

The Rite Bite

Corporate Wellness

Educational Programs

Healthy Balance *The Rite Bite Lifestyle Program*

The Rite Bite Healthy Balance is a 12 session innovative lifestyle and weight management series. This series is geared towards helping individuals reach their wellness goals-- no matter where they are on their own individual path. Whether members of your team wish to lose weight, gain it, lower their cholesterol or manage a chronic disease like diabetes, Healthy Balance program can get them there. Healthy foods, healthy recipes, nutrition counseling, personal trainers and proper nutrition; Healthy Balance is built on evidence-based principles that include emotional, nutritional, and physical activity components. Let our team show yours that through proper nutrition, activity and emotional balance it is possible to become well and stay well. This series includes pre and post program health screenings for all participants. These screenings include Total Cholesterol, HDL Cholesterol, LDL Cholesterol, Triglycerides, Blood Sugar, Blood Pressure, Body Composition, Waist Circumference, and Consultation of results with Registered Dietitian.

With Healthy Balance your team can expect to:

- Join a team and challenge themselves to weekly personal goals.
- Work closely with credentialed, licensed fitness and nutrition professionals.
- Learn the key strategies for prevention and control of chronic diseases such as diabetes, heart disease and high blood pressure.
- Focus on positive changes by making realistic goals.
- Have phone and email access to Licensed Dietitians and Personal Trainers.
- Experience positive outcomes in key health indicators (weight, cholesterol, blood glucose and blood pressure)

Session 1: Introduction to a Life in Healthy Balance

Session 2: Initial Health Screenings

Session 3: Healthy Eating Guide and Increasing Activity

Session 4: Portions Matter and Moving for Success Pyramid

Session 5: Emotional vs. Mindful Eating and Stress Management

Session 6: Individual Q & A Opportunity with Registered Dietitian

Session 7: Maximize Your Metabolism & Strength Training 101

Session 8: Getting the Most Out of What You Eat and The FITT Principle

Session 9: Enjoying Special Occasions & Focus on Flexibility

Session 10: Heart Health and Preventing Exercise Injuries

Session 11: Final Health Screenings

Session 12: Celebration, Weight Loss Plateaus & Staying Motivated

Series Workshops

Each series contains a combination of lecture, mini-clinics, interactive fitness demo/classes, and cooking demonstrations. These can be offered on four separate occasions or as a ½ day workshop.

Stressed Equals Desserts — Stress is a normal part of everyday life. The goal of this series is to learn to manage stress so that it is helpful and not harmful. Did you know good nutrition and fitness are key factors in combating stress? Participants will learn successful strategies for a lifetime of proper nutrition and fitness. Did you know certain breathing techniques can reduce stress? Participants will learn how their beliefs about perceived stressors influence the outcome and how to restructure their thoughts to reduce stress. This series will feature the benefits of Yoga & Meditation and a cooking demonstration to make you feel comfortable in the kitchen.

In Pursuit of Health—This overall lifestyle series covers it all! Participants will leave knowing their risk for heart disease, stroke, diabetes, cancer, osteoporosis and what they can do today to prevent disease and live a healthy life. Participants will get hands-on experience measuring waist circumference and blood pressure. The instructor will also provide a cooking demonstration to show participants it is possible to prepare quick, delicious, and healthy meals in under 30 minutes.

Matters of the Heart — This series will assist you if you've ever wondered what to eat to lower your "bad" cholesterol and raise your "good" cholesterol. Topics like fiber, fats, and weight management get at the core of having a healthy heart. Don't forget the benefits of cardiovascular exercises; each participant will learn their target heart rate range. We finish the series in the kitchen for heart healthy recipes!

The State of our Weight — This series examines the epidemic of obesity. How did we get here? Where do we go from here? Participants will explore the concept "*healthy at any weight*", learn their waist-to-hip ratio and BMI, lifestyle changes to improve health, learn to create a personalized fitness plan (learning exercises to include in their plan) and meal plan, and conclude with a cooking demonstration focusing on recipe modifications and portion control.

The Sweet Epidemic — This disease affects 24 million children and adults in the United States! The complications of diabetes are preventable with blood sugar control. This series covers the topics of diabetes, insulin resistance, and how diet, exercise, and medications work together to prevent complications of this common and life-altering condition. Participants will learn to test their blood sugars and how to interpret the results. In the kitchen we will learn how to create balanced meals to help control blood sugars.

Seasonal

Spring Into Action and/or Fall Into The Season –Great recipes begin with the very best seasonal fruits and vegetables. What to buy and when to buy it along with recipes. We all need 5-A-Day, find out how to get those five servings in everyday! This presentation will review practical tips on getting those Fruits and Vegetables into your diet in an enjoyable manner. This presentation will be customized to each location to assist participants in finding local growers and how to buy in season. The fitness component will focus on fitness trends for the season. Of course cooking demonstrations will focus on innovative ways to incorporate the seasonal bounty.

I'm Dreaming of a Healthy Holiday - All of us need a little healthy “how to” help during the holidays. In this four week series you will learn small lifestyle changes for a healthier holiday just in time for your New Year’s Resolution!

Maintain Don’t Gain - Learn the strategies to help you maintain and not gain weight this holiday season.

Christmas Cardio - Move to your favorite sounds of the season in this motivational exercise class.

Comfort and Joy - Learn ways to include your favorite comfort foods into this joyous season with simple recipe modifications.

Holiday Stress - Reduce your holiday stress with meditation and breathing techniques.

Single-Session Workshops:

The Rite Bite offers interactive workshops at your work-site. Sample topics are listed below. We can also customize a workshop to the needs of your organization.

Nutrition

Virtual Grocery Store Tour— Let us bring the store to you! Learn what to look for as you go up and down each aisle of the grocery store. Ever wonder how the breakfast cereals stack up? How to pick lean cuts of meats? Which to choose: fresh vs. frozen fruits & vegetables? What's the big deal with trans fats? Let the expert take you through the grocery store with a brand new perspective...

Maximize Your Metabolism— Metabolism is the number of calories the body burns each day, but it is so much more than that. Knowing your metabolic rate and ways to increase it will help you manage your weight and prevent disease in the years to come. This presentation will teach you everything you need to know.

Knowing your Style to Create a Healthy Balance— When it comes to weight loss, the concept of balance is essential. Your eating and activity styles say a lot when it comes to how you create balance in your life. This presentation reviews several common styles and how, no matter your style, you can create your own healthy balance with eating and activity.

Guide to Healthy Eating— Always wondered what a serving size should be? Have you wondered what “Healthy Eating” really means? If so, then this general nutrition presentation is for you! This presentation covers topics from the latest dietary guidelines and research on America’s weight crisis to portion control, how many servings you need from the different food groups, and weight management.

Small Changes for Big Results— Did you know that making small changes to the portions you choose can add up to big results in health and weight loss? Even just swapping a large-size fry for the small-size fry at fast-food restaurants can save you about 250 calories! Making several small changes like this one can add up to big results over time. Want to learn about other small changes you can make today to see BIG results? Schedule this presentation for your group now!

The Facts on Portion Control—Portion sizes are not the same as serving sizes. Do you know how many servings are in some of today’s common portion sizes? You will after this presentation! You will also know what to look for on a food label and how to decide if a particular food is healthy or not.

Diet Survivor: Comparing the Popular Fad Diets— The number of books and programs that promise quick and easy weight loss are too numerous to count. This presentation covers some of the more popular programs and gives you the tools to identify if the latest and greatest fad is fact or fiction!

Managing High Risk Situations— This presentation will give you the skills you need to make healthy choices when faced with common overeating triggers, such as stress, family parties, and social gatherings. This talk also covers ways to overcome the barriers standing in your way to being physically fit.

Creating your Nutrition Plan—The United States Department of Agriculture's www.mypyramid.gov is a useful and practical meal planning tool. This presentation covers www.mypyramid.gov and how it will help you Create Your Nutrition Plan.

Osteoporosis— This disease is characterized by brittle bones and affects millions of Americans. Intakes of Calcium and Vitamin D and weight-bearing physical activity help increase bone mass and lower your risk.

What You Should Know about Vitamin and Mineral Supplements—This presentation covers the research that surrounds popular vitamin and mineral supplements and can help you decide if you are getting everything that your body needs.

Menopause: The Role of Nutrition and Fitness—Nutrition and fitness can help with the symptoms of menopause. This presentation covers the latest research on menopause and foods, such as soy, that may play a role in helping to manage its symptoms.

Fitness

Starting a Walking Program—Walking is one of the best activities for strengthening your heart. This presentation covers the basics of walking programs and how to set-up your walking program today!

Balancing Act—Lack of time is often cited as one of the biggest barriers to fitness. This presentation will help participants balance family and work commitments while including fitness.

Strength Training 101—Learn exercises to build muscle mass and increase your metabolism and energy. Learn what weight is right for you and how you work all of the body's major muscle groups each week.

The FITT Principle—Frequency, Intensity, Time, and Type are all you need to know to reach your fitness goals. In this presentation we cover everything you need to know to get fit and stay fit!

Developing a Personalized Exercise Program—Exercise provides numerous health benefits. Learn what works for you with a customized program developed for your individual needs and goals.