

WWRx April Newsletter WWRx April Newsletter



Change the way you think about food.

So many of us get trapped into thinking that food is “good” or “bad” & there is no in-between. Associating a word like “good” or “bad” with a type of food doesn’t help us, it doesn’t mean anything, it just makes us feel guilty or like we should be “doing better”. What helps is to think of food as pure fuel for your body, & considering how it will make you feel or how much energy it will give you. Our bodies (& brain) work better when it’s fed with fresh raw vegetables & lots of water & fruit, & feel sluggish & useless when we eat heaping forkfuls of pasta or unbeneficial carbs. If you can think about food that way, there’s less guilt, & you feel more informed & aware.

Food for thought:

Sugar is a type of bodily fuel, yes, but your body runs about as well on it as a car would.

– V.L. Allineare

Dates to remember:

April 3rd – Start **Ketosis week**... Good luck, you can do it!

April 2nd – **Every Saturday** morning Largo WWRx walking group meets at Bonefish in Belleair @ 8:30am

April 5th – **Every Tuesday** evening Largo WWRx walking group meets in The Eye Institute parking lot @ 5:00pm

April 9th - Largo WWRx walking group meets at Bonefish in Belleair @ 8:30am

April 12th -Largo WWRx walking group meets in The Eye Institute parking lot @ 5:00pm

April 16th -Largo WWRx walking group meets at Bonefish in Belleair @ 8:30am

April 19th -Largo WWRx walking group meets in The Eye Institute parking lot @ 5:00pm

April 22nd – **Earth Day**... Why not go out to the beach today for a “beach clean-up”

April 23rd -Largo WWRx walking group meets at Bonefish in Belleair @ 8:30am

April 24th – **Happy Easter!** ☺

April 26th - Largo WWRx walking group meets in The Eye Institute parking lot @ 5:00pm

April 30th - Largo WWRx walking group meets at Bonefish in Belleair @ 8:30am

As we all know April brings April showers, therefore, the walking group will be weather permitting.

Exciting news, check out our new products...

Control Drizzles – Made by the same company as the Control Bars, they come in Chocolate and Caramel

Health Wise Oatmeal – Comes in 2 flavors: Maple Brown Sugar and Apples & Cinnamon

Chocolite Shake – New flavor: Cappuccino

Also, bread is now on the WWRx menu, yes bread! **Sami’s Bakery Multigrain Fiber Bread** can be purchased at Richards Whole Foods in Belleair.

Ask for updated food list, Dr. Weinstock has modified the vegetable list.

Check out our new Facebook Page at Weight Wise Rx and “LIKE” to receive the latest new and online specials only found on Facebook.