Quickbites ~

We've all heard the old saying: "It's the little things that count." When it comes to success on Weight Watchers, nothing could be truer. In fact, many of you have already discovered that making even small changes - like walking just a bit farther every day, eating a fruit or veggie with every meal, and drinking all your water - can have a powerful and positive impact on your weight loss efforts. Get more ideas in our article, Small Changes, Big Payoff.

In fact, just planning ahead to be more active is a small change that can add up to big results. Check out: What's Your Next Move? to learn more.

Small changes can also be incredibly delicious. For example, what if you sprinkled slices of cold summer watermelon with chili powder and lime juice? (It brings out the sweetness.) Get more ways to dress up this refreshing summer fruit in Market Fresh: Watermelon.

And, speaking of summer fruits, how about a Weight Watcher's recipe for Strawberry Shortcake? Our version includes easy-to-make biscuits, sweet strawberry sauce, real whipped cream, and a PointsPlus® value per serving of just 4!

Think about some small changes you can make in the next two weeks. We'll be back with another Quickbites then!

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