

7TH DECEMBER, 2014

# WEEKLY

CELEBRATION TIME

WEEK 50

"LOSING  
WEIGHT WAS  
LIFE-SAVING."  
Kate Bird,  
member

## CRACKING CHRISTMAS GIFTS

USE OUR  
GIFT GUIDE  
TO CRACK THE  
CHRISTMAS CODE

 WeightWatchers®



# CRACKING CHRISTMAS GIFTS

You've worked so hard this year at a healthy lifestyle, it would be a big shame to go and completely blow it over Christmas. So how can you embrace the festivities but avoid the chocolate gift packs? Or still enjoy the annual bakefest without the added kilojoules? Check out our gift guide to help you crack the Christmas code and sail healthily and happily into the New Year.

Christmas is the season for giving, but it's time to think of a twist on the traditional, especially if you're known for making big batches of Christmas shortbreads or fruit mince pies.

## CHECK OUT OUR TOP SIX HEALTHY FOODIE GIFTS TO GIVE

**1 Harness herbs** Pick up some beautifully shaped bottles and add fragrant aromatics like rosemary, thyme, garlic and chilli before topping up with vinegar.

**2 Feel fruity** Pop online and order an indulgent tray of mangoes or cherries for someone you love, or combo up your own fruit, nuts and goodies in a wicker basket and cover with cellophane.

**3 Better-for-you biscotti** Switch the fruit mince pies, fruitcake and shortbread biscuits for lighter biscotti with the goodness of nuts like pistachios or almonds (1 **ProPoints** value per 6g piece).

**4 Grow your own** Give mini pots to those without a green thumb – think herbs,



cherry tomatoes or a shallow tray of lettuces.

**5 Fermentation friends** Get into the trend of fermenting your own foods with the benefits of good gut bacteria – make pickles, preserved lemons or kimchi.

**6 Relish ready** Cook a batch of homemade chutney or relish and add to sterilised jars with signature ribbon or wrapping.

Ask your friends and family for support with your weight-loss efforts and enforce a no-sweet-treats-please rule. Let them know you're happy to swap chocolates and shortbreads for an iTunes or music voucher, so you have the latest hits to walk or workout to. Never feel guilty re-gifting any treats you do acquire. Finally, make sure you fill your wish list with good health too!

## CHECK OUT OUR TOP SIX GOOD HEALTH GIFTS TO ASK FOR

**1 Strike a pose** Do you have a portable yoga or Pilates mat to roll up and take to work or on your travels? Well ask for one...

**2 Get some Me Time** Why not ask for a *Weight Watchers Magazine* subscription so you can sit and relax with a long cool drink and get inspired in the New Year!

**3 Super blender** Perhaps you could do with a state-of-the-art blender to help make smoothies or blend a 0 **ProPoints** value vegetable soup in seconds.

**4 Pamper package** Imagine a day spa voucher, or one for a massage or facial to celebrate the healthy journey you're on.

**5 Wild time** Have you been wanting to try stand-up paddle boarding, rock climbing or mountain bike riding? Why not ask for an experience gift to share with a friend or family member and show off your newfound fitness and confidence.

**6 Fun fitness** Here's something for the Christmas stocking – burn kilojoules, strengthen your core and shape your waistline with a fithoop! This weighted version of a hula hoop is proven to burn up to 100 calories in 10 minutes. (Go to [www.fithoop.com.au](http://www.fithoop.com.au) for details. RRP 1.2kg \$45, 1.5kg \$48, DVD \$19, arm hoops \$39.)

Remember, if you focus on health but still embrace the season, you'll be giving your wellbeing the best gift of all.



# NEWS BITES

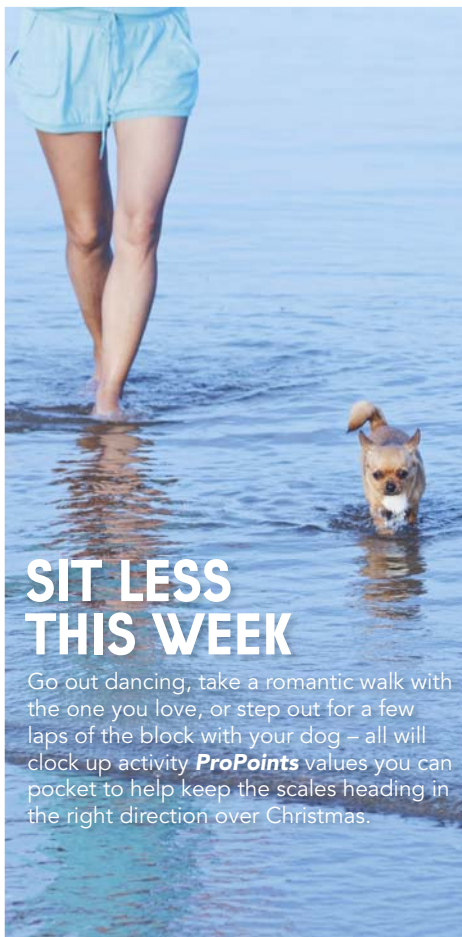
## THE LATEST RESEARCH & TIPS

### LATE-NIGHT CRAVINGS

Been having lots of late nights? Don't forget the importance of sleep in keeping you healthy, happy and on track with weight loss during the silly season. A new study in *Appetite* journal showed that adults who improved their sleep cut cravings for sweet and salty foods by 62 per cent.

### 'TIS THE SEASON TO BE JOLLY

Christmas is a time for celebration, so indulge in some joy by celebrating your 2014 accomplishments! Reward yourself for a day by enjoying a massage, then head to a new healthy café and go for a nice walk through a national park or along a beach with friends. Alternatively, you can treat yourself with some new exercise gear and equipment, to help inspire you to achieve long-term weight-loss success in 2015. We should be rewarded for our efforts and achievements, and there's no better time than Christmas for gift giving!



### SIT LESS THIS WEEK

Go out dancing, take a romantic walk with the one you love, or step out for a few laps of the block with your dog – all will clock up activity **ProPoints** values you can pocket to help keep the scales heading in the right direction over Christmas.



### REMEMBER THE D

Vitamin D deficiency is associated with a significant increased risk of dementia and Alzheimer's disease in older people, says a new study. The researchers from Exeter in the UK discovered that adults in the study who were moderately deficient in vitamin D had a 53 per cent higher risk of developing dementia, increasing to 125 per cent in those who were severely deficient. Get some sun this summer (but not too much!) to up your vitamin D levels.

# KATE BIRD

At 33, Kate underwent a double mastectomy to reduce her risk of breast cancer after learning she had the BRCA2 gene – similar to what Angelina Jolie did in 2013. While Kate is still at an increased risk of ovarian cancer, her weight loss is keeping that risk down.

As a teenager I battled with the fact I was overweight – I tried all sorts of diets. But it became even more significant after one of my sisters was diagnosed with breast cancer and all the girls in our family had genetic testing. The tests showed she and I had the BRCA2 gene mutation – our other two sisters didn't. Women with this gene mutation can have up to an 85 per cent risk of developing breast cancer, and an increased risk of ovarian cancer, too.

So in 2008, when my sons were 3 years old and 8 months old, I had a double mastectomy to reduce my breast cancer risk, and then reconstructive surgeries for breast implants.

That was the time when my weight really became an issue. Carrying extra weight increases your risk of both breast cancer and ovarian cancer, and being heavier also led to several problems I had with my implant surgeries. As well as all that, if I put on weight, the implants can look distorted.

I can't explain how confronting it was to watch my sister go through breast cancer, and to decide to have my breasts removed to avoid the same scenario. At 33, I was quite young, and losing my breasts was a hard decision. But all the time I kept thinking about my kids and, thanks to an organisation called Pink Hope, I got through that tough time.



This made me get serious about weight loss and so I joined Weight Watchers. It was part of a long-term goal to improve my overall health and wellbeing. For me, losing weight was life-saving because the healthier I am, the better my body can deal with cancer risks and the surgeries I still need to have. Knowing that my weight could affect my survival triggered a whole lifestyle overhaul, and I'm really fit and healthy now.

Losing weight also meant I could keep up with my boys, and it was great to be able to wear nice clothes, because my self-esteem took a real hit. My sons are now 7 and 10, and I consider myself really lucky to have had this chance to survive and get healthier. Now I'm looking to have my ovaries removed, because I'm moving into the high-risk age group for ovarian cancer, but knowing I'm in shape means it will be so much easier to handle.



## LAYERED CHOCOLATE HAZELNUT CAKE

**8** **ProPoints** VALUES PER SERVE | **SERVES: 16** | **PREP: 30 MINS**  
**COOKING: 45 MINS + COOLING**

- 2 cups (300g) self-raising flour**
- ½ tsp bicarbonate of soda**
- ½ cup (50g) cocoa powder**
- 1 cup (220g) caster sugar**
- 175g Weight Watchers Canola Spread, melted, plus 20g extra for icing**
- 2 tsp vanilla essence**
- ▲ 3 eggs, beaten lightly**
- ⅔ cup (160ml) buttermilk**
- 2 x 62g tubs diet chocolate mousse**
- 1½ cups (215g) icing sugar**
- 2 tbsp hazelnut flavoured liqueur**
- 2 tbsp hazelnuts, toasted, coarsely chopped (see note)**

**1** Preheat oven to 180°C or 160°C fan-forced. Lightly spray a 22cm (base measurement) round cake tin with oil. Line base and side with baking paper.

**2** Sift flour, bicarbonate of soda and ⅓ cup (35g) cocoa into a large bowl. Stir in caster sugar, melted spread, vanilla, eggs, buttermilk and mousse. Spread mixture into prepared tin. Bake for 45 mins or until a skewer inserted in the centre comes out clean. Set aside in tin for 10 mins before turning out onto a wire rack to cool.

**3** Meanwhile, sift icing sugar and remaining cocoa in a medium bowl. Stir in extra spread and 2 tbsp boiling water until icing is smooth and combined.

**4** Using a serrated knife, cut cake into thirds crossways. Place cake base on a plate. Drizzle with half the liqueur and spread with one-third of the icing. Repeat with middle cake layer. Sandwich with cake top. Spread remaining icing over top of cake. Sprinkle with nuts to serve.

**NOTE:** To toast hazelnuts, preheat oven to 200°C or 180°C fan-forced. Spread hazelnuts on a baking tray and cook in oven for 2–3 mins or until toasted. Place hot nuts in a clean tea towel and rub off the skins.

**Surprise your friends with more delicious recipes using the latest Weight Watchers cookbook, *Dinner with Friends*. OUT NOW!**

# ProPoints PEDOMETER PLUS



Work out and feel wonderful. The **ProPoints® Pedometer Plus** has been specially designed to help you move more and achieve a better weight-loss result. It tracks the activity **ProPoints** values from walking or any other form of exercise. You can wear the pedometer on your waist, in your pocket or with a neck strap during any form of exercise of any intensity.

**DON'T FORGET  
TO EARN AND TRACK  
YOUR ACTIVITY  
PROPOINTS VALUES  
THIS HOLIDAY  
SEASON.**



## **THIS WEEK'S ACTION...**

What gift could you buy this December to benefit your own health or the health of your family? Write it below.

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## **NEXT WEEK**

Feeling a little over-indulged? Next week is all about making a successful bounce back.

**THIS MONTH'S ROUTINE:  
MEMBER'S CHOICE: KEEP  
ON TRACK THIS FESTIVE  
SEASON BY...**

Have an idea for a feature or just have some feedback about the Weeklies? We want to hear from you!

Contact us at:  
[weekly@weightwatchers.com.au](mailto:weekly@weightwatchers.com.au)

We believe  
in counting  
confidence,  
not calories.



Confidence shouldn't come with compromise. That's why SKI® Soleil™ is a thick, delicious yoghurt with all the feel good factors of no fat and low sugar.\*

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