



Discover a new you with the Weight Watchers® Discover Plan™
The Weight Watchers Discover Plan - Overview

The programme

The Weight Watchers® Discover Plan™ is the current and only weight loss programme Weight Watchers run in meetings and online (introduced in Jan 09). It is based on the hugely successful *POINTS*® system but focuses on two new concepts; *Filling Foods* and *Emotional Overeating*.

The low-down

Filling Foods

The Discover Plan helps you to lose weight because you'll be able to stick with it. Unlike other diets that leave you feeling deprived, so you tend to fall off the wagon, Weight Watchers has uncovered ways (backed by scientific research) to help you make 'Filling Food' choices that will satisfy, and keep you feeling fuller for longer, so you don't feel deprived and aren't then tempted to succumb to temptation when you otherwise might.

Emotional Overeating

The Discover Plan understands that people over-eat or eat the wrong things for loads of reasons (such as boredom, stress, tired or simply because it's there) and it often isn't about hunger. The new Discover Plan highlights foods that will keep you both physically full and *emotionally satisfied* for longer. Armed with this knowledge you're be able to stick to the plan and get the weight off.

The how-to

- Based on the hugely successful *POINTS*® system you have a personal ***POINTS*** allowance and all foods have ***POINTS*** values, so you just need to ensure you stay within your allowance and you are encouraged to eat 'Filling Foods'
- The new 'Filling Foods' concept highlights in green throughout all materials certain foods that have been scientifically proven to help induce weight loss. These include foods such as vegetables, fruits, non-sugary breakfast cereals, lean meats, low fat dairy, pasta, brown rice, potatoes and low fat soups.
- By attending meetings or gaining support online you learn simple yet effective tools to know when you're full to stop you overeating and are given practical advice to overcome eating for emotional reasons
- No foods are out of bounds, you can eat anything you like in moderation
- It still allows you to have a social life as it teaches you how to eat out and still lose weight
- You don't only get advice on food and exercise you also get practical tips on how to avoid emotional overeating to control cravings due to stress, anger or boredom
- If you want to lose weight and keep it off this works it's about long term weight loss at a healthy rate

For more Information on Weight Watchers Discover Plan please visit the [Weight Watchers website](#).