

Welcome to your Quick Bites Newsletter Brought to you by Weight Watchers

During this time of resolution and goal setting, there is one simple thing that can keep you focused and motivated and can help push away negativity when you hit bumps along the way. It is a powerful, personal “why.”

If you're not sure what's yours, ask yourself: “Why do you want to get healthier? And what does that look like to you?” Once you know the basis for your goals, you can seize each day armed with that purpose. Here are food, fitness and wellbeing tips to help you on your journey to wellbeing.

Build meals around ZeroPoint™ foods

These foods don't have to be weighed, measured or tracked so you have more freedom to enjoy all the foods you love. Whether you have a few SmartPoints left for dinner or you're completely out for the day, ZeroPoint foods can be used as a cushion to help you stay on track. Start with a ZeroPoint base and then use your points to add flavor. [Check out our favorite 0-3 SmartPoint recipes for breakfast, lunch, and dinner.](#)

Eggs are our zero-points value secret weapon. They're packed with high-quality protein and nutrients to help keep you satisfied, plus they're easy and quick to whip up. Try adding this [Egg and Bacon Slider](#) to your breakfast rotation.

Aim for 10,000 steps per day

Walking is a great way to fit activity into your life. Studies show that taking 10,000 steps per day is just as effective as doing five 30-minute workouts per week. Steppers who meet this goal tend to have stronger hearts, more stable blood sugar levels, and enhanced mental abilities. [This walking program](#) can help get you ready to take on 10K.

Set up for a better night's sleep

Creating a relaxing sleep environment can go a long way toward a more restful night. Keeping your room tidy, shades drawn, and smartphone out of sight can help bring some Zen into your bedroom. Having trouble sleeping? Next time you're lying awake, try these [5 strategies to combat sleepless nights.](#)

We'll be back in two weeks with more wellness tips!