Spooky Halloween Greetings!

What's even creepier than ghosts, goblins and witches? How about giant bowls of candy, Halloween cupcakes in the office kitchen, and BOGO bags of goodies at the supermarket? Have no fear! Quickbites is here, with smart strategies to keep you away from all that frightful temptation.

We start with [9 Halloween Survival Tips](http://link.coremotivesmarketing.com/c/306/bbad2bb2eac8d68fa64742a966d60d5d53e532991d8d08aacda7bb06ca561bb3), a great article loaded with ideas on how to maintain control even in the scariest of candy situations.

Then we switch over to name-calling. If you've been labeling yourself with a description like Midnight Snacker or Chocoholic, you may also be adopting behaviors that are sabotaging your weight loss. In [You, Version Two](http://link.coremotivesmarketing.com/c/306/bbad2bb2eac8d68fa64742a966d60d5d53e532991d8d08aacda7bb06ca561bb3) we explain how simply changing your nickname can change your game.

You may not believe in ghosts, but do you believe in yourself? What you tell yourself you can or can't achieve, (like losing those last 10 pounds) may be impacting your behavior. Read [Fake It 'Til You Make It](http://link.coremotivesmarketing.com/c/306/bbad2bb2eac8d68fa64742a966d60d5d53e532991d8d08aacda7bb06ca561bb3) to learn how to reframe the messages and find new success.

And, if you think pumpkin is only for pumpkin pie and jack-o'-lanterns, think again. Our [Pumpkin Gratin with Crispy Rosemary-Parmesan Topping](http://link.coremotivesmarketing.com/c/306/bbad2bb2eac8d68fa64742a966d60d5d53e532991d8d08aacda7bb06ca561bb3)is a delicious and creamy side dish made with caramelized onions, aromatic rosemary and tasty Parmesan and comes with a ***PointsPlus***®value per serving of just 3!

If you do not have a current AT WORK Program and would like to offer the convenience of an onsite AT WORK Program, then fall is a great time to start employees on their weight loss journey!!!  There are 10 weeks left in 2014... just think of what can be accomplished by January 1st, if employees get started NOW!!!  Please contact me for more information and I would be happy to help you get started!!

Happy Halloween!

Links not working? Just cut and paste the following link into your Web Browser.
[http://storage.coremotivesmarketing.com/library/420f5e1a-f3b1-4c67-94fc-6f1edc87904b/500/landingpages/10ef4967-5158-e411-9313-6c3be5a8ba10.html](http://link.coremotivesmarketing.com/c/306/bbad2bb2eac8d68fa64742a966d60d5d53e532991d8d08aacda7bb06ca561bb3)