

Spring Activities and Ongoing Programs for Nutrifit

Nutrifit Sport Therapy's Free "Fit for Life" Outings

Fit for Life will be participating in Merrick's Walk on Sunday, 2/28 at 1 p.m. Registration for the walk starts at 12 p.m. at the Galloway School with the walk commencing at 1 p.m. around the PATH at Chastain Park. This 2.7 mile walk takes place each February as part of EDIN's *Love Your Body Month* community events. Please visit www.myedin.org for additional information. You can RSVP by contacting the Nutrifit office at 770-395-7331. March's outing on 3/20 at 4 p.m. will be Latin Dance Lite.

Finding Balance Group

Finding Balance is a group for women and men who struggle with exercise and food issues. You will meet with others who share similar problems and receive support. Learn and maintain healthy coping skills and time management. Relaxation practice is included in every group. This group is co-facilitated by Page Love, RD, and Meg McLeroy, licensed Marriage and Family Therapist. Register by calling the Nutrifit office at 770-395-7331. The group meets on the 2nd and 4th Thursday of every month.

Become a Breakfast Club regular on Thursday, 2/18!

The **Breakfast Club** is FREE for anyone who struggles to eat a healthy breakfast on a regular basis. This monthly meal group offers a time to work on eating and making balanced choices. You'll meet with Page Love, RD, who will provide coaching to help you to push through food fears with peer support. Meetings are every other Thursday or Saturday of the month from 8:30-9:30 a.m. Next meeting is Thursday 2/18, at the Flying Biscuit Cafe (404-252-1182), 5975 Roswell Rd., Ste G-25, Atlanta, 30328. March's meeting is Saturday, 3/20 at Mimi's Cafe (770-351-8444), 1221 Ashford Crossing, Atlanta, 31132.

ANAD GROUP HAS CHANGED LOCATIONS

Free ANAD Eating Disorders Support Group

(Assoc. for Anorexia Nervosa and Associated Disorders)
ANAD will now meet at Devry University (2 Ravinia Dr., Ste 250, Class Rm. 7, Atlanta 30346) from 10 to 11:00 a.m. every Saturday. ANAD is a free support group for women and men struggling with anorexia, bulimia, and compulsive overeating as well as families and friends wishing to be involved in the recovery process. For more info, call Nutrifit at 770-395-7331.

FEBRUARY IS NATIONAL EATING DISORDERS AWARENESS MONTH

NationalEatingDisorders.org



NEDAwareness Week 2010: February 21-27
Theme: It's Time to Talk About It

February is National Eating Disorders Month in Atlanta. We are celebrating "Love Your Body Week" with an event hosted by Page Love on Thursday, 2/18 at Savannah College of Art & Design from 5:30-6:30 p.m. in the Hub. The topic will be "Media Influences on Food, Weight and Body Image".

We are all affected by inescapable media messages promoting an unhealthy and unrealistic concept of female beauty. Learn how to become a critical viewer of the media and how to take empowering actions to combat negative and unhealthy messages.



**JOIN US FOR OUR
OPEN HOUSE AT
OUR NEW LOCATION**

Nutrifit Sport Therapy, Inc., moved in January to 1117 Perimeter Ctr. West, Suite W-507. Please make a note our new numbers: main 770-395-7331 and fax 770-395-7332. We are inviting everyone to come see our new offices, enter the RAFFLE, meet our RDs and have some fun mingling.

THE OPEN HOUSE WILL BE MARCH 4 FROM 4-8 P.M.

STRUGGLING TO MANAGE YOUR WEIGHT? TRY EATING MORE!

Page Love, MS, RD, LD, CSSD

If you are watching your diet or working out strenuously, you may actually be telling your body to conserve its energy! Contrary to what many people think (that you have to severely cut portions or exercise intensely until you drop to lose any weight), you can get your body running like a machine by giving it the proper fuels and keeping it well-oiled.

Carbs are a body's best friend. Take it from an expert: The ultimate diet mistake is to cut out carbohydrates. This results in decreased metabolism and lower energy level. Fat is only burned in the flame of adequate carbohydrates. Low-carb diets cause quick water loss, not fat loss. Most cannot sustain such restrictive eating for very long, you eventually crave carbs so severely that you may actually binge on high-calorie, high-fat foods to satisfy the hunger.

When you consume enough "healthy" carbohydrates – grains, vegetables and fruits – throughout the day, your body's cravings for both energy and sweets will be satisfied. Ideally, we should get at least 50-60 percent of our daily calories from these foods, but the average American gets only 40-45 percent of calories from carbohydrates.

HOW DO YOU KNOW WHAT TO EAT?

Step one: Plan menus around the food pyramid (www.mypyramid.gov), starting with healthy "high fiber" carbohydrates like whole grains, cereals, rice, pasta, and starchy vegetables. At a minimum, allow for two servings (or one cup) from this group at each meal. If you are very active or trying to maintain weight, consider eating larger portions of these.

Step two: Add in the second level of healthy carbohydrates – fresh fruits (two to four servings per day) and vegetables (five to eight servings per day). And fruit, a natural sugar source, is an excellent dessert or a snack option to help satisfy sugar cravings.

Step three: Allow a minimum of two servings each from the meat and dairy categories. Correct portions are two to three servings, 3-4 ounce each, in the meat group, and two to three 8-ounce portions of milk or yogurt in the dairy group.

Step four: Provide your body with small amounts of fats and oils daily. You need half your body weight in grams of essential fat per day found in vegetable fats: grain, seed and nut oils like those in salad dressing; oils; mayonnaise, and margarine.

DON'T FORGET SNACKS.

Grazing can help you to maintain higher overall energy. Starving your muscles by not fueling them when you are truly hungry lowers

your metabolism. Choosing snacks from both the fruit and bread group can energize you and raise your metabolism.

WHAT ABOUT EXERCISE? We have heard for years that exercising, especially aerobically, raises the metabolism. Activities like cycling, walking, or swimming done on a regular basis helps to maintain a healthy heart and manage your weight. When planning any exercise regimen, consider three primary factors: intensity, duration, and frequency. Intensity refers to the heart rate you achieve during the exercise session, duration means the length of time you exercise per session, and frequency means how often you exercise during the week. While there is no best formula, experts generally agree that one's heart rate should be in the target zone of 50 to 80 percent of the maximum heart rate (220 minus your age equals maximum heart rate), the duration should be a minimum of 30 minutes up to 60 minutes, and the frequency should be 3-5 times per week.

DON'T FORGET ADEQUATE REST. Your body needs not just sleep but rest from physical activity to allow tissues to regenerate. Make sure that you take 1-2 days off from exercise per week.



Nutrifit welcomes STEPHANIE COOPER RD, LD

Stephanie Cooper specializes in eating disorders, weight management, and wellness. Her experience includes working with diverse groups ranging from pediatric to geriatric populations. Other interests include working with pregnant and lactating women and their infants and childhood nutrition

and obesity. She offers detailed meal planning, personalized meal outings and grocery store visits with her clients. Stephanie will be offering consultations at Nutrifit on Monday evenings and Saturdays.

NATIONAL NUTRITION MONTH® IS MARCH 2010



The theme for March 2010 is "Nutrition From the Ground Up."

The American Dietetic Association's campaign focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits.

Visit www.eatright.org for more National Nutrition Month®.

Page will be doing a free lecture at the conference center in building 1117 on March 18 at noon.

RUNNING ON EMPTY

The "Running on Empty" seminar will be offered at **Marist High School** on March 25 at 9:30 a.m. This is an interactive panel including several

recovered athletes, sports dietitians, sport psychologists and a physical therapist. The seminar will focus on adequate fueling and training, as well as, sports medicine issues for athletes.

