Greetings,

The holidays are behind us now - and many of us are facing the New Year with renewed energy and resolve. And, as always, Weight Watchers is here with ideas and support to help keep you going strong.

Busy with work? The house? The family? No worries. In [10 Meal-Maker Must-Haves](http://link.coremotivesmarketing.com/c/306/4d65c34e8a3f39b29f3044f47a88f58a28c86977ff321068aeaa59a9c92203f6) we give you a list of ten items to keep on hand, so you can whip up meals in minutes (and avoid calorie-laden take out.)

And in [Say When: Why Food Schedules Work](http://link.coremotivesmarketing.com/c/306/4d65c34e8a3f39b29f3044f47a88f58a28c86977ff321068aeaa59a9c92203f6), you'll discover why pre-planning your eating, even down to the last snack, can be your secret to staying on track and in control.

Prefer small changes and little adjustments? Then you'll love [7 Steps to a Healthy You](http://link.coremotivesmarketing.com/c/306/4d65c34e8a3f39b29f3044f47a88f58a28c86977ff321068aeaa59a9c92203f6). Just follow our daily tips starting on a Monday, and by Sunday you'll have acquired seven new habits that will serve you well all year long.

And here's a dish you'll definitely want to make a habit. Our [Easy Macaroni and Cheese](http://link.coremotivesmarketing.com/c/306/4d65c34e8a3f39b29f3044f47a88f58a28c86977ff321068aeaa59a9c92203f6) is comfort food at its best. It's rich, creamy, and loaded with cheddar flavor and comes with a ***PointsPlus***® value per serving of only 7!

If you do not currently have an AT WORK Program and would like information on getting started, please contact me!

In good health ~

Cheryl

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