



Winter Activities and Ongoing Programs for Nutrifit

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

Fit for Life will meet on Saturday, 1/9 at 1 p.m. for Pilates at Pilates of Dunwoody (770-522-0252), 5544 Chamblee Dunwoody Rd., Dunwoody, GA 30338. It is the only certification center in Atlanta offering Romana's Pilates training. Romana's Pilates is the premier certification program and system in the world headed up by Romana Kryzanowska, Joseph Pilates' named successor. Pilates of Dunwoody asks that you wear socks during the session. This is a health department rule. The session will be for 50 minutes.

Finding Balance Group

Finding Balance is a group for men and women 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 770-457-1457. The cost is \$60 per meeting payable by the month. The group meets on the 2nd and 4th Thursday of every month.

Become a Breakfast Club regular on Saturday, 1/9!

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, making balanced choices, trying more challenging foods, adding more variety to your menu plan, and selecting appropriate portions. You'll meet with Page Love, MS, RD, LD, CSSD, who will provide coaching to help you 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 Saturday, 1/9, at the Flying Biscuit Cafe (404-252-1182), 5975 Roswell Rd., Suite G-25, Atlanta, GA 30328.

Free ANAD Eating Disorders Support Group

ANAD (Association for Anorexia Nervosa and Associated Disorders) meets from 10 to 11:00 a.m. every Saturday at the Nutrifit offices. 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 770-457-1457. **If anyone knows of a group/meeting space that may be a possible host site for our ANAD group in the Dunwoody/Perimeter area, please contact Page.**

DON'T FALL PREY TO ANOTHER FAD DIET IN THE NEW YEAR

Page Love, MS, RD, LD, CSSD

IT IS NOT JUST THE average American being drawn in for the kill, but even more so, those interested in losing weight. The demand to diet is ever-present and will continue to be for as long as the American media and public emphasize the necessity to "look thin at any cost."

Here is a list of ten reasons not to fall prey to the high-protein, low-carbohydrate diets and how they may negatively affect both performance and health.

1. Most high-protein diets are also very low in calories, far below the recommended minimums for healthy weight loss. Low calorie level jeopardizes muscle energy levels, leads to earlier fatigue, and feeds into the restrictive behavior patterns of an eating disorder.
2. Most high-protein diets have 2x to 3x the recommended dietary allowance for protein needs. They can put the body at increased risk for kidney problems such as kidney stones and kidney failure earlier in life.
3. Most high-protein diets are so low in energy and total food variety that you cannot meet your recommended dietary allowances for vitamin and mineral needs without supplementing the diet additionally.
4. Most high-protein diets so severely under-recommend carbohydrate intake, that they increase cravings for more simple or sugar-type carbohydrate sources and potentially increase the risk of bingeing later in the day.
5. Most high-protein diets promote high amounts of water weight loss leading to increased risk for severe dehydration and causing light-headedness, fatigue, cold sensitivity, and decreased metabolic rates.

6. Most high-protein diets purport that high carbohydrate intakes are the cause of America's problem with obesity. Science does not support this evidence. Carbohydrates are the body's preferred fuel source.

7. Over time, a person on a low-calorie high-protein diet will slow his or her metabolism so severely that normal eating will cause immediate water regain as the body tries to establish a normal balance again.

8. Most high-protein diets are so low in fiber that your gut function can be compromised. Over time, there is increased constipation and an increased risk of colon cancer.

9. Most high-protein diets recommend so much animal protein (>10 oz./day) that cholesterol and saturated fat intake will be above recommended levels, putting the athlete at increased risk for heart disease and slow weight gain leading to obesity in the long run.

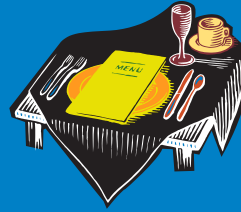
10. Most high-protein diets accelerate the rate of calcium loss from bone and increase the risk of osteoporosis. For active women, this increases the risk of bone related injuries.

The high-protein diet is just another attention-seeking fad diet. Unfortunately, it brings along with it a host of medical and performance complications. We must support eating plans that are nutritionally sound, well balanced, and adequate in both carbohydrate and protein. Make sure to consult a licensed and registered dietitian to receive individual diet planning guidance.

HEALTHY MENU PLANNING

1. Eat at least 3 regular meals and 2 snacks per day. Try not to go more than 3–4 hours without eating.
2. Include adequate servings of each food group at every meal—grains, meat/meat alternatives, dairy, fruits, fat, and vegetables.
3. Plan at least one cup of fiber/grain choices per meal.
4. Plan 2 (3-4 ounces) portions of protein at least twice a day. If you tend to have low blood sugar or cravings between meals try adding 1 ounce of protein (low fat cheese or peanut butter or even a lean piece of luncheon meat for a snack).
5. Consume small amounts (1 teaspoon) of fat at each meal to help with satiety and stabilizing blood sugar.
6. Consume the more nutrient-dense foods first (e.g., meats, fats, starches) and save salads and fruit for last. This will help with feeling your fullness earlier in the meal.

7. Pick nutritionally adequate alternatives if avoiding specific foods. For example, eat yogurt or cottage cheese if avoiding milk, beans, or cheese.



8. Try to set aside at least 30 minutes for meals and try to spend that time slowly eating. Sip your beverage between bites and try putting your utensils down between bites. Try to eat without major distractions like TV... consider playing relaxing music during the meal.

9. Allow at least 8-16 ounces or 2 cups of a decaffeinated beverage at each meal.

10. Set a reasonable limit on caffeinated beverages (i.e., 1-2 cups/day). Caffeine causes dehydration and suppresses your hunger and leaves you feeling more fatigued in the long run.

RING IN THE NEW YEAR WITH NON-ALCOHOLIC CHAMPAGNE CHEER



1½ cups of lemon-lime carbonated water
¾ cups of white grape juice

Chill each of the ingredients in separate containers. When ready to serve, mix and pour into champagne glasses. Makes 4 (½ cup) servings.

How to Be More Active in the New Year

Have a walking session with Page.

Attend monthly Nutrifit Fit for Life outings to try something new.

Find a walking buddy in your neighborhood.

Jump rope twice a day for ten minutes each time.

Get your significant other or a friend to go ballroom/swing dancing with you.

Do more family activities:

- Have a tennis match.
- Take the dog for a walk.
- Play miniature golf or Frisbee as a family.
- Go for a hike on the weekends.
- Jump on a trampoline.

Commit to a group class in the New Year:

- Kickboxing
- Yoga
- Spinning

Nutrifit Sports Therapy, Inc. is Moving...

At the end of January 2010, our exciting new location will be:

1117 Perimeter Center West, Suite 507, Atlanta, GA 30338.

Our phone numbers will still be:

770-457-1457 and fax 770-457-3080

We will be located at the intersection of
Mt. Vernon Hwy. and Abernathy Rd.

The new location is just a few
minutes from Perimeter Mall
and GA 400.

