

# Healthy Bites celebrates one year anniversary and now offers a juice bar and fitness classes

In May, we shared the fascinating story behind Healthy Bites located at 804 Belleville Avenue. Dynamic duo Crystal and Jeff Lister opened their business venture in August of 2015 with the intention of bringing healthy prepared meals to those who were trying to lose weight, or perhaps gain weight for weight lifting. They were also trying to reach those interested in neither of those, just wanted to save time in their busy lives, but didn't want that to mean heading to a fast food chain.

To say they succeeded at this would be an understatement. In a very short period of time, they have experienced significant success.



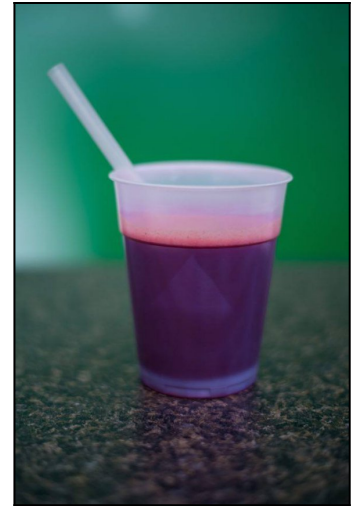
*Fresh pressed juices are made each morning so you don't have to wait.*

This can be attributed to hard work, passion, above and beyond customer service, and of course, mouth-watering drool inducing dishes like Cheddar & Apple Stuffed Chicken, Turkey Sliders /w Mango and Pineapple Salsa, Creole Style Salmon, or Lemon Coconut Granola bars. That's a small sample of an ever-changing menu of breakfast, lunch, dinner, snacks and desserts.

Both Jeff and Crystal absolutely love what they are doing and if you spend one minute with either, their passion and knowledge will be immediately evident. This is something they take rather seriously. Something they are always trying to improve upon. Always trying to bring what they offer to the next level.

It's in this vein that they have added new certifications to their credentials: Personal Training Certification and Fitness Nutrition Specialist Certifications. The biggest news of all that they are excited to share? They are complimenting their prepared food service with a full service juice bar! That translates into healthy, nutritious pressed juice drinks prepared each morning meaning you don't have to wait upwards of 10 minutes for your drink. No waiting, no preservatives, all delicious. In addition, you can get your favorite snacks and sit, sip, and enjoy right at the counter or table.

The benefits of pressed juice drinks for those living a healthy lifestyle or trying to lose or gain weight are manifold. You get all the nutrients, anti-oxidants, and vitamins that come from the juices very quickly, which means you get energy almost straight away.



*The new juice bar means you can sit at the counter or table and enjoy!*

Your immune system gets a boost from all the vitamin C, and since juices are lower in sodium, cholesterol and fat that means they are heart healthy! You can keep that high cholesterol in check, lower that blood pressure, and the hydration is great for your kidneys and skin health.

Here's the kicker you don't need to drink pressed juices because you are trying to change your weight or live a specific lifestyle: these are so delicious that you can drink them for that reason alone!

Sound like something you may be interested in? Don't believe me about how good these are? Well, on September 10th from 1:00pm-3:00pm Healthy Bites will have their grand opening of the juice bar and you can try FREE samples of the juices and food that made them so popular.

You'll become a believer.

In addition to the juice bar, Healthy Bites is now open every day to better service their customers with restricted or limited schedules. You asked, you shall receive. And since many of you **are** living a healthy and fit lifestyle or have taken losing weight seriously, you'll be ecstatic to know that

Healthy Bites has connected with “Keeping It Moving Fitness” headed by fitness instructor Marlene Gomes.

How will this benefit you? Bundles and package deals always means discounted prices. The convenience of being able to get everything set up in one place instead of going to several.



*Healthy Bites is now connected with “Keep It Moving Fitness” to better help you achieve those goals.*

You save on the drop in rate which is typically \$10: all weekly Healthy Bite customers get HALF off and only pay \$5. Motivated and plan on going to lots of classes? Grab yourself a class punch card: get 10 classes for \$50 as a weekly Healthy Bites customer – the regular price is \$70!

Classes are at 9:00am starting September 3rd and take place at 79 Brook Street 4th. There is a 10:30am partners class which is \$10 to drop in and you can get a punch card for 10 classes for \$70. Lastly, if you don't care much for group classes and/or need some individual attention, you can get 1 on 1 personal training – call Crystal or Jeff to get a package deal for both training and food.

Healthy Bites has become the one stop place for the active

lifestyle. Whether that activity is for fun, health, fitness, losing weight, or bulking up, you have a team on your side with the knowledge and passion to nudge, push and encourage you to reach your goals. Goals which can be incredibly difficult when you are trying to nail them alone.

There's no need to go solo when experienced, dedicated, experts are right around the corner.

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## Healthy Bites Meal Prep

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