

Spring/Summer Activities and Ongoing Programs for Nutrifit

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

Fit for Life May event will be tennis at Sandy Springs Tennis Center (404-303-6182), 500 Abernathy Rd., Sandy Springs, 30328 on Sunday, May 16, at 3 p.m. The June outing will be a walk at the Chattahoochee River on Saturday, June 26, at 3 p.m. We will meet at the Powers Ferry public park entrance. R.S.V.P. for both events by contacting the Nutrifit office at 770-395-7331.

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, May 22

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 to 9:30 a.m. May's meeting is on Saturday, 5/22 and June's meeting is on Thursday, 6/24. June's meeting will start at 9 a.m. Both meetings will be at Atlanta Bread Co. (770-392-1944) at 1155 Mount Vernon Highway.

ANAD GROUP HAS CHANGED LOCATIONS

Free ANAD Eating Disorders Support

(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 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.

NUTRIFIT WELCOMES



Lenore Doster, Psy.D.
Licensed Psychologist

DR. LENORE DOSTER currently provides psychotherapy for adults, teens, and children in individual and family therapy. Her practice includes spiritual integration into the therapy process and her specialties include child and teen issues, life transitions across the life span, parenting, young adult development, eating disorders, chronic and severe mental illness, stress management, and anger management.



Jill Weinstein, LPC
Licensed Professional Counselor

JILL WEINSTEIN is a licensed professional counselor. She provides therapy to children, adolescents, families and adults. Jill's passion is in the treatment of eating disorders. She specializes in treating the overweight child or adult, the finicky/picky eater, and the anorexic or bulimic client. In addition, she provides group and individual counseling to adults before and after bariatric surgery.

INTRODUCING "WALK & TALK WITH THE RD"

Walk & Talk is a new FREE walking group that will start on the first Tuesday in May. The group will meet for 30-45 minutes on Tuesdays at 12 p.m. and Thursdays at 8 a.m. The walk will start at our office park and we will walk in the perimeter area. The group is free!



Attention Runners: Atlanta Track Club Double Event



Nutrifit is hosting two free talks about runners' nutrition including hydration and training diet information. These free sport nutrition seminars take place at 8:30 a.m., Saturday, May 29. These seminars are sponsored by the Atlanta Track Club (www.atlantatrackclub.org) as part of the "Getting Ready for the Peachtree Road Race".

- Nancy Anderson, MPH, RD, LD is presenting at the Kennesaw Big Peach.
- Page Love, MS, RD, CSSD, LD is presenting at the Phidippides in Sandy Springs.

PREPARING FOR SUMMER TRAVEL

Page Love, MS, RD, LD, CSSD



How well do you eat when preparing for travel? Take this self-quiz:

1. Do you tend to skip meals or allow long periods of time to elapse without eating before or during travel?
2. Would you consider packing a bag of safe goodies to take with you so that you can stay on track with your performance plan?
3. Do you go to the grocery store or stock up on perishable items once you arrive?
4. Do you put more effort toward drinking hydrating fluids and less caffeine and alcohol when traveling, especially flying?
5. If you travel over time zones, would you allow one extra meal to live by the destination clock?
6. Do you plan ahead for dining out when you travel? Order with modifications when needed.
7. Would you consider splitting a meal with a friend or family member?
8. Do you fall into the trap of feeling you don't want to exercise because you are traveling?
9. Have you ever been able to let a travel occasion allow you to let go and normalize by following the example led by others?

Travel tips

- Call ahead and order healthy airline meals options.
- Before flights, eat a high complex carbohydrate meal (lots of grains, starchy vegetables, bread, rice, or pasta).
- Limit high intakes of fat and meat (these have a dehydrating effect).
- Drink more fluid than usual prior to flights to prepare body for increased risk of dehydration in-flight.
- Avoid caffeinated and alcoholic beverages before, during, and after flights.
- Choose water, juices, or clear carbonated soft drinks on board.
- Pack a healthy snack to take with you – see suggestions below.
- Once you arrive, live by the destination's clock and try to keep meals on schedule. Eat at least three meals per day, have plenty of fluids, and eat high-carb snacks as needed.
- Continue to stay well hydrated and maintain your fluid intake.
- Plan ahead for dining out. Use the restaurant survey guidelines when deciding on your choice and call ahead if possible for special requests.

Travel food options

Bring with you:

apples	bread	sandwiches
bananas	oranges	raisins
baby carrots	string cheese	

Choose on the plane:

pretzels	tomato juice	fruit juice
rolls	yogurt	nuts (~1Tbsp)
milks	water	

GREEK CHICK-PEA SALAD

6 Servings (3 cups)

One 15-ounce can chick peas (garbanzo beans), rinsed and drained

- 1 small tomato, seeded and chopped
- ½ cup diced, peeled cucumber
- 2 green onions with green tops, sliced
- ¼ cup coarsely chopped Italian parsley
- 2 tablespoons red wine vinegar
- 2 tablespoons extra virgin olive oil
- ¼ cup (1 ounce) crumbled feta cheese
- ¼ teaspoon freshly ground pepper



1. Combine the chick peas, tomato, cucumber, onions and parsley in a medium bowl.
2. In a small bowl, whisk together the vinegar and oil; pour over the bean mixture and toss well to mix. Just before serving, sprinkle salad with cheese and pepper.

Serving size: ½ cup

Provided by the American Dietetic Association's National Nutrition Month Recipes

EDUCATIONAL HANDOUTS AVAILABLE

Get expert handouts with timely nutrition tips. Contains many original fact sheets and questionnaires. See below for a sampling of topics.

- Decreasing Food Obsessions
- Body Image
- Weight Management Section
 - Weight Loss and Weight Gain
- Menu Planning
 - General and Vegetarian
- Sports and Female Athletes Tip Sheets

Each handout is \$10, or choose any 5 for \$30, any 10 for \$50. To order, visit <http://nutrifitga.com>. On the website, you will be able to view sample handouts.

Sport-specific kits are available for Basketball, Football, Baseball, Golf, Soccer, Swimming, Tennis, Track & Cross Country, Volleyball and Wrestling.