**Quickbites -**

The holiday season can be very daunting when you're trying to lose weight. Rich food is everywhere, parties are so much more fun than exercising, and with a new year just around the corner, it's tempting to abandon all efforts and start again in 2015.

Well we're here to tell you; you can enjoy the holidays ***and***stay on track. And we've got just the articles to help.  Please feel free to share this email with all your employees to help support health and wellness through this holiday season.

In [Energize Your Holiday Spirit](http://link.coremotivesmarketing.com/c/306/1180ce66f2e30ff2900f5c3f44d384e4ce178eec83990e870adc72659ec06e8c) you'll get great tips from nutrition and fitness pros on how to make the most of the season, without piling on the pounds.

And in [Is This Food Worthy of Me?](http://link.coremotivesmarketing.com/c/306/1180ce66f2e30ff2900f5c3f44d384e4ce178eec83990e870adc72659ec06e8c) you'll discover why putting yourself first isn't selfish, it's necessary.

Speaking of worthy food, be sure to check out [Hanukkah Sides You'll Love](http://link.coremotivesmarketing.com/c/306/1180ce66f2e30ff2900f5c3f44d384e4ce178eec83990e870adc72659ec06e8c). With recipes for crispy latkes, zucchini pancakes, and savory kugel, you'll have three ways to bring something new to the table.

And for a light, easy-to-make main course, (perfect for the busy holiday season) why not try this [Miso-Glazed Cod](http://link.coremotivesmarketing.com/c/306/1180ce66f2e30ff2900f5c3f44d384e4ce178eec83990e870adc72659ec06e8c). One quick marinade, 30 minutes in the fridge, a few minutes under the broiler and you've got a delicious, savory dinner for only 5 ***PointsPlus***® value per serving.

If you don't currently have an AT WORK Program at your company, and would like to get started in January, please contact me for details now so we can try to get the day and time you would like in January!!!

Enjoy the issue!

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/e6e04f6f-507a-e411-92b9-6c3be5a84ff4.html](http://link.coremotivesmarketing.com/c/306/1180ce66f2e30ff2900f5c3f44d384e4ce178eec83990e870adc72659ec06e8c)