

## What's your activity identity?

Did you know that thinking of yourself as an active person can actually help boost your motivation and your activity level?\*

If you don't have an activity identity yet, summer is a great time to start! Begin by thinking about how you like to move. Are you a walker, a swimmer, a gardener, a dog walker, or another type of mover?

To jumpstart your activity mindset, here are a few tips:



**1** When you do your favorite activities, pause to tell yourself about them. You might say, "I'm someone who loves bike riding."

**2**

You can even get specific. For example, "I'm someone who takes brisk walks after dinner." Or, "I'm that person who always takes the stairs instead of the elevator."



**3** Chat with friends and family about your activity. When you talk about the things you do to get active, it helps strengthen your activity identity.

**Friendly reminder:**

WeightWatchers® is here for you on your health journey. Let's find out what healthy habits fit your needs—and make you happy.

### WeightWatchers just got personal

With WeightWatchers, you get an individualized nutrition plan; science-backed tools; and a community of support (with Workshops, 1:1 coaching and exclusive members-only social network) to help you reach your health goals.

### July 4th burger— with a twist!

Ready for a healthy twist on your July 4th burger? Throw some **Pesto Turkey Burgers** on the grill. They're a quick, flavorful main dish your whole crew will love.



## You get special pricing!

Join WeightWatchers through your organization today.

Contact your HR team or call WW at 866-204-2885.

\*Verplanken B, Sui J. Habit and identity: Behavioral, cognitive, affective, and motivational facets of an integrated self. Front Psychol. 2019; 10:1504.