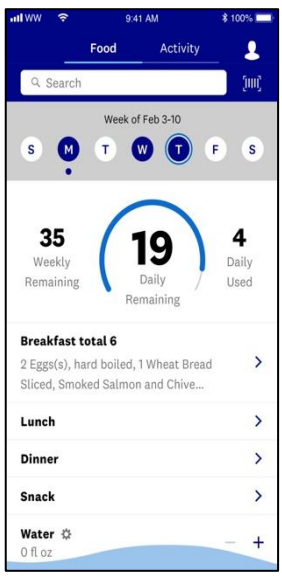
May Newsletter

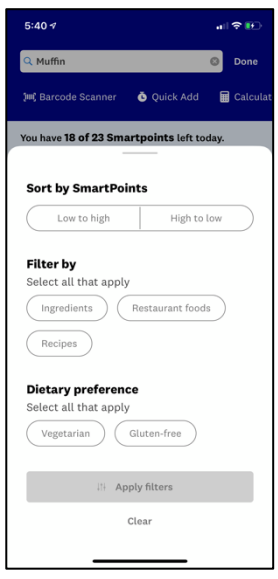
What's Happening Now

NEW Features in the WW App

WW is making major upgrades to the WW app to support our member's holistic well-being.

- **Water Tracking:** Essential for overall wellness – select your serving size and stay hydrated!
- **Sleep Tracking:** Have greater awareness of what your patterns are and techniques to improve your quality of sleep.
- **Filter & Sort:** Now you can choose to see certain ingredients, recipes, and dietary preferences. Plus, sort by number of SmartPoints®.
- **FitOn (coming soon!):** Guided workout videos for all fitness levels from our newest partner coming soon. These are in addition to the Aaptiv audio workouts.





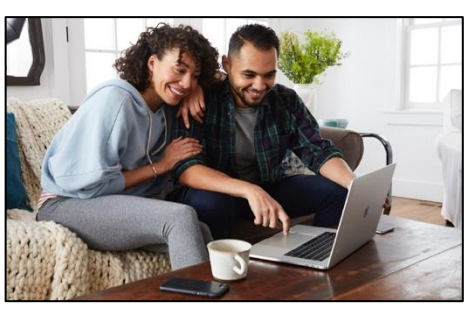
Starter Kit Promotion 5/1-6/27

Taking care of your health is as important as ever. From 5/1-6/27, all OEBB members who sign-up for WW will be eligible to receive a **FREE** WW Starter Kit! This box includes a variety of kitchen tools, a cookbook. Offer is available to new members only.

Once you've signed up, new members must redeem their Kit **here** by 7/11.

For current members, WW Studios and in-person Workshops are closed until at least **5/30**. Digital + Workshop members will continue live Virtual Workshops through Connect.

If you need a little pick me up, check out these videos



A message from WW Members

How to stay healthy at home

WW Recipe of the Month

Cheesy black bean breakfast burritos

6 2 2

Ingredients

- ½ cup plain fat free Greek yogurt
- ¼ tsp salt
- 8 large eggs
- 8 low-carb, high-fiber whole wheat wraps
- 30 oz canned low sodium black beans
- 1 cup fat free salsa
- ½ cup chopped scallion
- 1 cup shredded reduced fat sharp cheddar

Instructions

1. Whisk together yogurt, salt and eggs until well combined. Spray a large nonstick skillet with nonstick spray and head over medium-low heat. Add egg mixture and cook, stirring occasionally, until eggs are scrambled.
2. Arrange tortillas on a large work surface. Spread about ¼ cup scrambled eggs over bottom third of each tortilla.
3. Wipe skillet clean and head over medium heat. Add black beans, ½ cup salsa and scallions and cook thoroughly until heated (~2 minutes). Spoon a ½ cup bean mixture over eggs in each tortilla and top with 2 tbsp cheese. Fold bottom edge of each tortilla over filling, then carefully fold in sides. Serve with remaining salsa to dip.

Make a batch of these! To freeze, wrap each assembled tortilla in parchment paper. Place wrapped tortillas into a large zip-top freezer bag or storage container. To reheat, remove 1 burrito from bag and microwave on high for 3 minutes or until heated through. Freeze up to 3 months.

Get started today!

To sign up for WW today or learn more, visit OEBB.WW.com

Wellness that Works.™