At Weight Watchers, we talk a lot about losing weight. But, in this issue, one of our articles covers weight gain - something that can happen to anyone on a weight loss journey. Read Community Talks: How to Handle a Gain for great advice on dealing with setbacks at the scale.

If unproductive behavior is sabotaging your weight loss efforts, then you'll also want to read A 4-Step Guide to Fixing Bad Health Habits. In addition to discovering concrete actions, you'll also learn how to develop a Plan of Attack that will help you know what to do when a bad habit is about to kick in.

And here's a good habit – eating broccoli. Our version, Broccoli with Lemon-Garlic Crumbs, takes this staple veggie and makes it special with a lemony, buttery crunch and a PointsPlus® value per serving of only 3.

With fall well underway, it's time to take some cues from the squirrels and go a little nuts. In DIY Nut Butters you'll learn how easy it can be to make your own delicious sweet or savory peanut, cashew, hazelnut, almond, walnut and even pistachio spreads.

Links not working? Just cut and paste the following link into your Web Browser. http://storage.coremotivesmarketing.com/library/420f5e1a-f3b1-4c67-94fc-6f1edc87904b/500/landingpages/1eea0ca6-2b69-e511-a4a0-6c3be5bd2bf8.html