Summer may not be officially over, but with kids going back to school and summer vacations behind us, right now is the perfect time to take stock of your weight loss plans for the fall. To help you make the most of the upcoming season we've gathered several articles that will keep your attitude bright and sunny, even as the days start to get shorter.

Our first two reads, Give Yourself a Break, and Yay, Me!, are full of terrific reminders about why it's so important to be kind and gentle with yourself throughout your weight loss journey, and how to tap into your internal resources and inner cheerleader so you can be your own best friend.

Then, while you're being gentler with your psyche, be gentler to your body too. Our article, Why Your Gym Teacher Was Wrong, will direct you on how to break away from those harmful, old-school exercise techniques and replace them with today's safer moves.

And, of course, here's a recipe you can indulge in without a smidge of guilt. These Roasted Tomatoes with Parmesan-Oregano Breadcrumbs make the most of summer's harvest with delicious flavor and a satisfying crunch, but have a PointsPlus® value per serving of only 1!

Enjoy!

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/c6d77dfc-4e2c-e411-bea8-6c3be5a84ff4.html