

Healthy Life Styles

Volume 1, Issue 3

August 2005

The Rite Bite Wellness Center for Nutrition and Fitness



The Rite Bite Wellness Center for Nutrition and Fitness was created by dietitians who realize the importance of physical fitness in addition to a healthy eating pattern. Our mission is to decrease the prevalence of obesity and related issues within our community. Most fitness centers are run by individuals who know fitness but do not have the nutrition background to give their clients the edge they need for weight management. Our facility is run by dietitians and our fitness services are provided by certified personal trainers. We are striving to promote the optimal environment for creating and maintaining a healthy lifestyle for life!!!

Special points of interest:

- Grand Opening Event
- September 15th
- 4-7p.m.
- Register for Door Prizes and Med-Gem™ Metabolic Rate Analysis.

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Grand Opening Event

Join us at our Open House Thursday September 15th from 4pm until 7pm. We will have exciting door prizes, refreshments and tours of the facility!

*Calculate your health risk. *Sign up for a metabolic rate analysis... the first 20 registrants will pay only \$30 for this service. *We will be giving away a one-month nutrition & fitness package, Med

Rise & Dine

Getting back in the back-to-school habit is a good time to make breakfast a part of your morning routine. Breakfast is the most important meal of the day.

Gem™ Analysis, one-hour massage & many more door prizes!!

Our guest of honor will be Susan Finn PHD, RD, LD, FADA who is the chair of American Council for Fitness and Nutrition.

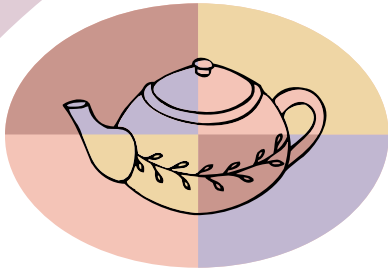
Stop by to see us... the Rite Bite Wellness Center is now taking appointments.

Services Include:

- *The Rite Bite Weight Management Program*
 - *Personalized Nutrition Coaching*
 - *Personal Training*
 - *Group Fitness classes such as: Yoga, Nia, and Ramping*
- Get motivated and get fit!



Children (and Adults) who eat breakfast think and learn better than those who don't. That means better grades, higher test scores and fewer sick days.



What's in Your Lunch Box?

Include a variety of foods from the following suggestions.

- Break the sandwich monotony...try wraps, pitas and other whole grain bread varieties.
- Include *New Fast Foods*: Fresh fruits and vegetables such as cucumber chunks, grapes, cherry tomatoes, plums & carrot sticks.
- Bone-up on Calcium... pack string cheese, yogurt, cottage cheese or buy milk at school.
- Best Bet Proteins: Use lean lunch meats such as roast beef, turkey and chicken. Peanut

butter & cheese are also favorites.



Back to School Fitness

Many of our nation's youth today are overweight. An astonishing number of our children are considered obese at a very young age. If this trend continues then young Americans all over the country will be faced with an increased likelihood of diabetes or heart disease later in life.

Here are a few tips for keeping your children

in good health this school year

Have Computer & TV blackout times Children spend way to much time behind a desk, limiting this time will increase activity outside of the house.

Encourage sports participation. Through school and community activities kids will be able to gain self-confidence and new interests.

Make Exercise fun. Making this a family activity will not only make sure your children are exercising but allow for quality family time.

Eliminate junk food from children's diets. Don't make food a reward. Teach good eating habits, substitute healthy foods such as skim milk for regular milk.

On the Web Soon!!
www.theritebite.com

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Breakfast Smoothie

- 1 Banana, Sliced
- 1 (8-oz.) can Pineapple, with juice
- 1/3 cup orange juice concentrate
- 1 1/2 cup fat-free vanilla frozen yogurt
- 1 cup skim milk

Combine the first 3 ingredients into a blender. Cover and blend until almost smooth. Add frozen yogurt and milk. Cover and blend until smooth. Pour into Glasses.
- Makes 4 (8-oz) servings

Per Serving-

- 189 Calories
- 1 g Fat
- 7 g Protein
- 39 g Carbohydrates
- 1 g fiber
- 5mg Cholesterol
- 89mg Sodium