



Weight Watchers: Simple Start Program - Lose Up To 26 Lbs In 30 Days With These Simple And Easy Recipes! (weight watchers, weight watchers simple start)

John Blair

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Weight Watchers

Simple Start Program - Lose Up To 26 Lbs In 30 Days With These Simple And Easy Recipes!

For many of us, we have goals of a healthy lifestyle, but find that our own habits trip us up. Without a guide, our chances of success are limited at best. This book is a guide to understanding how Weight Watchers works, including the point system and the benefits of their group meetings. The recipes are also geared toward incorporating healthy eating in every meal.

No matter who you are or what your weight loss goals are, you can benefit from the support provided by Weight Watchers through their meetings, online apps and even a personal coach.

Throughout this book, we will explore the benefits of being accountable to an outside individual or group, particularly how it can help you to reach your personal weight loss goals.

If you are looking to reach a specific weight loss goal and maintain it, then this book is for you! Weight Watchers continues to provide support options after you reach your goals to assist through the transition into maintenance. This book is about more than weight loss; it is about making the move to a healthier lifestyle that you can maintain for years to come!

Here is a preview of what you'll learn:

- Types of foods that equal low points and a full stomach
- Recipes for every meal that emphasize fresh food choices
- How Weight Watchers assists members to achieve their goals
- The importance of incorporating more activity into your day
- Why processed foods are assigned more points in the system
- Understanding the importance of controlling portions
- Moving to maintenance, thus creating a permanent life style change

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