivery available online to over 25 countries worldwide



Make time your friend

When there aren't enough hours in the day, these simple tips can help you beat the clock

WORDS ROSALIND RYAN

Do you spend your days rushing around like the white rabbit in *Alice in Wonderland*, or collapse in a heap every night feeling as though you've barely touched your to-do list? We've got some good news for you. It's actually possible that you can create more time to focus ➔



Writing things down can help you work out your priorities

on the things that make you healthier and happier, whatever they might be. All you need to do is learn how to work out your priorities and how much time you want to spend doing them.

Where does your time go?

Everyone's on the go these days. In fact, it's often seen as a badge of honour to be 'so tired' and 'really busy'. But how busy are you really? Laura Vanderkam, author of *168 Hours: You Have More Time Than You Think* (£10.99, Penguin), says, 'The problem is not that we're all overworked, it's that most of us have no idea how we spend our 168 hours every week. Since we don't think about how we want to divide our time, we squander it on things that give us a slight feeling of accomplishment, such as watching television or surfing the net – but which have little benefit for our careers, families, or personal lives.'

A recent US study of more than 32,000 people discovered that we generally have around five hours of 'free time' a day, but most of us spend it scrolling through social media or bingeing on box sets. So while cooking a healthy meal from scratch or joining a new gym class might be ways we'd like to spend our time, we believe we don't have enough hours at our disposal because we're mindlessly stuck to our screens instead.

Laura says it's easy to fall into this trap. Catching up on *Coronation Street* is

quick and easy, while something like going to a museum requires time and money to organise. A shift in mindset will help: if you can focus on the perceived benefits of a museum trip, you'll probably find it easier to make it happen.

Discovering your priorities

So how do you reclaim the clock and squeeze more potential out of the 24 hours there are in a day? The first step is to work out where your time goes. 'Do a time survey,' says Laura. 'What

a priority for me?' It will help you work out what's important to you and what you really want to make time for.

It may help to re-frame the way you think about the tasks too. 'Rather than saying, 'I have to work out today', change it to, 'I get to work out today'. Laura says, 'This switches your mindset from it being a chore to something you're choosing to do.'

Also, while it can feel tricky in our 'always-on' world, make sure to carve out some essential me-time, with mindfulness meditation, writing a diary or soaking in a warm bath. These kinds of activity are important to avoid mental and physical burnout, something which can easily happen if you're always pushed for time. It's tempting for the first thing you sacrifice to be yourself and your own self-care.

Make sure to carve out essential me-time, to avoid mental burn-out



time did you get up? How long did it take you to get ready? How much time did you spend on email? Be honest. True time management isn't about saving five minutes around the margins, but filling our lives with things that deserve to be there, and getting rid of those we either don't want or need to be there.'

Next, change the way you talk about your time. Instead of saying, 'I don't have time to do that', try asking, 'Is this

Tackle your to-do list

Love them or loathe them, a to-do list can be a useful way of organising your time. David Allen, productivity consultant and author of *Getting Things Done: The Art of Stress-free Productivity* (£14.99, Piatkus), compares making a list to building a version of your external brain. When your brain doesn't need to remember and remind, it's free to focus on other things.

However, Hannah Jane Thompson, a meditation coach who teaches mindfulness-based cognitive therapy, stresses it's important to take a ➔





Psychologists recommend making paper to-do lists – it's easier to recall the information



more mindful approach. 'It's too easy to feel like we should be chasing more, doing more, being more, especially when we compare our lives to others' on social media. Some days, it seems it's not enough just to be who we are.'

So how can we make more 'mindful' to-do lists? The key is prioritising what's important to you and clarifying how you're going to do it. Rather than starting your list by thinking about what you should do, consider what you really want to do instead. Of course, we all have less interesting tasks – like chores

or admin – to do, but your list should be about your priorities and what's important to you and your day/week/year. And, while simply writing down a task is fine, what's better is to begin with describing the next step you need to take to carry it out. For example, 'Learn French' might be on your list, but as it's a very broad task you might be less inclined to do it. Instead, 'Download French language app' or 'Research local college courses' are more specific.

Paper power

Many psychologists recommend using a paper rather than digital list on your phone. One reason is that phones have unlimited space, which can lead to endless lists that live on your device forever, uncompleted. Studies have also shown that people are more likely to recall and understand information they've written by hand, as opposed to typing. If you don't want to use a notebook, try index cards – write one task on each card. You can simply move completed cards to the back, or reorder them should your priorities change.

Find your down-time

1 If you're distracted by your smartphone in the evening, put it in another room after 7pm so you're not tempted to check it or keep scrolling through social media feeds.

2 To free up weekdays, batch cook over the weekend and simply reheat those meals during the week.

3 Combine activities such as doing a fitness class with a friend or inviting everyone round and cooking dinner together.

4 Listen to your body clock and structure your day accordingly. If you're more of a morning person, try going for a jog early on rather than at night.

5 If you spend time travelling every day, make use of your 'waiting time' by reading or listening to an audio book, or doing your domestic admin.

Save £40 using
discount code
iMEDUresta
Offers ends 31st
March 2020

100%
MONEY BACK
GUARANTEE



enjoy *peace of mind*

Yoga is supposed to be relaxing. How can you focus on your breathing and feel calm when you're worried about a leak the whole time?

If this sounds like you, you're not alone. One in three women over the age of 30 experience embarrassing leaks when they cough, sneeze, laugh or perform simple physical tasks.

Stay dry with the **Uresta® Bladder Support:**

A non-surgical and self-managed solution to stop light bladder leakage (Stress Urinary Incontinence).

Visit www.uresta.uk /

www.MyPelvicHealth.co.uk

or call iMEDicare on 01923237795

uresta®

BLADDER SUPPORT FOR WOMEN

choose confidence

WASHABLE INCONTINENCE UNDERWEAR

CONFIDENCE FOR LIFE



wearever®

You've embarked on a new fitness campaign but those troublesome unexpected leaks are just getting in the way.....

Get out again with **Wearever Washables.**

A discreet one-piece design with built-in absorption pad (regular, super and maximum absorbency - up to 650 ml) that look and feel just like regular underwear that will still function after 200 washes, all whilst allowing you to feel good about protecting the environment from disposables.



Full refund option on a 3 pack. See Website for details

Triple-layer layer Hydrex™ and Unique -Dri™ Systems
Silver ion anti-microbial fibres



www.MyPelvicHealth.co.uk
01923237795

iMEDicare
Pelvic Health Naturally...



‘I’m a fashionista who wears hi-vis every day!’

WW ambassador Emma Lane loves to dress up, but her job as a drainage engineer requires work boots and a hard hat. She tells us how she balances the two worlds

I’ve always loved working outside, so when my partner Mark asked me to work for his drainage company, I agreed. I was keen to be out and about, which is how I’ve come to spend my days shimmying up and down sewers! I really enjoy it, but it’s not the most glamorous job. Every morning, I get dressed in hi-vis clothing, steel-capped boots and a hard hat. And since I lost weight with WW, it’s become quite difficult to find workwear to fit me – it’s all hugely oversized.

I used to perform at festivals with my sister, including dancing and even fire-eating, and being so active meant I never had a problem with my weight. But when I stopped dancing, the pounds went up; I used to hide myself in long t-shirts. I decided to join WW and once I lost 2st and reached gold, I had to relearn how to dress for my new

I have a lot of tattoos, so am careful not to wear busy prints that clash. I love neutral tones!



shape. Now I love my body and have so much more confidence in the type of clothes I wear.

Because of my job, it’s nice to get dressed up at the weekend. I’ve always loved fashion. My style is quite casual and I have a lot of tattoos – I have to be careful not to wear busy prints that clash, so I go for neutral tones. And as I have six dogs, wearing black too often is out of the question – unless I want to carry a lint roller everywhere.

I’m constantly having dirt splattered in my face at work, so day-to-day I don’t wear make-up and tend to put my hair in a French plait so it’s out of the way. Working outdoors means it’s especially important that I take care of my skin. I’m a fan of The Body Shop and ESPA for skincare, and I regularly treat myself to facials.



Name Emma Lane

Age 38

Weight lost 2st 4lb

WW Workshop Digital

Instagram

@wwgoldmemberlane



↑ My go-to outfit is a floral midi dress, because you can dress it down with Dr Martens boots and a denim jacket or dress it up with heeled boots and a pendant necklace. Neutral tones are my other stand-by – they offset my tattoos.



£36 (size 6-18), River Island



£179 (size 3-13), Dr Martens

↓ I love watching YouTube beauty hack videos because I like to look after my skin. I always wear SPF since I work outside all day. My sister recently bought me an LED light mask which is great. It's relaxing and can help improve your skin, like getting rid of dark spots.



£59.59 MuBoC Light Therapy Face Mask, Amazon



£26 Drops of Youth Concentrate, The Body Shop

↓ I've got a real thing for coats. At the moment I'm loving borg jackets, which are great for chillier spring days. I also enjoy wearing a tweed jacket in the countryside or a classic denim jacket if I'm going out.



£35 (size 6-24), M&S Collection



£59 (size XS-L), Topshop

↓ I got my first tattoo when I was 17 and have kept going ever since. I'm now a dog sitter for a tattooist, looking after their sausage dogs, and they pay me in tattoos! Most recently, I got some bluebells in a love heart on my chest to remind me of my grandma who died last year.



Fashion fix

We asked stylist Sophie Stevens to help with Emma's fashion dilemma

Emma:

I struggle with being flat-chested after having my breast implants removed. What spring tops can you recommend?

Sophie:

Having a smaller chest actually gives you more options, as you can get away with not wearing a bra. You can wear backless, low-cut or strappy tops with ease. However, if you want to conceal the fact that your bust is on the smaller side, florals, spots and stripes are great picks this season. All-over patterns or well-placed colour and tone can be used to deflect or emphasise any area. Ruffles, pleats and embroidery around the chest area can give added volume.



£99 (sizes 6-18), Damsel in a dress



£42 (size 8-22), Khost at M&Co



£29.50 (size 8-22), Per Una at M&S



1



3



2



4

Flower power

Spring beauty is in full bloom. Embrace the new season with these floral-infused buys, from a calming lavender bath sponge to dewy, age-defying skin elixirs

5



1 Tropic Frangipani Star Anise & Tiare Flower Body Wash, £10

This refreshing wash will wake up sleepy heads with its exotic floral fusion. It's creamy and natural, so even sensitive skins can lather up.

5 Little Soap Company Eco Warrior Sensitive Facial Bar, £4

Eco-friendly and packaged in biodegradable materials, this natural soap contains calendula and chamomile essential oils to cool and soothe irritated skin.

6



2 Lovegrove Essentials Cleansing Balm, £32.50

This cult beauty balm-to-oil cleanser removes all make-up and impurities while its geranium-infused formula gently moisturises and calms the skin.

6 Green People Age Defy+ By Chavhtz Cell Enrich Facial Oil, £35

Evening primrose in this skin elixir helps promote cell regeneration. It reduces wrinkles and improves skin's natural elasticity. Massage in morning and night.

7



3 M&S Collection Waterlily & Blossom Eau de Toilette, £12.50

A fresh and light floral spritz to transport you to a spring garden. Spray on pulse points and hair ends to make your scent last longer.

7 Glamfox Fleurissant Lip Glow, £23

Twist up the stick and you'll find a real flower – as well as 24k gold flakes! What makes this sheer balm even more special is that the colour changes to enhance your natural lip colour.

8



4 Spongellé Wild Flower in French Lavender, £11

Pre-soaked with calming lavender, this bath and shower sponge cleans, exfoliates, massages and hydrates for the ultimate cleansing and de-stressing beauty experience.

8 Batiste Dry Shampoo Floral & Flirty Blush, £2.99

This healthier hair essential is great if you're in a hurry and haven't time to wash your locks. Spray on to tired roots for a revitalising floral freshen-up.

It takes two

Hitting the plateau

Dietitian Tony
Hirving and fitness
expert Laura
Williams give
advice to a reader
whose excess
weight won't budge

Q I'm aiming to reach my wellness goal so I can look and feel great in my swimsuit on holiday. I was making good progress, but now my weight seems to be stuck. What do you suggest?





NUTRITION
Tony Hirving

A Wellness goals motivate us to make the lifestyle changes needed to feel and look good. But sometimes, as you've discovered, we start off great, see steady weight loss and then, despite our best efforts, our weight plateaus.

When this happens, I encourage my clients to stick with the *myWW™* plan. The weight always starts to drop again, then they'll say: 'But I'm not doing anything differently!' The truth is, they may well be doing something different without actually realising it – such as being a bit more active in their daily routine.

On the other hand, their weight may have gotten

stuck because their level of physical activity has slipped without them noticing. Try this: if you're not already doing so, set yourself a daily step target and record the number you take – we're all prone to thinking we do more than we actually do.

Mind over matter

It's important to set wellness goals that target our mind as well as our body – we're a lot more than the reading on the scales. We can sometimes attach too much importance to the number looming back up at us from the floor. Before I invite clients to step up onto the scales, we first have a chat about how they feel, the good things they've noticed about themselves and the healthier habits they may have adopted since the previous consultation.

One of the biggest non-scale victories they often experience is the empowering feeling of having shifted their mindset to one of valuing who they are and of being kind to

themselves. This really helps, because weight loss for most people is not a straight downward line but a jagged up and down journey. Accepting this

The non-scale wins can help get you body confident



reality and being OK with it is another big non-scale win.

Another way of looking at it is to consider all the other things you've achieved or discovered along your WW journey. Weight change becomes less of a marker of progress when you realise you have more energy as a consequence of eating more healthily. Noticing all the positive changes since you started your WW journey will help you to start feeling body confident enough to

step into your swimsuit before you even reach your target weight.

Each of the WW food plans is equally effective at helping you achieve weight loss and wellness. Choosing the one that best suits your needs and aligns with your lifestyle is key to success. However, whether you go for Green, Blue or Purple, three fundamentals remain: portion control, tracking what you consume, and moving more. Be sure to keep weighing and measuring your portions as weight can creep up when people stop doing this. If consistently followed, this simple plan can work for life.



FITNESS
Laura Williams

A When the progress pauses on a weight loss journey, it's easy to feel despondent and defeated. The first question to ask yourself is whether you've sleepwalked back into any of your previous habits, particularly where food and physical activity are concerned. Exercise can make us hungry and it's easy to end up 'eating your

workout' without feeling like you've treated yourself!

Try to be extra vigilant and make sure to keep tracking your food on the WW app. If you notice that a particular fitness session hikes your appetite, tweak your routine and switch to another activity. Higher intensity exercise (like interval training and lifting weights) can make people hungrier, while cardio exercise (such as a moderate pace on the cross trainer) may keep appetite manageable and create a good calorie deficit.

Try to maximise every 'incidental exercise' opportunity in your day too. Climbing flights of stairs two at a time really works the backs of thighs and glutes (bum muscles) – useful for those swimsuit goals.

Walking is wonderful for your bones, heart and waistline, so do as much as you can. And incidental exercise is unlikely to create any of those big appetite spikes.

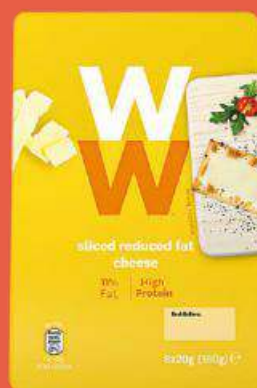
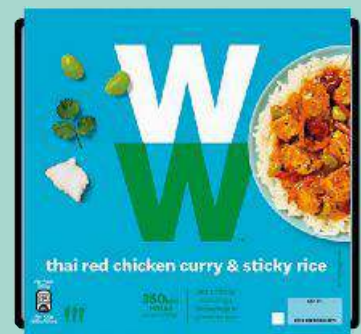
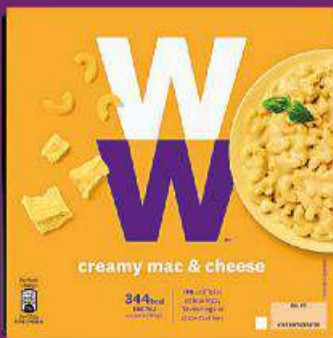
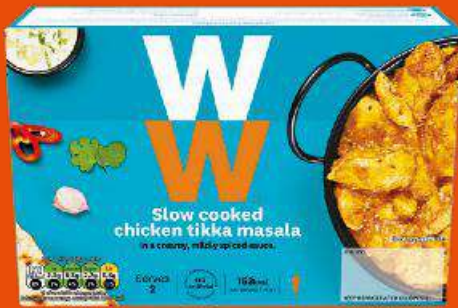
Lastly, the biggest and best tip I can offer you is: don't give up! Giving up too early is a too-common scenario. The scales stick, we feel fed up that our efforts aren't paying off, and we slowly return to old



habits like skipping exercise sessions, delving into the biscuit tin, and promising ourselves we'll start again on Monday. If you fight the urge to give up, you will succeed.

Be your own cheerleader

Now's the time to talk yourself up and banish any doubt that your efforts aren't working. You need to champion yourself and cheerlead your efforts every day: invest in new gym kit, pack your gym bag the night before your workout, and enlist the help of anyone and everyone who can support and enable your health and fitness journey. Don't worry, you will see results again. Your clothes will feel looser, you'll look toned in your swimsuit and your energy levels will continue to soar.



Shop for success

Have you discovered our range of new-look, delicious WW foods, available in your local supermarket? With dairy fridge fillers, bakery favourites and SmartPoints®-friendly ready meals to choose from, shopping for healthier options is easier than ever!

Are you on the lookout for delicious healthy food? Then look no further than the range of WW foods that are now available in your local supermarket. We're busy revamping all our product range so they're better on the inside as well as the outside.

For those evenings when you need a quick and tasty dinner, try our selection of WW Chilled Meals with culinary classics such as Chicken Tikka Masala with Basmati Rice for just 9 SmartPoints (Green), 8 (Blue), or 8 (Purple); Creamy Mac & Cheese for 11 SmartPoints (Green, Blue, Purple); or spicy Chilli Con Carne & Potato Wedges for 7 SmartPoints (Green), 7 (Blue), or 5 (Purple).

Or for nights when you have a bit more time to cook there's our selection of WW Slow Cooked dishes, which are made with succulent chicken breast, slow cooked to lock in the moisture and flavours. Choose from Chicken Tikka for 3 SmartPoints (Green, Blue, Purple) or Sweet Korean Chicken for 4 SmartPoints per 150g serving (Green, Blue, Purple). Pop them in your oven

or microwave to heat through and add your choice of side.

In the bakery aisle, you'll find our Thick Sliced Wholemeal Bread for 2 SmartPoints per slice (Green, Blue, Purple), Soft Malted Danish for 1 SmartPoint per slice (Green, Blue, Purple) and White or Wholemeal Wraps for 3 SmartPoints per wrap (Green, Blue, Purple). Pair with WW Reduced Fat Cheese for a quick lunch. Then check out our tasty WW Cake Slices, which have fewer than 100 calories for 3 SmartPoints (Green, Blue, Purple) per slice. Or for a chocolatey treat, give our Chewy Caramel Wafers a try – they're just 3 SmartPoints per wafer (Green, Blue, Purple) and make a delicious afternoon treat.

To find out more about the WW food range, go online to www.com/wwfoods

Keep an eye out in store for our delicious WW options in bold new packaging

Where to buy

Bakery, cakes & biscuits

Caramel Wafer

Morrisons, Sainsbury's, Tesco, Waitrose

Lemon Cake Slices

Asda, Morrisons

Caramel Cake Slices

Asda, Morrisons

Chocolate Cake Slices

Asda, Morrisons

Malted Danish Bread

Asda, Co-op, Morrisons,

Sainsbury's, Tesco

Thick Wholemeal Bread

Asda, Co-op, Morrisons, Sainsbury's

White Wraps

Asda, Iceland, Morrisons, Tesco

Wholemeal Wraps

Asda, Tesco

Chilled prepared meals

Bolognese Al Forno

Asda, Morrisons

Chicken, Leek & Mushroom Pie

Asda, Morrisons

Chicken

Lasagne Asda

Chicken Tikka & Basmati Rice

Asda, Morrisons

Chilli & Wedges

Asda

Creamy Mac & Cheese

Asda

Hunters Chicken & Spicy Rice

Asda, Morrisons

Chicken & Rice

Asda, Morrisons

Red Thai Curry with Sticky Rice

Asda

Sausages & Mash

Asda, Morrisons

Slow cooked dishes

Chicken Tikka and Korean Chicken

both Morrisons

Dairy

Grated Cheese

Asda, Morrisons

Sliced Cheese

Asda, Morrisons and Tesco

WW Logo on foods and beverages is the trademark of WW Foods, LLC. WW Logo for services and SmartPoints are the trademarks of WW International, Inc. Trademarks are used under license. ©2020 WW International, Inc. All rights reserved. Products are carried in selected stores of the named retailers and are subject to availability. Information is correct at the time of going to print but is subject to change.



Discover the latest programme offers at www.com

Britain V Cancer Dalai Lama Trek

25 March – 5 April 2021



Get the spice for life and experience India at its finest, from the spiritual home of the Dalai Lama to the cool heights of the Himalayas, with an epic finish at the Taj Mahal. Raise funds for the cancer charity or hospice of your choice.

For more information and to register online:

www.dream-challenges.com



**Dream
Challenges**

01590 646410
events@dream-challenges.com



In our May 2020 issue

HEALTHY YOU SPECIAL

Feeling great, inside and out

SMARTPOINTS® SORTED!

- Chicken dinners
- Filled omelettes
- Meat-free meals

WW HELPED US BACK TO HEALTH

Real success stories

LOVE THE SKIN YOU'RE IN

TABLE FOR ONE

Easy recipe ideas for when it's just you

TAKE THE COUCH TO 5K CHALLENGE

Joanne,
WW member

PLUS
Speedy weekday
meals ready
in under
30 minutes

Grab your copy of *WW magazine*
Out 2 April
In Workshops from 24 March

Our wonderful WW world

We celebrate the many Milestone Moments WW members from across the globe reach every day – from scaling a mountain to looking hot in their jeans

Share your **#WWMilestoneMoments** on social media or email them to wwuk@therivergroup.co.uk, for a chance to appear in a future issue



 'Have you ever felt losing weight is just impossible? Well I've felt this way too. I've lost 16st 10lb with WW and exercise. It can be done! Remember how amazing you are and that you are worth it – take care of yourself and live a healthy lifestyle.' @christinaokidoki



  'I decided to take control and restart WW. After a little over three weeks the scales are already 11lb down. I am happy! When we go out, I can eat pancakes, waffles or even a tartiflette – it's all within my SmartPoints®. Even my husband has lost 1st 4lb.' @amandineetcompagnie



 'They don't have baton twirling classes for adults where I live, but my next fave activity is tap. Haven't done it in 18 years. It's such fun. Running isn't my only way to get FitPoints®!' @wwtappingoffthepounds



  'In the spirit of this week's topic of "awe inspiring activity", I climbed Paritutu Rock this morning. Physically it isn't much of a challenge (although not something I would have attempted 5st 3lb ago) but mentally, clinging to a steep rockface is not my jam. Proud of myself, it was worth the climb for a stunning 360° view of mountain and ocean.' @tumbles_and_turns



 'So proud of this man for taking his health seriously. Also for wanting to make a change to be better for himself and his family. He's doing the best he can and learning the program for himself after seeing me do it for so long.' @lightened_up_laurie



 'Sometimes it's easy to lose sight of how far you've come. I try not to give myself a hard time on how I look in old pictures but I'm not a great lover of this picture from 2015. Picture on the right is on Saturday at crazy golf in my new size 12 skirt.' @bernies_happy_place



 'Mom jeans bringing my mum bum joy!' @mandi_lous_world



 'This is a picture of me from when I lost 6st after having baby number one. I loved working out, eating healthily, and I felt so confident. I want to be this confident girl again. This girl is my motivation to do it again! Bye bye baby weight number two.' @ww.byebabyweight



 'A photo from my stay at Disney, which was great - few people, no rain and a lot of attractions. I also learned to accept my new image and even consider myself attractive!' @stepbystep_ww



 'Japan last spring. This picture was a huge non-scale victory for me. I used to hate full-length pictures of myself. In this picture I was down about 5st 10lb from my heaviest. I've since gained just over 1st. But the amount of confidence and comfort I see in this picture? Immeasurable! I used to be the one who would hide behind others when pictures were being taken - not anymore!' @glitterandcarbs

ACTIVE WORM



RECOVER FASTER WITH OUR MASSAGER

The Active Worm muscle massager has been ergonomically designed to give you instant relief to the affected area and will:

- Alleviate aches & pains in sore/tight muscles
- Dissipate shoulder pain increasing range of motion
- Wiggle out tight knots in the muscle
- Dissipate lactic acid in the bloodstream
- Increase blood circulation
- Recover faster from an intense workout or activity
- Repair muscle tissue
- Encourage muscle growth
- Speeds up the recovery time from muscle injuries
- Relax your neck, back, shoulder, pectoral, abdominal, hand, feet, arm & leg muscles
- Can help with conditions such as plantar fasciitis, cellulitis, sciatica, shin splints, tennis elbow, golfers elbow, tendonitis, fibromyalgia, muscle cramps & many more

**It packs
a punch
for its
compact
size!**

1-5 HOUR BATTERY LIFE

1-YEAR WARRANTY!

FREE DELIVERY!

ONLY £245!

Discount code: WW20% to save 20%

No matter your age, your size, sport or activity, the combination of percussive vibration makes the Active Worm Mini a perfect companion to any athlete, therapist, fitness/health enthusiast looking for the highest quality muscle recovery massager on the market, giving you the edge you need to perform as a champion.

Our Active Worm massage gun is the lightest, quietest and most robust massage gun on the market weighing in at a mere 0.8g, a noise level of 42db-45db (the level of a human voice speaking) and a stall force of 55lb.

Active Worm does the work so you don't have to.

The pain that you have lived with for years will dissipate in a matter of minutes...
Not months or years.

Add this revolutionising deep tissue massage gun to your recovery game
and give your body the instant recovery treatment it deserves:



6x ergonomically designed Ball/Cone attachments and charger.



www.activeworm.com

HOW ARE YOU SURVIVING IN THESE UNCERTAIN TIMES?



Strength and Support brings hope when you are feeling low, having dark thoughts and can see no way out of the situation.

Effective. Natural. Safe.

"WOW. I can't believe how much better I feel."

www.saskiasfloweressences.com

made with love and integrity in the Somerset countryside

10% off all orders using the discount code **WEIGHTWATCHERS** at checkout.

Instepp[®]

by Julie Ford

“Walk &
tone your
way to
health”

Walking with
resistance

Easy to use
indoors or out

Lightweight,
folds away
in its own
carry bag

20% OFF
CODE: WW20 at
instepp[®].co.uk





Find exercises online at [instepp[®].co.uk](https://www.instepp.co.uk)



- 1 st
- 1/2 st
- 1 lb



A visual reminder of how far you have come

- discreet enough to be kept secret
- visual enough to keep you going
- celebrate every pound
- simple classic designs

"wearing my motivacelet has really given me the kick start I needed" - Liz

available at
www.motivacelet.com

Save 10% by using
WWS18 at the
checkout



SUPERIOR QUALITY PULLOVER BRA

'I cannot believe, after much searching and a fair bit of money spent, I have finally found a bra that's so comfortable.' **BETH**

Sizes up to
56B/E



TEL: 01326 373268

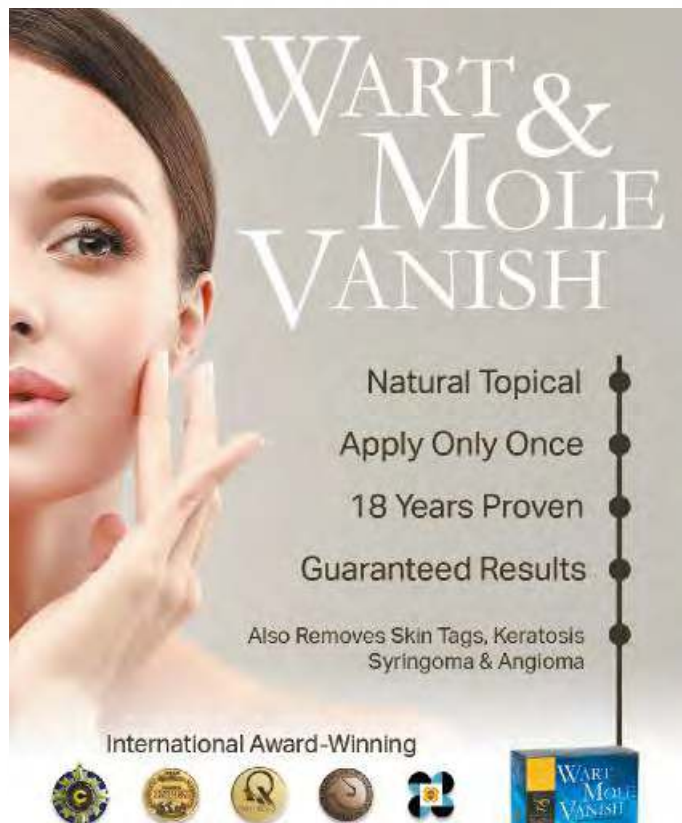
WWW.THEBIGBLOOMERSCOMPANY.CO.UK



AmpleBosom
.com

Bra &
Swimwear
Specialist

For Flattering Full Figure Lingerie visit
www.AmpleBosom.com/WW
Phone 01439 798388



WART & MOLE VANISH

Natural Topical

Apply Only Once

18 Years Proven

Guaranteed Results

Also Removes Skin Tags, Keratosis
Syringoma & Angioma

International Award-Winning



Inquire / Order: 0203 983 3754

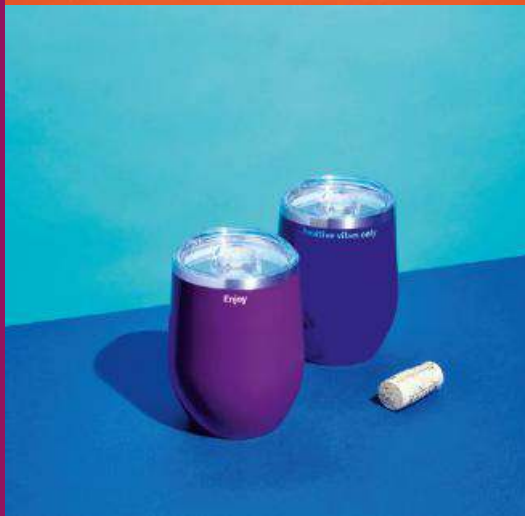
wartmolevanish.com/uk

£5 Off Coupon Code: WW5OFF



WellnessWins™

WellnessWins™ is our exciting rewards programme that delivers inspiration and recognition every step of the way toward achieving your goals.



#WellnessWins

Best of all, it's available within your WW app

My day on a plate

Picture this

Home economist Jill's job involves working with TV chefs, but joining WW helped her find her own foodie focus



Name Jill Weatherburn

Age 56

Weight lost 6st 3lb

WW Workshop Carlton Club Low Fell, Gateshead

Coach Margaret Owens

Instagram
@jillweatherburn

Fast food

I usually hit the road early, travelling all over the country for work. I used to stop at motorway services for McDonald's breakfast, and kept a big bag of chocolate eclairs to munch in the car. One day I was standing in front of a hall full of primary schoolchildren, explaining a balanced diet. Knowing I was a size 20 and ate badly, I felt such a fraud. So I joined WW on Freestyle™, then myWW™ on Blue.

Now I get in my car with a bag packed full of goodies

such as homemade granola, fresh fruit, and mini breakfast frittatas with Quorn sausages. For lunch, I'll take mini taco bowl quiches and a flask of soup, with homemade roast chickpeas to snack on.

Testing, testing

Part of my work includes cookery demonstrations in front of big groups of people. I'm around food all day and I have to try what I've cooked to check it tastes good. I get to work with famous faces too, including Mary Berry (pictured below). I asked her how she stays so petite, and she told me she never denies herself anything – if she wants a piece of cake, she'll have a taste. But you don't need to eat it all. Now I live by that motto. Recently, I cooked a microwave lemon drizzle cake for a workshop. I had a small slice and felt satisfied.

In the evenings I used to get home tired and order myself a takeaway. These days I make my own curries, which bubble away in the slow cooker while I'm out. Sometimes I have to stay in a hotel when I'm assisting on TV shows or at food festivals. I'll always check the hotel menu in advance to plan a healthy choice.

Steps for success

On Fridays I work from home creating recipes, and I walk 16,000 steps into



I get to work with famous faces too, including Mary Berry



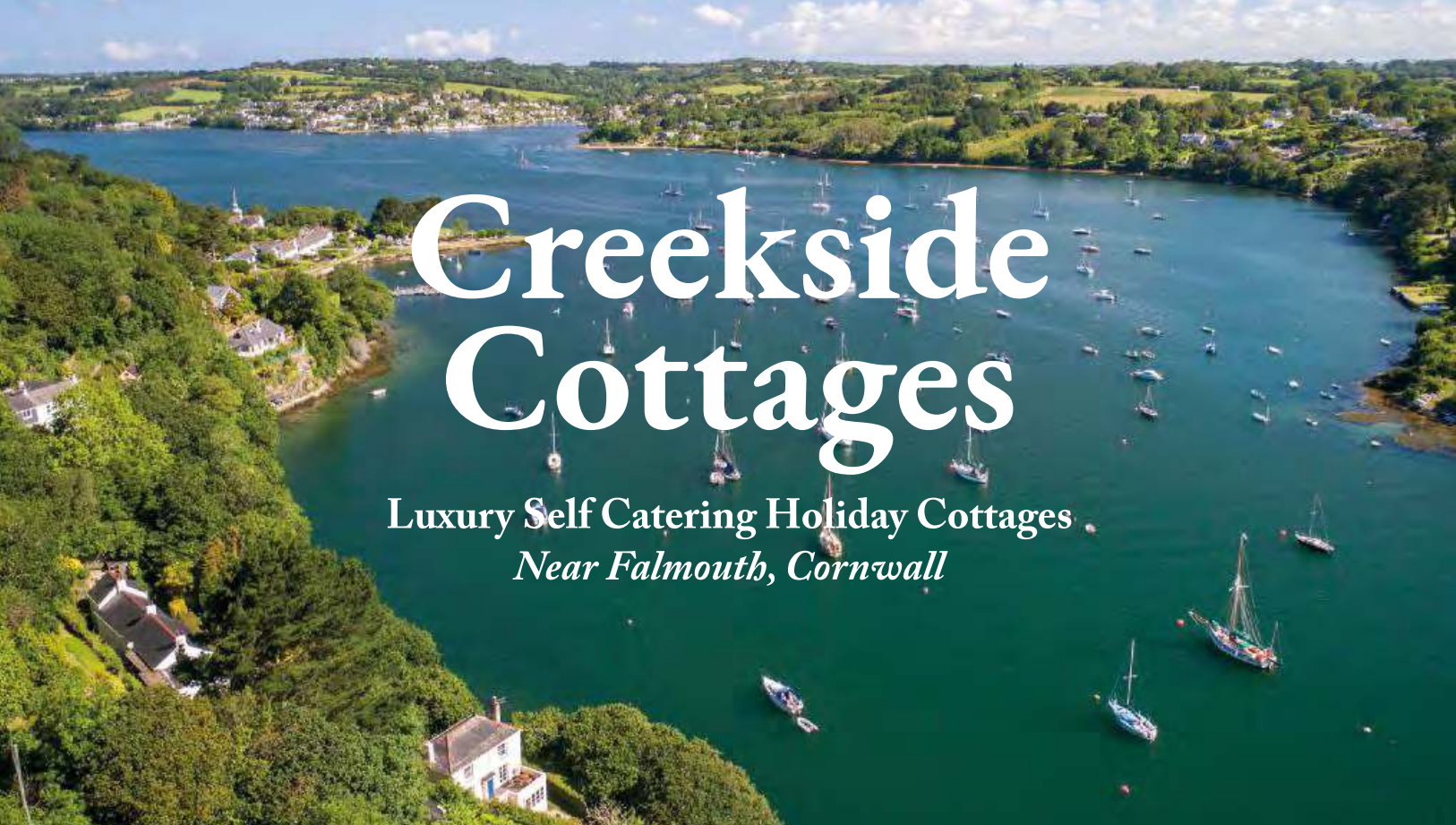
Newcastle and back to stock up on fresh fruit and veg from the market. At the weekends I look forward to a long, leisurely walk with my husband, Ken.

We have a bar at home in our basement and I used to drink several glasses of wine while we had a chat about our day when I got home in the evenings. We still have the chat, but I've broken the habit of always having a drink. If I do, it'll be a gin and slimline tonic.



Words: Albertina Lloyd

Are you a regular food poster on Instagram, using #wwmaguk? Or maybe you've got a great WW success story to share. Email wwwuk@therivergroup.co.uk with your details and you could appear in a future issue of the magazine.



Creekside Cottages

Luxury Self Catering Holiday Cottages
Near Falmouth, Cornwall

Introducing Two New Properties for 2020

Chycoose Cottage, Restronguet Creek

A beautiful waters-edge property with breath-taking views out on to Restronguet Creek, a perfect for location for relaxing and resting from the hustle and bustle of everyday life. The beautiful equipped accommodation is spread over two floors, with an architect designed mezzanine extension accessed via an open plan staircase. This comprises of a spectacular living room with a glass fronted balcony on the upper floor and the master bedroom with en-suite below. The French windows in the bedroom open directly onto the paved terrace so it is possible to lie in bed in the morning and watch and listen to all the wildlife activity outside. (weather permitting!).



Lawithick Barn - Mylor Yacht Harbour

A luxury coastal barn conversion is an enviable location just 200 yards from Mylor yacht harbour and a perfect base for exploring the waterways of the Fal Estuary. It nestles on the hillside overlooking the water, an excellent location for exploring the creeks and rivers surrounding Fal Estuary, a truly idyllic location perfect for a relaxing break away, being adjacent to the owners' own home. Filled with charm at every turn the beamed living area provides a relaxing retreat and the wood burning stove is a great way to keep extra cosy while planning the next days' adventure.

01326 375972

www.creeksidecottages.co.uk



**SIMPLE SWAPS
FOR LESS THAN
11 CALORIES***

HELLMANN'S
EST. 1913



*per level tbsp.

WE'RE ON THE SIDE OF FOOD