

Celebrate Without the Guilt!

November/December 2007

WeightWatchers

'Tis the Season to

LOSE

45 Best Tips

**TRY OUR EASY
WALKING
PLAN**

50+

HOLIDAY RECIPES

FOR FAMILY & FRIENDS

U.S.A. \$3.95

\$3.95US

12>



WeightWatchers.com



Fast Fixes

- ❖ **LOSE-THE-STRESS MOVES** p58
- ❖ **STOP P.M. EATING** p44
- ❖ **EAT OUT SMARTER** p32

Holiday Flashback

Think back to last year, to those weeks when the holiday season was in full swing, and do a mental check off of the scenarios that apply: Did you go MIA on your favorite yoga class or walking buddy? Did you get chummy with

the barista at the mall coffee kiosk because you were living on lattes and muffins between shopping trips? Or did you find yourself feeling tired and bloated after a string of holiday lunches, drinks, and dinners with co-workers and friends? If any of these sound familiar, remember: That was *last year*. This year we're not only arming you with sound strategies (**see Your Holiday Best, p. 88**), but we're also putting together a menu of bountiful holiday dishes that you can serve all season long without undoing your healthy goals (**see Make It Festive! p. 93**). In fact, with each issue of this magazine, we strive to provide you with the freshest ideas and biggest doses of motivation to help you stick to your goals. With this issue we've really hit the mark—and more, since every story provides you with new ideas for eating, moving, and staying motivated through the holidays and into the new year.

CONGRATULATIONS...

to our **Walking Challenge** fans. You made it to the final installment of our ongoing series, and now you're ready to walk a half marathon. The series was such a success that we're in the midst of putting together a brand-new challenge to keep you walking through '08. **Stay tuned.**

NANCY GAGLIARDI
EDITORIAL DIRECTOR

LAST-MINUTE GIFTS

I'm a fan of **gourmet vinegars and oils** in flavors like pomegranate and clementine. The taste adds depth to salad greens, and you need only a drizzle.

\$12-18, OOLIVEOIL.COM



Senior editor Bethany Gumper is raving about **Dolce Vita Dessert Teas** in flavors like **Coco Truffle** and **Belgian Mint**; teas come in gorgeous silk bags.

6 FOR \$12, TEAFORTE.COM



For friends trying to work in more fitness, senior editor Jen Matarazzo loves **Pilates: Body in Motion**, a deck of **52 cards** with core moves.

\$12.95, AMAZON.COM



contact us

TELL US WHAT YOU LIKE (OR DON'T LIKE) ABOUT THE NOV/DEC ISSUE OF *WWM*. SEND YOUR COMMENTS AND SUGGESTIONS TO wwmeditor@wwpublishinggroup.com.