The cold weather has officially arrived. But that doesn’t mean you have to do all your exercising indoors. In fact, outdoor activities in the cold can give you a great workout – and get you nice and warmed up at the same time. Read all about it in Sweating in a Winter Wonderland.

December is also when many of us start making our resolutions. Two very popular ones are “saving money” and “losing weight.” But, did you know they could go hand-in-hand? Read What is Your Weight Costing You? to learn why.

Have an office party or two on your calendar this month? Believe it or not, you can still have a jolly good time…without overdoing it. Our article Staying on Plan at Office Parties will tell you how.

And here’s something else to brighten the season – a little holiday surprise from us at Weight Watchers. Not one, not two, but three great winter recipes in this Quickbites issue. Enjoy our Three Perfect-for-Winter-Salads, each with a PointsPlus® value of 5 or less.

Plus, one more surprise is on the horizon – Simple Start an exciting new way to start off a new season of weight loss. That’s all we can tell you right now – you’ll learn all about it in an upcoming meeting.

Happy Holidays!

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