Greetings,

In this issue we focus on pitfalls because, let's face it, they're a part of life, and a part of weight loss. Read about some of the challenges that can pop up and discover strategies you can employ to keep them from derailing your progress.

We start with what happens with an exercise program when you're feeling under the weather. In Too Sick to Sweat? you'll learn when it's OK to push yourself, and when you really ought to give yourself a break.

Find yourself succumbing to post-dinner snacking? Then be sure to check out How to Handle Late-Night Cravings for great tips on what to do when those after-hours munchies kick in.

Ever have well-meaning family members and friends who are inadvertently sabotaging your weight loss efforts? Read How to Get Support from Your Family and Friends to learn how what to say and how to handle yourself gracefully in sticky situations.

And remember, skipping breakfast is never a good weight loss strategy. So in Morning Magic you'll get ideas for five delicious, out-of-the ordinary mini-meals, all starting with whole-wheat toast, that you can whip up in minutes right in the office.

Links not working? Just cut and paste the following link into your Web Browser.
https://www.weightwatchers.com/us/m/cms/article/how-handle-late-night-cravings
https://www.weightwatchers.com/us/article/morning-magic