



weightwatchers
reimagined

August Newsletter

This month's highlight

It's National Wellness Month!

August focuses on self-care, creating healthy routines and stress management. In honor of National Wellness Month, we're talking about how to **add 5 minutes of wellness to your day.**

For example, your body consumes more oxygen and burns more fat and calories in the hours following an intense workout of any length. Even after a workout of only 5 minutes, fat-burning benefits continue for the rest of the day.

With that said, grab your family and challenge your co-workers to do a quick walk around the block, dance around the living room or grab a few reps on the stairs. It all counts!



Support on your wellness journey



Attend a Private Virtual Workshop exclusively for you and your colleagues!

Get your dose of guidance, inspiration and support with a WW Coach and some familiar faces now in **The Commonwealth of Virginia's Private Virtual Workshop.**

View the schedule and details by joining the Commonwealth of Virginia Connect Group at WW.com/us/CommonHealth

Note: The Connect Group link is only accessible on a mobile device.



Healthy fats are your friend!

Despite the high SmartPoints® value, it's important to keep fat in your diet. Fat includes key nutrients you can't live without and can even help you feel fuller.

[Click here](#) to learn more about the importance of healthy fats.

WW Recipe of the Month

Summer Cobb Salad

10 7 7 SmartPoints® value per serving



Ingredients

- 3 slices uncooked turkey bacon
- 3 Tbsp olive oil
- ½ tsp lemon zest
- 2 Tbsp fresh lemon juice
- 1 Tbsp Dijon mustard
- ½ tsp table salt
- ¼ tsp black pepper
- ¼ cup cut chives
- 1 bag of romaine lettuce
- 1 piece of roasted skinless, boneless chicken breast or turkey
- 3 small Corn, kernels removed
- 2 cups diced cantaloupe
- ½ cup goat cheese
- 1 diced avocado
- 1 Tbsp water

Instructions

1. Microwave bacon according to package directions. Drain on paper towels. Cool and chop.
2. Whisk together oil, water, lemon zest and juice, mustard, salt and pepper in a large bowl. Add romaine lettuce and toss to coat.
3. Place romaine on larger platter. Arrange bacon, turkey or chicken, corn, cantaloupe, goat cheese and avocado in rows over romaine. Serve at once.

Recipe serves 6 people.

Join WW today!

Sign up at WW.com/us/CommonHealth. The Commonwealth of Virginia employees enrolled in a state health plan are eligible for WW discounted pricing and a 50% subsidy. Employees not enrolled in a state health plan, spouses, and adult dependents are eligible for WW discounted pricing only.

Wellness that Works.™