

...a personal message from Scott "Q" Marcus
WW Leader & Lifetime member

Welcome Home!

The best decision I ever made was the same one you made; to join Weight Watchers.

You see, before I joined, I didn't like ME. I felt awful - physically and emotionally. I didn't play with my children. I didn't buy new clothes. I didn't go to the doctor. In short, I became a spectator in my own life.

I didn't know what to do so I tried the same old things over and over again. I forced me to look at my weight; doctors, new clothes, family gatherings, intimacy. I thought I could "make it go away." But it didn't. Quite the contrary, it grew more frightening my the day. I felt more and more out of control.

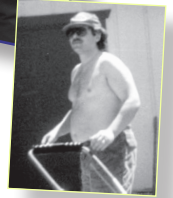
If I didn't like where I was, I HAD to do something different to get somewhere else. After all, "If I always do what I've always done, I'll always be where I've always been."

So, I did exactly what you're doing. It hasn't always been easy. I've lost 150 lbs since 1994! I am a professional speaker, syndicated colum-

nist and I've put out three books. I'm happy. I'm healthy - and most important, I like my life.

Weight Watchers didn't do it for me, it gave me the tools and support to do it for myself. And that's why I work for Weight Watchers now. I'm here to give back some of what I still get.

Good luck. We're all here to help. Treat yourself special. You're doing a great thing!



If you have questions or wish to stay in touch (please do!)

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Fan page is www.Facebook.com/ThisTimeIMeanIt

Twitter: @ThisTimeIMeanIt

My blog and on-line support site: www.ThisTimeIMeanIt.com

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Top Things to Do to Ensure Your Success!



Come to meetings! If we could lose the weight at home, we already would have. This is not about "knowing how to diet," this about "changing how you think." The meetings help you:

- You get support and encouragement.
- You learn from others who have been successful.
- You get feedback on your progress.
- You can share your struggles and triumphs.

For at least the next few months, make a point of planning your week around coming to at least one meeting.

Choose SMALL goals. Too often, we focus on the big picture, discounting the little successes. It seems too far. We get frustrated. We stop. The big goals are made of little ones. When you're ready to talk "big goals," let me know.

I've attached a goal planner from ThisTimeIMeanIt.com on the back to help.

Ask for help. There is no shame in asking for help. We do some things real well; others we need to learn. This is one of the latter. You'll do better by asking for help and getting the tools you need than trying to "tough it out." (Don't know what tools you'll need? I'm happy to give you my suggestions.)

There are way too many good ideas to fit here. Come to meetings for more!
(Or call or dick if I can help.)



Don't say "I can't...". If deprivation was a successful weight loss strategy, you wouldn't be here. Don't tell yourself "no," say "not right now." Think about it for ten minutes. Then decide. More times than not, you'll make a healthy choice. (And that's all it takes to lose weight.)

Keep track. The best analogy I can give you about Points by Weight Watchers is that it's like money. You spend it if you've got it on what YOU consider important. If you don't keep track of your spending, you'll go broke. Same with points. Write it down. Use a journal. (If you like electronic gadgets, check out the points calculators! They're fun!)

By the way...



Weight Watchers is "safe." No one will ever announce your weight, force you to talk, embarrass you, or use any "negatives." (After all, if feeling bad about your weight was motivational, you'd already be skinny, huh?) Everyone who works for Weight Watchers in on the program. We have to weigh in and come to meetings too. We're just like you; we know what it's like.



What is Your Goal? (Remember SMART: o . U . k . u

The Plan 7

| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------------------------|--------|--------|---------|-----------|----------|--------|----------|
| <i>Week 1 Mini Goal:</i> | | | | | | | |
| <i>Week 2 Mini Goal:</i> | | | | | | | |
| <i>Week 3 Mini Goal:</i> | | | | | | | |
| <i>Week 4 Mini Goal:</i> | | | | | | | |
| <i>Week 5 Mini Goal:</i> | | | | | | | |
| <i>Week 6 Mini Goal:</i> | | | | | | | |
| <i>Week 7 Mini Goal:</i> | | | | | | | |
| <i>Week 8 Mini Goal:</i> | | | | | | | |