Quickbites ~

With this Quickbites the focus is on change. We all know that losing weight requires us to change what we did before to what will work better. But sometimes the specifics evade us. So, for this issue, we've gathered articles with concrete examples of small changes that can add up to big results.

In our first article, Be the Boss of Your World, you'll find out how to start with environmental changes (such as in your kitchen) then work your way towards changing behaviors and feelings.

In Foods That Help Fight Cancer, you'll discover how to change what you eat to be sure you're incorporating the options that can help keep disease at bay.

With Winning Weight Loss Actions, we recommend simple, small goals to set to help you get into a routine of healthy habits that will serve you well before the next big food holidays.

And, for a change of pace, check out our fiber filled, hearty Black Bean Soup. This filling, savory recipe is both easy to make and stick-to-your-ribs-good, and comes with a PointsPlus® value per serving of just 4!

Enjoy!

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