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It's a little before 8:00 am and Mei Xiang and Tian Tian are definitely the morning pandas. Morgan has already opened their adjoining dens and they are tussling inside one of the covered enclosures. In the evenings pandas are kept separate so that keepers can easily identify and note urine and feces samples. Morgan says pandas also need a quiet time alone. Advertising at some point in their lives they'll have to spend some time apart, so it's a good time and a good way to reinforce that, says Morgan. She (Mei Xiang) doesn't mind. He (Tian Tian) gets a little antsy sometimes and wants to be able to go over and say, hey, want to play? After some early morning game time, the pandas are preparing for the morning weigh-in. From the keeper's cage, located between the covered enclosure and the yard, Morgan persuades the pandas to sit on a giant scale suitable for the giant panda. She notes that they are growing slowly but steadily, which is a sign that things are going well. The next Morgan weighs bamboo for breakfast, dragging the leafy stems into a basket of scale. Pandas get 3 to 4 kilograms grown locally, yellow bamboo grove for indoor breakfast, and then another 5 kilograms for outdoor dinner. Before the day is done they will eat about 50 to 60 pounds of bamboo. Giphy.com/Real Housewives of Atlanta May seem like weight watchers had a couple of identity crises - at first it was just for moms to diet, now this one Oprah swears - but the program has successfully helped dieters hit their target weights for more than 50 years. Here's everything you need to know before you join. The founder of Weight Watcher started the program after someone thought she was pregnant. When 37-year-old Jean Niedetch, a housewife from queens, ran into a neighbor who thought she was pregnant, she decided to do something about her appearance. Niedetch sought advice from the New York Health Board, cut out soda and added more protein to her diet. She lost 20 pounds in 10 weeks and eventually went on to lose another 50. The first official meetings began in 1963 and took place in a pizzeria. It was a special kind of torture for women wanting to lose weight, but Nidech found an empty space above the pizzeria and scooped it up. Old magazine covers program make you cringe. Twitter / EllenSexton Anyone can subscribe to Weight Watchers magazine, which has tons of recipes and tips. It was launched in 1968, and in 1975 editors added a slogan under the headline: Magazine For Attractive People. The palm of the face. It was removed in 1980. The diet plan used to be a full head-scratch. Original brochures encouraged participants to load up on livers, brains, kidneys, white turkey and chicken. Worst of all: He ruled out all the favorite healthy fat - avocado. Weight Watchers its points system in 1997, which increased its popularity dramatically. Instead of talking The products were closed (you can eat bread!), the creators assigned them every value based on calorie counting. Each person was allocated a certain number of points for the day that you could hit as you wanted. Points have gone through many changes. Weight Watchers introduced PointsPlus in 2010, and the system went from evaluating products solely by calories to factoring in fat, carbohydrates, fiber and protein. In 2015, they flipped things up again, prompting another backlash from loyal members who were tired of changing the program. This latest change, called SmartPoints, is still in use. It's a return to a more caloric discharge point, but the points can be lowered for foods high in protein and raised for sugary foods or those filled with saturated fats. At the time Miranda ate a cake made from trash on Sex in the City actually happened. This content is imported from YouTube. You can find the same content in a different format, or you may be able to find more information on your website. Nidech met with friends to stay motivated. Like the current Weight Watchers meetings, the groups shared stories about their achievements or temptations. One woman admitted to eating a doughnut from a trash can. In the beginning there is a period of adjustment. Like many new diets, Weight Watchers participants made statements that they often feel hungry at the beginning of the program. Most likely because they overeat for years. You get used to your new food in the first couple of weeks. Membership is not cheap. This content is imported from Instagram. You can find the same content in a different format, or you may be able to find more information on your website. There are three levels of membership. If you're an online-only member, you'll shell out about three bucks a week (\$156 per year) but won't get any personal help. Members who want to attend weekly group meetings will have to pay nearly \$7 each week, for a total of \$364 per year. If you've benefited from the most involved members, the one that comes with a private trainer, you'll need about \$8.50 a week - \$442 for the whole year. The community is so supportive. Weight Watchers has its own app, and the app is a private social network called Weight Watch Connect. It's like Instagrams #fitspo, but only positive, not body shaming. Most users report scrolling when they feel a lack of support. I get to Connect and see that hundreds of girls who are my age and going through things, 28-year-old Erika Sutz said. It makes me feel good as I'm not alone. It is backed by the Duchess, Oprah, and countless celebrities. This content is imported from YouTube. You find the same content in a different format, or you may be able to find more information on your website. If you haven't seen I love bread! The ad for the Weight Watchers advert (or the countless memes it spawned), you probably lived on an island more remote than the one on Gilligan's Island. But a whole bunch of other notable personalities love it, too. Jennifer Hudson, Jenny McCarthy and Jessica Simpson talked about their love for the program. So is Sarah, the Duchess of York, who was married to Prince Andrew, the son of queen Elizabeth II. Many of the observers' weight sizes are measured in ounces, which are almost impossible to estimate in a measuring cup for illiquid foods like nuts or fruits. PIN IT FOR LATER: Follow Delish on Instagram. This content is created and supported by a third party and is imported to this page to help users provide their email addresses. You may be able to find more information about this and similar content on piano.io If you're trying to lose weight, last week brought headlines that at first glance seemed exciting: Weight Watchers are twice as effective as following a doctor's guide to national weight loss treatment guidelines when it comes to shedding pounds, a European study has found. Sounds great, doesn't it? Well, before you subscribe to Weight Watchers, there are a few things you need to understand about research and about the realities of weight loss and keep it. About 800 overweight and obese people in Australia, Germany and the UK were recruited for the study (which was funded by Weight Watchers, incidentally). Half of the participants were instructed to follow their doctor's advice about shedding pounds, while other participants told their doctors to start using Weight Watchers. After 12 months, the Weight Watchers group lost more than twice the weight of their fellow-11 pounds compared to just 5 pounds, on average, among those who completed the study. However, only 58 percent of participants completed the study, and dropout rates were similar for both groups. Also, while food diaries show that the Weight Watchers group actually consumed fewer calories, carbohydrates and sugar, weight loss gain was plateaued for both groups after just six months. More from MensHealth.com: 9 Weight Loss Rules that work those dropout rates and pound-shedding patterns are common characteristics of weight loss studies, explains Walter Willett, M.D., chair of the Department of Nutrition at Harvard School of Public Health. We need to find a new way of eating that can be sustainable throughout life, not something that's done for months or a year and then stopped, says Willett. And that's the rub. Two studies in the U.S. have shown that other commercial weight loss programs like Jenny Craig or diet books like the South Beach Diet have surpassed Recommendations for the treatment of weight loss and caused weight loss similar to Weight Watchers Watchers But subsequent reports have proven keeping weight for 5 years or 10 years is a much more challenging task. The data is pretty clear, says David Levitsky, Ph.D., professor of nutrition at Cornell University. When people complete their dietary treatment, they gain most of the weight back within one year. The reason for this is complicated, says Levitsky, and deals with loss of motivation once the weight stops falling away, becomes bored or complacent about your new diet, and a host of other factors. But don't throw in the towel. There are ways to improve your chances of losing weight and maintaining weight in the long run: Finding strength in Weight Watchers numbers, like many commercial diet programs, includes community support groups and meeting members, which a European study concluded was an important factor for weight loss success. The Weight Watchers group met with other church members three times a month, while groups recommended by a doctor met on average with a doctor or nurse per month, the study said. Drop-out rates have risen to more than 60 per cent among participants in the UK, where getting monthly access to health workers has been the most difficult. The University of Marywood study also found that those who received group therapy during the diet lost 17 percent more weight - a difference of about 4 pounds - compared to people who followed the same diet but did not meet with support groups during the six-month study period. The more times a person meets a provider, the more effective the program is, Levitsky said. Diet alone won't cut it everyone needs to incorporate daily physical activity into their lives to be successful in the long run, says Willett. This is because exercise not only helps you lose weight, but also improves your motivation and leads to a type of broader lifestyle changes like improved diet and becoming more active, which are needed to maintain weight. Harvard School of Public Health reviewed 25 weight loss studies ranging from 3 months to 2 years found diets that also carried out lost 50 percent more weight- an average of 4 more pounds than those who changed only their eating habits. Those diets that exercised were also more than twice as likely to retain weight after two years. If you are starting out on a new diet, include a high-intensity resistance training routine to get the most weight loss benefits. A Study by Penn State University found adding resistance to preparing for your diet increases fat loss by 35 percent. But be prepared: At some point the amount of weight you lose will be superseding, and that's when you need to focus on keeping your Lower weight. This requires practicing a consistent workout routine and combining it with a low-calorie, high protein diet, according to another Penn State study. Make health, not not The goal is most diets are fixated on an image in a mirror or a number on the bathroom scale. But ultimately, diets should be about improving your health, and weight isn't as important as proper nutrition and exercise, according to a recent study by Canadian researchers. After 14 years of tracking the diet and exercise of 6,000 obese individuals, the Canadian team found that those who ate the recommended amount of fruits and vegetables and regularly exercised showed no increased risk of cardiovascular disease compared to the rest of the population. They were also less likely to experience massive weight fluctuations, the study said. Focusing on one aspect of your health will naturally increase the attention you pay to other aspects of health, Says Levitsky. This means that if you focus on

eating well for health reasons, you will be more prone to exercising and practicing other healthy habits that inhibit weight gain. In fact, a UK study has found that focusing on the health benefits of weight loss has helped motivate people to stick to a healthy diet and an active lifestyle. To keep your heart healthy, regardless of your weight, make sure to eat plenty of fruits and vegetables, a Canadian study explains. And aim for at least 15 minutes of exercise every day. A new study by Taiwanese researchers has found that 15 minutes of daily physical activity reduces the risk of death by 14 percent and tack by three years in your life. More from MensHealth.com: 15 best recipes for weight loss This content is created and supported by a third party, and imported to this page to help users provide their email addresses. You may be able to find more information about this and similar content on piano.io piano.io

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