



Body Fat **BLASTING** Boot Camp

Chocolate & Happiness Goes Together Like Peas And Carrots!

My Favorite Fall Protein Shake: Pumpkin Pie Shake

Have you ever had one of those days where you feel like the only thing that can help you feel better is a big ole' piece of chocolate?

You and me both!

And the truth is that ti's partially true... A study performed by Macht and Mueller revealed that eating chocolate can boost our "feel good" emotions but here's the bad news...

The effects only last an average of 3-minutes. And not that doesn't mean that on those rough days you should eat a piece of chocolate every 3 minutes until it is time for bed.

And another fun fact of the study revealed that the best feelings came from better tasting chocolate. To me that's an excuse to opt for the Godiva over the Hersheys on those days.

So why does your mood get better for those few, blistful moments?

Well, it's just a scientific guess at this point, but it's probably from the sensory pleasure (the taste) mixed with the emotional associations that chocolate has on us.

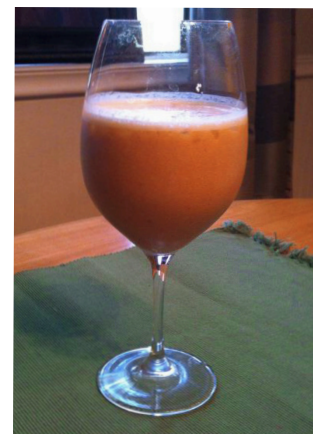
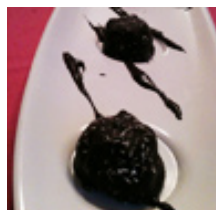
Let's face it... as a woman you and i were raised to relay on chocolate. I can remember my mom being stressed out at work and coming home wanting to find the hidden stash of chocolate and now that has been ingrained in my head too.

On those tough days should you feel guilty for the chocolate craving?

Absolutely not! Embrace it. Just think if you deny yourself that craving then it's just going to fester and before you know it you're caught eating an entire box of chocolate chip cookies. When you could have just given into the craving and been satisfied off of one.

Just remember, that quality matters so if you're going to do it, do it right.

My favorite chocolate fix? Death By Chocolate Cupcake at Cupcake (In Charleston, SC) or World Market's Dark Chocolate With Sea Salt mini size.



In a blender, mix together the following ingredients:

- 1/4 Cup All natural pumpkin
- 1 Cup Almond milk (unsweetened)
- 1 Scoop Vanilla Whey Protein
- 1 Tsp Cinnamon
- 1/4 Tsp Nutmet
- 1/4 Tsp Ginger
- 2 Tsp Agave Nectar
- 1 Ice Cubes

Enjoy!

Hours Needed To Workout? Girl- You're Crazy!

I am going to keep this short and sweet. People ask my all the time how long and how often I workout... my answer 3-4 times a week never longer than an hour. And that's simply because I enjoy my workout time. I could get a super effective workout done in under 30 minutes that will blast insane amount of calories.

Who cares how long you spend working out... the real question is how effective and intense are your workouts? Walking just isn't going to cut it... push yourself and burn it off faster! That's the promise behind my Body Fat Blasting Boot Camp!

To get more help with fitness and nutrition make sure to get your copy of the **Body Fat Blasting Boot Camp**

This 12-week program will make a huge impact in your life and on your body.

Start taking action and start seeing results.