Quickbites ~

February is American Heart Health Month - which makes it a great time to focus on showing your heart some love with heart-healthy recipes, routines and strategies. And to get them, you only have to look as far as this issue of Quickbites!

We start off with The Power of Routines, an informative article that can help you understand the anatomy of habits, and what you can do to develop healthy new ones. Want to make regular exercising one of your routines? Read The Heart-Healthy Perks of Exercising for inspiration.

If eating for emotional reasons is a habit you’d like to change, then don’t miss our article: When Food is Not the Answer. Sometimes just understanding what triggers your eating can help you to find other ways to reward or comfort yourself instead.

And of course, we’ve included a recipe that’s very heart-healthy. Our delicious and satisfying White Bean, Citrus and Salmon Salad has a PointsPlus® value per serving of only 8, and is loaded with ingredients that can both lower your risk of heart disease and your cholesterol.

Links not working? Just cut and paste the following link into your Web Browser.

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