Motivation, Tips and "Insider" Secrets to Your Best Body . . . NOW!

The holiday season is upon us ... with Halloween kicking things off.

For most folks, this means a lot of "busy"-ness and running around.

Today I'll show you how you can use fast food to your advantage -- for those times when you're just too busy to prepare and plan your meals.

Happy Halloween!

Yours For Health,

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Can Fast Food Really Be Healthy?

In today's society, many of us are always on the "go."

We're busy, running errands, going to pressing meetings, taking the kids to soccer, you name it.

That's part of the reason fast food is so popular.

It's quick. It's easy. And it tastes good (for the most part).

But if you're trying to lead a healthy lifestyle, fast food is a death wish for your efforts ... or is it?

Truth is, that nowadays pretty much all fast food places (sit-down restaurants included) have more healthier options than ever before.

And so long as you make healthy choices while swinging by the drive-thru, it's possible to incorporate the convenience of fast food into a healthy lifestyle.

Here are a few pointers on doing just that:

1. Skip the soda. As you may already know by now, soda and any kind of juices are just empty calories. So your best bet is to stay clear of them. Drink plain water instead. Add lemon for a little flavor.

2. No cheese. If you absolutely must have some time of burger or sandwich, skip the cheese. Adding it will only add an unnecessary amount of calories and fat into your diet.

3. Choose a salad. Most places nowadays offer some sort of salad. Choose one with grilled chicken.

4. Skip the dressing. Most dressings (especially creamy ones) have as many calories as a regular cheeseburger! So when eating a salad, avoid the dressing at all costs. Instead use a balsamic vinegar or reduced-fat dressing if you absolutely must.

5. Avoid the junk. Because you're making healthy choices when going to a fast food place, make sure you avoid the junk they sell. That means anything breaded, battered or friend.

6. Make substitutions. Whenever possible, substitute veggies for unhealthy sides (like fries, for example.) If that's not possible, at least choose a plain baked potato (places like Wendy's will do this.

These rules and a little common sense will help you make super-healthy choices next time you're at the drive thru.

And more importantly, it will help you maintain a healthy lifestyle and a fit body even when you're busy and on the "go."

Quote Corner

"Money is the most envied, but the least enjoyed. Health is the most enjoyed, but the least envied."
- Charles Caleb Colton

Eat Yourself Thin

#1 Pumpkin Spice Cookies
(Serves 56)

2 1/2 cups all-purpose flour
1 cup rolled oats
4 teaspoons baking powder
1 1/2 teaspoons ground cinnamon
1/2 teaspoon ground nutmeg
1 teaspoon pumpkin pie spice

1/2 teaspoon ground ginger
1/4 teaspoon salt
2 tablespoons butter
1 1/3 cups light brown sugar
2 eggs
1 teaspoon vanilla extract
1 (15 ounce) can pumpkin
1/2 cup apple butter
1 cup chopped walnuts

1. Preheat oven to 375 degrees F(190 degrees C). Grease 2 baking sheets.

2. Stir the flour, oats, baking powder, cinnamon, nutmeg, pumpkin pie spice, ginger, and salt in a bowl.

3. Beat the butter and brown sugar with an electric mixer in a large bowl until smooth. Add 1 egg and allow it to blend into the mixture before adding the other along with the vanilla. Add the pumpkin and apple butter; continue beating. Mix in the flour mixture until just incorporated. Fold in the walnuts, mixing just enough to evenly combine. Drop spoonfuls of the dough 2 inches apart onto the prepared baking sheets.

4. Bake in the preheated oven until the edges are golden, about 12 minutes. Allow the cookies to cool on the baking sheet for 1 minute before removing to a wire rack to cool completely.

Prep: 15 mins
Cook: 12 mins
Ready: 28 mins

Amount Per Serving - Calories: 74 / Total Fat: 2.2g / Cholesterol: 9mg / Sodium: 71mg / Total Carbs: 12.6g / Dietary Fiber:0.7g / Protein 1.4g

Recipe from AllRecipes.com.