

La personnalisation de FlexiPoints

Les besoins énergétiques sont différents pour chaque personne. A chacun ses besoins, à chacun son capital **POINTS** !

Le questionnaire ci-dessous va vous permettre de déterminer votre capital **POINTS** personnel. Répondez aux questions suivantes en notant le chiffre (ou nombre) attribué à chacune dans les cases en regard.

Exemple pour la question 1 :
Si vous êtes une femme

7

1. VOUS ÊTES...

- a) Un femme 7
- b) Un homme 15

2. QUEL ÂGE AVEZ-VOUS ?

- a) 18-20 ans 5
- b) 21-35 ans 4
- c) 36-50 ans 3
- d) 51-65 ans 2
- e) Plus de 65 ans 1

3. COMBIEN PESEZ-VOUS ?

Notez comme résultat le chiffre (ou nombre) de la dizaine correspondant à votre poids.

Exemple : si vous pesez de 70 à 79 kilos, notez 7

4. COMBIEN MESUREZ-VOUS ?

- a) Moins de 1,60 m 1
- b) 1,60 m et plus 2

5. VOTRE ACTIVITE QUOTIDIENNE EST :

- a) Un travail effectué presque
exclusivement assis 0
- b) le plus souvent assis mais
parfois debout ou avec
quelques déplacements 2
- c) Une activité pratiquée
essentiellement debout 3
- d) Un travail très physique 4

6. VOUS VOULEZ ...

- a) Perdre du poids 0
- b) Commencer la stabilisation
de votre poids 4

Additionnez les résultats.

Vous obtenez le nombre
de vos unités **POINTS**
pour la journée : votre
capital **POINTS**

Très important : lisez les informations de la page suivante ►

Weight Watchers Flexipoints

Cara Lockwood, Pamela Redmond



Weight Watchers Flexipoints:

In One Year and Out the Other Cara Lockwood, Pamela Redmond, 2004-12-07 Out with the old in with the new and on with the party Maybe it s just another midnight or maybe there really is magic in the air when December 31st becomes January 1st and confetti kisses and champagne toasts kick off a new year a new romance a new look a new attitude Celebrate the start of something new with In One Year and Out the Other a sparkling collection of all new stories by today s rising fiction stars Cara Lockwood puts self improvement to the test with 528 resolutions not least of which is Do not sleep with married men in Resolved A New Year s Resolution List Pamela Redmond Satran instructs a single mom in the fine art of partying like the boys have lots of sex don t worry that you re too fat in How to Start the New Year Like a Guy Diane Stingley shows a twentysomething why there s more to life than waiting by the phone for a New Year s date in Expecting a Call Megan McAndrew seizes the day or just a very special one night stand for a single food stylist hungering for more in The Future of Sex and more great tales from Kathleen O Reilly Beth Kendrick Eileen Rendahl Tracy McArdle and Libby Street

Nutritional and Clinical Management of Chronic Conditions and Diseases Felix Bronner, 2005-09-26 Nutritional status is recognized as a major determinant in health and disease Effective treatment of chronic conditions such as obesity or of diseases of the skin requires the integration of clinical and nutritional management Nutritional and Clinical Management of Chronic Conditions and Diseases like its predecessor Nutritional Aspects and Cli

The Decision Tree Thomas Goetz, 2011-03-01 For all the talk about personalized medicine our health care system remains a top down doctor driven system where individuals are too often bit players in their own health decisions In The Decision Tree Thomas Goetz proposes a new strategy for thinking about health one that applies cutting edge technology to put us at the center of the equation and explains how the new frontier of health care can impact each of our lives

Bob Greene's Total Body Makeover Bob Greene, 2010-05-11 From Bob Greene bestselling author of Get With the Program comes a comprehensive innovative twelve week plan for transforming your body inside and out With Bob Greene s Total Body Makeover you ll achieve maximum results in a minimum amount of time Knowing that great health and fitness begin with the right state of mind Greene addresses the important emotional issues behind poor exercise and eating patterns and provides the motivational tools needed to achieve your fitness goals as well as develop practical and beneficial habits for lasting results You ll be inspired and moved by reading the compelling true life success stories of real people who have taken the challenge and who have changed their bodies and lives in ways they never dreamed possible Whether you re struggling to lose that last ten pounds or searching for a radical weight loss solution the twelve week makeover challenge is the answer to your fitness goals After committing to the program you ll find illustrated step by step workout guides for all fitness levels combining progressive cardiovascular and intensive strength training exercises designed to revitalize your metabolism and get noticeable results fast Each of the accelerated workouts has been created to energize and invigorate your body and mind while you have fun and trim down in

the process In addition Greene takes a fresh approach to the question of diets by providing key nutritional guidelines that work in conjunction with any healthy eating plan and he explains many of the popular diets on the market today to help you choose the one that s right for you Finally there is helpful advice on making the transition back to your everyday life how to avoid regaining the weight you ve lost and how to maintain healthy exercise and eating habits for life While many books leave you wondering what to do next Bob Greene s Total Body Makeover offers enthusiastic and informative hands on advice and tips beyond eating and exercise and teaches you how to make your own happiness and well being the foundation of an active and healthy life [Black Newspapers Index](#) ,2004 [The Value Line Investment Survey](#) ,2004 [Feminist Figure Girl](#)

Lianne McTavish,2015-01-08 Analyzes the author s transformation from academic to figure competitor Feminist Figure Girl chronicles the transformation of art history professor Lianne McTavish from a university professor into an extraordinarily tanned and crystal encrusted bikini wearing figure girl Figure competitions seek a softer appearance than traditional forms of bodybuilding but still require rigorous weightlifting an extreme protein diet and many hours of posing in high heels While training for a figure show McTavish combined autoethnographic methods participant observation and feminist theory to find new ways of thinking about physique culture and the female body The author who specializes in critical visual culture and the history of the body explores such contemporary issues as body image fat studies identity politics and postfeminism while rethinking fitness culture diet regimes feminist politics reproductive activism performance art and the social function of photography Written in a lively personal style reminiscent of McTavish s popular blog she clearly explains the complex ideas stemming from the theoretical work of such writers as Judith Butler Simone de Beauvoir Michel Foucault Iris Marion Young Edmund Husserl and Maurice Merleau Ponty The book also includes many photos documenting McTavish s physical transformation Dieting and exercising with the goal of posing onstage in a bikini and heels is not what many think of when they think of feminism but then those people have never read Feminist Figure Girl Lianne McTavish brings figure competitions and feminism two seemingly opposed things together in this intellectually challenging deeply personal book This is a must read for anyone with a passion for feminism and fitness Caitlin Constantine editor of the Fit and Feminist blog

[The Ladies' Home Journal](#) ,2003-07 [Bibliografía española](#) ,2006-10 [La Pasta](#) ,2005 [Il Mondo](#) ,2006 [The Economist](#) ,2003 [Guía de la compra](#) Weight Watchers International,2005 [La cuisine avec flexipoints](#) Weight watchers France,2007 [Weight Watchers Ultimate](#) Bourdaine Wellness,2016-04-10 Table of content Weight Watchers BLT Pasta Salad Weight Watchers 2 Point Pumpkin Muffins Weight Watchers Coleslaw Weight Watchers Sauteed Shrimp Weight Watchers Egg Salad Weight Watchers Candy Weight Watchers Low Fat Taco Soup Weight Watchers Salisbury Steak Weight Watchers Mexican Chicken Breasts Weight Watchers Key Lime Pie Ww 0 Point Weight Watchers Cabbage Soup Weight Watchers Chocolate Cupcakes Weight Watchers Chocolate Marshmallow Fudge Weight Watchers Stuffed Shells Weight Watchers Parmesan Chicken Cutlets Berry Crisp Weight Watchers Core Recipe Weight Watchers 0 Point Tortilla

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Wellness,2016-04-10 Table of content Healthy No Bake Cookies Whole Wheat Honey Banana Muffins Tuscan White Bean Spinach Soup Yeast Free Bread Weight Watcher 1 Point Banana Bread Flex Points Cottage Cheese Banana Breakfast Delite Eggless Banana Bread Healthy Granola Healthy Whole Wheat Pita Bread No Oil or Sugar Fat Free Sugar Free Cholesterol Free Banana Bread Yeast Free Wholemeal Bread African Peanut Butter Candy Cornbread Honey Wheat Oatmeal Bread All Whole Grain Version Tuna Salad Wrap Baked Turkey and Jack Cheese Chimichangas Weight Watchers Kid Friendly Veggie Muffins Low Fat Veggie Quesadilla by Todd Wilbur Lower Carb Pancakes for One Oat Pancakes Wheat Free Weight Watchers BLT Wraps 3 Points Barking Cauliflower Vegan Old Fashioned Soft Pumpkin Cookies Orange Date Muffins Or Chocolate Chip Low Fat Low Sugar Chocolate Apple Snack Cake Low Fat Pepperoni Pizza on a Flat Out Sugar Free Banana Bread Yogurt Fruit Bars Fast Fast Fast Soda Bread Whole Wheat Yeast Free Herbed Pizza Dough Low Fat Lower Carb Turkey Lasagna Whole Wheat Lasagna Noodles Banana Smoothie Low Fat Penne a La Vodka Weight Watchers 1pt Pancake Best Ever Creamy Pasta and Cheese Ww Style Low Sodium Whole Grain Crackers Rustic Wheat Cinnamon Raisin Bread Dark Chocolate Peanut Butter Brownies Weight Watchers Cheesy Chicken Enchiladas Healthy Honey Chicken Tomato and Cheese Quesadilla Roasted Asparagus Pasta With Garlic Butter Fudgy Brownies Healthy Buckwheat Sugar Dairy Wheat Free Muffins Applesauce Cereal Snacks or Bars Whole Wheat Oatmeal and Chocolate Chip Cookies Banana Burrito Ww Tomato and Cheese Quesadilla Healthy Oat and Apricot Breakfast Bars Healthy Tuna Casserole Low Fat Diabetic Zucchini Bread Low Sugar Low Calorie Low Fat Healthy Italian Breadsticks or Pizza Crust Fat Free Oatmeal Raisin Cookies Moist Vegan Cornbread Healthy Chicken Enchiladas Tantalizing Thai Shrimp Pasta Pumpkin Chocolate Chip Muffins Whole Wheat Banana Bread Easy Healthy Whole Wheat Flax Pizza Crust Banana Nut Bread With Yogurt and Whole Wheat Flour Truly Low Carb Hot Cereal Mini Peachberry Cobblers Cornmeal Blueberry Wheat Germ Muffins Quinoa Banana Bread Regular or Sugar Free Cornmeal Blueberry Wheat Germ Muffins Chicken Noodle Tetrazzini a Little Healthier Relatively Healthy Oatmeal Scones Ww Chicken Taco Casserole Ww 4 Fruity Oatmeal Pancakes Eggless Dairy Free Easy Avocado Burrito Carrot Zucchini Muffins Pumpkin raisin Cookies Carrot Zucchini Muffins Fat Free Chocolate Muffins Horse Muffins Oat and Carrot Chocolate Buttermilk Cake Fat Free or Low Fat Egg Free Oatmeal Whole Wheat Quick Bread French Toast Eggs Apple Tuna Sandwiches Healthy Light Sour Cream Chicken Healthy Peanut Butter Honey Cookies Healthy Rye Bread 1 Gram Fat Pumpkin Spice Muffins Low Fat Sugar Free Oatmeal Cake Fat Free Almost Banana Bread Maple Syrup Muffins Apple Tuna Sandwiches Healthy Peanut Butter Honey Cookies French Toast Eggs Low Cal Mug Cake Creamy Chicken and Spinach Pasta Jalapeno Cornbread Low Fat to No Fat Ww 3 Points Super Sandwich Stuffed With Chicken Salad Healthy Pumpkin Pomegranate Muffins Tasty Macaroni Salad Oat and Fig Squares Vegan Grilled cheeze Sammiches Whole Wheat Sour Cream Biscuits Whole Wheat Peanut Butter Banana Bread With Chocolate Chips **Weight Watchers Recipe** Heviz's,2016-02-04 Table of content Weight Watchers BLT Pasta Salad Weight Watchers 2 Point Pumpkin Muffins Weight Watchers Coleslaw

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Weight Watchers Flexipoints Introduction

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