

# Building Healthier Habits from Your Friends at WW

Routine is key when you are trying to build habits. When you repeatedly incorporate healthy choices and actions into your everyday life, little by little they begin to become second nature—just the thing you do. Pave the way to wellness using these tips and inspiration.

## Create a schedule...for meals

Eating at regular intervals can help balance internal and external hunger – the difference between actually being hungry and the desire to eat. Choose one day to schedule your meals three to four hours apart. Then as you get used to the routine, notice when you feel internally hungry and adjust meal times accordingly.



Meal prepping is a great way to combat the common pitfalls that can occur when there is nothing nutritious available to eat or no time to make it. With your week's meals cooked and ready-to-eat, following your meal plan will be that much easier. And this chore can be fun. <https://www.weightwatchers.com/us/article/3-steps-forming-meal-prep-squad>

## Start your day with a sweat session

A little morning movement lends itself to the creation of healthy practices throughout the day. Try setting out your workout clothes and sneakers the night before, so you're ready to go when you wake up. Having a plan and scheduling workouts like you would a business meeting can work just as well if early morning workouts just isn't your thing. Check out our WW workouts for easy everyday fitness ideas. <https://www.weightwatchers.com/us/ww-workouts>

## Get more out of your morning

Waking up groggy, throwing together an outfit, and frantically looking for your keys and wallet happens to the best of us. Getting to bed a little earlier, creating an everyday uniform, and ignoring social media can help save time so you can take a mindful approach to your morning routine and create more time in the day to do things that better your mental and physical health. Read more at <https://www.weightwatchers.com/us/article/get-more-out-your-morning>

See how Jay lost 21 lbs\* <https://www.weightwatchers.com/us/jay>

With long work hours and twin daughters, Jay found he has little time to focus on his health. The WW app helped him take back control of what he ate, and enjoy the challenge of staying within his SmartPoints budget.

\*People following the WW program can expect to lose 1-2 pounds/week. Katie lost weight on a prior program and is continuing on WW Freestyle™