Staying on Track When You Hit the Beach

Enjoy the sand and sun without having to feel like you’re losing track of your weight-loss and wellness goals. The WeightWatchers app is our secret weapon, but these tricks and tips will help you feel prepared for your next day by the water and other vacations:

- Pack single serving snack foods. Leave the family size bag at home and pack individual chips, pretzels, etc. or separate a serving size into a smaller bag to take with you.
- Freeze your fruit. Nothing is sweeter than cold fruit on a hot day! Freeze your fruit the night before then toss it in the cooler as you head out the door.
- Stay hydrated. Grab your insulated water bottle and add a fun twist. Assemble a pitcher of homemade, flavored water such as ginger and lemon or watermelon and basil.
- Pre-plan your meals. Prepare your lunch the night before that’s portable and easy to eat on the beach. P.S. The WW app is filled with recipes for on-the-go and you pre-track your meal ahead of time.
- Add protein and fiber to your snacks or take last night’s leftovers with you for ease!

Looking for more recipes and recommendations? There are 14,000+ recipes in the WW app, plus a whole community of WW members waiting for you!

Turkey Cobb Salad Burger

Do you love a cobb salad? Enjoy this delicious twist next time you fire up the grill!

Join WeightWatchers for a discounted price!

What are you waiting for? Get special pricing on your WW membership today. To learn more or sign-up, contact your HR representative or WW at 866-204-2885.