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.

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, 1x1 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!

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