



Healthy Life Styles

The Rite Bite Wellness Center

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Coupon: \$\$\$
Free Personal Training Session or One Month Free for our Group Classes \$\$\$
Expires 11/1/05 \$\$\$

Discovering Pleasure Outside of Food

Sadly for many people food is the sole source of pleasure in their lives. They believe if they can't eat large quantities of food, they may as well stay at home. Everyone wants to have fun; but for a person whose pleasure center is built around the dinner table, additional sources of pleasure must be found before permanent weight management can be achieved.

The first step in changing the "food as pleasure" concept is to **change your thoughts**. Food might be pleasurable to eat, but it is not a source of real pleasure. Food simply nourishes your body. If your body is in a state of starvation, pleasure will seemingly occur when you are finally allowed to eat. Severe deprivation makes food more valuable than it actually is, but obesity occurs when a person stuffs more and more into his or her mouth searching for a great pleasure center where it

cannot be found.

The second step is to search for true sources of pleasure, sources that have nothing to do with food.

Sources of true pleasure should:

- Be socially acceptable
- Be able to be done alone or with others
- Be available in unlimited quantities
- Not be terribly expensive
- Be easily accessed
- Not harm you or others
- Not conflict with goals

Some activities you may want to consider are:

- A foot or back massage by a close friend or spouse.

- Nature walks
- Performing random acts of kindness
- Volunteering at your church or school
- Joining a community fund-raiser
- Family outings
- Painting/drawing

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Grand Opening a Success!!

The Rite Bite Wellness Center officially opened September 15th!! A great time was had by all. If you did not get to come to our grand opening, it's not too late to stop by for a tour and a free nutrition & fitness consult!!

We are still offering our grand opening special of 10% off all services. Come check us out.

New Staff: We'd like to welcome Nicole Jameson to our facility. Nicole is a Personal Trainer with a degree in Kinesiology. She comes to us from Chicago and we are very glad to have her on our staff.

Upcoming Events: Stop by to meet Nicole at our next **Dine with the Experts**. She will be presenting the topic "Finding time to Exercise" on **October 12th from 6:30 till 7:30 pm**. Of course this will include a healthy balanced dinner with nutrition information and recipes for the entire meal!!

Special Fitness Tip

Include stretching in your routine. Why Stretch?

- Increases blood flow
- Increases oxygen-rich blood to major muscle groups
- Reduces the likelihood of injury
- Feels good
- Promotes flexibility



The Rite Bite Wellness Center

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A lifetime of Wellness.



The Rite Bite



Coming Soon on the
Web:
www.theritebite.com

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!!!

For a tour & free nutrition & fitness consult call
Nicole Jameson or Laura Poland @ 614-985-6569!



Discovering Pleasure Outside of Food -Cont'd from pg. 1

- Dancing (check into square dance groups; they're fun and they get you moving)
 - Fishing
 - Playing games (bridge, charades, and bunko are really fun)
 - Reading humorous books such as:
 1. [Cold Sassy Tree](#)
 2. [Sweet Potato Queens](#)
 3. [Mitford Series](#)
 4. [Miss Julia Speaks Her Mind](#)
 - Gardening (even house plants, or join a gardening club)
 - Teaching your dog tricks
 - Volunteering at the local Humane Society
 - Bike riding
 - Bowling
 - Skating
 - Painting your nails
 - Taking a bubble bath
 - Playing interactive computer games (spades and bridge over the Internet)
 - Doing crossword puzzles
 - Taking community sign language classes or a foreign language class
 - Flying kites with your children
 - Joining a yoga class
 - Taking a class in stained glass making or other craft
- Although food should never be used as your primary source of pleasure, there are ways to derive more pleasure from the food you eat.
- Getting more pleasure with less food:**
- Create a nice environment for yourself with an attractive plate, all of your utensils at the table, and soft music.
 - Have food that you like. Be open to new foods that are higher quality. Never force yourself to eat foods you do not like. Use a smaller plate. The optical illusion will tell your brain you're getting plenty.
- Slow down. Eating rapidly will give you the feeling you have not eaten. Take it slowly. Even if you feel that you may be **starving**, you know that you are not. Chew slowly, putting your utensil down between bites. Have a sip of water. Enjoy conversation between bites.
- Have a cue that says you are through such as hot tea, fruit for dessert, a low calorie frozen dessert (100 calories or less), gourmet coffee, or a piece of gum. Create a habit of using your cue at the end of every meal. Train your mind to tell your mouth you're finished eating.