



Healthy Life Styles

The Rite Bite Wellness Center

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November 2005

Time Management for a CALM Holiday Season

Time – Often a barrier between what we *actually* do and what we *should* do; a favorite excuse for not eating properly; a favorite excuse for not exercising; a favorite excuse for not attending class

If you truly want to be successful with weight management, you must first break down the time barrier!

The **first step** in time management is to determine your priorities. We often find ourselves so bogged down with insignificant daily tasks and happenings that we wind up ignoring the truly important things in our lives.

The **second step** in time management is to identify what you actually do during a day. Determining this will usually require keeping an activity log.

Once you have determined the difference between what you should do and

what you actually spend time doing, the **third step** is to decide how you plan to create more *time*. Below you will find hints that will turn your to-do list into a done list.

Plan of Action:

Many people go through life with grand intentions but fail when it comes to accomplishing goals. They seem to be very busy; yet they fail to get the results that they seek, because they never create a realistic plan for attaining their goals. Even worse, they never decide what they really want to accomplish. When a person establishes written goals and then details plans for achieving those goals, they eliminate distractions.

This goal-setting task can be done on a weekly basis with a simplified goal-setting sheet. On Sunday evening or early Monday morning, think about the priorities you need to accomplish

throughout the week. Next, plan when and how you can get those goals accomplished.

Your weekly goals should be consistent with what you have previously determined your priorities to be. For high priority items, it is best to establish regularly scheduled “non-negotiable” blocks of time such as time for exercise or time for class. This is to allow those around you, including yourself, to remember that nothing else can be done or scheduled during this block of time. This eliminates putting off important things - such as exercise - so that you can pay your bills. Paying your bills during exercise time is non-negotiable! So if paying your bills is a priority, time needs to be set aside just for that task.

Managing time is not about “getting more things done.”

It is about making time for the things in your life that really count.

SPECIAL ENGAGEMENT

Dec. 7th: FENG SHUI

This 2 hour workshop at the Rite Bite Wellness Center covers the culinary art of Feng Shui while tasting it!! Is it possible for food that YOU serve to taste delicious, and also promote wellness and joy? Learn how to work with chi (energy) to bring about positive changes for your loved ones by the ingredients you select; how to prepare the cuisine and serve it; decorate the table; and much more. This is a fun and informative workshop. Your family and guests will shower you with hugs. Price of the class includes dinner. \$44 per person, early registration fee of \$34 if registered before Dec 2. Please call Nikki at 614-985-6569 to register.



Nutrition Tip:

Look for cookbooks to offer suggestions for quick & easy meals. Plan ahead to know which days you will have time to cook more involved recipes and which days you need a quick fix.

One Example is The **Lickety-Split Meals for Health Conscious People on the Go!** is great resource for recipes, grocery guide, and health & fitness tips. If you are looking for time-saving advice & recipes this book has it all!!

Plan ahead to ensure you and your family enjoy at least one meal a day together.

Lickety-Split Meals for Health Conscious People on the Go is available at the Rite Bite Wellness Center for \$23.95. Stop by or call to order a copy.

Rite Bite Center Update...

Upcoming Events:

November—Our Eat with the Expert series will continue with a timely talk by Laura Poland RD, LD on “**Surviving the Holidays**”.

Join us Wednesday November 16th @ 6:30pm. You will be served a made-over Thanksgiving Feast for dinner!! Recipes will be provided. RSVP to Nikki @ 985-6569 by November 11th. Cost is \$10 per person.

December 14th—Eat with the Expert will present “**Calm for the Holidays**” Join our expert complementary therapist, Carol Oswald, LMT from Ohio Massage Therapy Professionals LLC for dinner & discussion. Learn great tips on how to reduce your stress and enjoy life especially this busy time of year. Chair demonstrations with our massage therapists and our reflexologist will be available at 6 pm. Presentation and dinner will begin at 6:30 pm. Cost is \$10 per person.

Jan. 17th—Eat with the Expert will present “**Making and Keeping New Years Resolutions**”. This year not only will you learn to make reasonable New Years Resolutions, but our experts will give you the tips and the tools necessary to keep your New Years Resolution! Cost is \$10 per person.



The Rite Bite Wellness Center

**Introducing Rite Shapes for Women
Circuit Training Class**

We want fitness to be a part of your life. We make it fun, fast and effective with our new program Rite Shapes! This motivational group training session is a circuit style workout done to fun music. Led by one of our exercise physiologists, who will get you in shape and help you make exercise a habit. All it takes is three times a week for 6 weeks!!!! Get your group together and call to start you Rite Shapes TODAY!!!

**Coming Soon on the Web:
www.theritebite.com**

10 Minute Work-outs

Getting and staying in shape doesn't mean having to spend hours and hours at the gym. Some days, all you need is a 10-minute workout, or maybe one in the morning and one at night. SparkPeople Coach Joe D. has put together some 10-minute workouts that you can try. The first few choices include basic equipment, like a Swiss ball and dumbbells. If you don't have any of these things, the "Body Weight Only" exercises at the end don't require any equipment at all. As with any exercise, if you feel lightheaded or any pain, stop right away. Adapted from www.sparkpeople.com

The Rite Bite Wellness Center

Free Nutrition or Fitness Service

The Rite Bite Wellness Center
Call to schedule
Telephone: 614-988-6569
Expiration Date: 12/31/05

10 Minute Workout for Home, Gym or Office

Beginner: 1 Set 8-15 Repetitions

Option 1

- Step-ups 25 sec
- Sit-ups with swiss ball
- Modified push-up
- Hamstring flexion with swiss ball
- Bicep Curls
- Step-ups 25 sec

Option 2

- Modified lunges
- Lower-abdominal twister
- Step-ups 25 sec
- Opposite arm/leg
- Dumbbell lateral deltoid raises
- Triceps extension

Advanced: 1 Set 15 Repetitions

Option 1

- Jump rope 150x
- Squat w/dumbbell press and calf raise
- Push-ups with swiss ball*
- Lunges with dumbbell press
- Wall sit with bicep curl
- Jackknife

Option 2

- One leg swiss ball squat
- Kneeling roll-out
- Prone row external rotation
- Skull crushers
- Lunges with dumbbell press
- Jump rope 250x

Body Weight Only: 1 Set 12-20 Repetitions

Option 1

- Push-ups
- Bicycle crunch or elbow to knee crunch
- Lunges-forward
- Arm rotations *
- Plank hold **
- Body weight squats

* as many as you can

Option 2

- Arm rotations with body weight squats
- Push-ups (hand inside the shoulder)
- Lumbar extension
- Lateral lunges with arms raised
- Crunches with twist *
- Push-ups (hands outside the shoulders)

** as long as you can



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