Plan for the holidays

Stay on plan with these steps to bounce back from overeating when you need it—and avoid it next time.

Recover quickly

• Track what you ate. Fight the instinct to hide from your overeating episode. Track it and keep going.

• Plan your next meal. Get back to your routine now.

• Get rid of problem foods.

Plan ahead

• Check your calendar for the next big event and assess how food will feature in it.

• Write down the strategies you’ll use. Will you plan your meals for the rest of the day?

Follow up

Get back on track by using the steps and strategies you wrote down.

City of New York employees, spouses/domestic partners, dependents, and retirees can join WW at discounted pricing!

To learn more and enroll today, visit nyc.join.weightwatchers.com and enter: Employer ID: 11612222

*Discount available in participating areas only. May not be redeemed for cash. Further restrictions may apply.

WW Coin Logo, Weight Watchers, Points, and SmartPoints are the registered trademarks of WW International, Inc. WW Freestyle is the trademark of WW International, Inc. ©2018 WW International, Inc. All rights reserved.