

Page Love's Disordered Eating and Exercise Resource Handout Kit

Are you constantly trying to create take-away materials that support what you teach clients / patients about healthy eating? Now you can use that time more effectively, while providing resources to help them make healthy nutritional choices. This needs-oriented packet contains original handouts, with a space provided at top right where you can add your business card to personalize each, plus space at the bottom of most for your **additional recommendations**. Here's what the packet contains:

DISORDERED EATING AND EXERCISE Handouts	Fact Sheet	Worksheet	Helpful List(s)
Activity/Movement Journal		X	
Body Image and Self Esteem Worksheet: Positive Self-Talk		X	
Carbohydrate Fears	X	X	
Choosing and Enjoying Foods	X		X
Compulsive Exercise: Risks and Recovery Goals (2 pg)			X
Considerations for Returning to Exercise	X		X
Controlling Behaviors			X
Dealing with Food, Weight and Body Image			X
Dealing with Nutrition, Image and Exercise Obsession		X	X
Decreasing Your Obsessions: Nutrition and Movement Goals		X	
Dining-out Fears	X	X	X
Dining-out Tips	X		X
Evaluating the Nutritional Adequacy of Your Eating Style		X	X
Fat Fears	X	X	
Food Mood Activity Journal	X	X	X
Healthy Menu Planning (2 pg)	X		X
How Are You Doing with Your Activity/Movement Plan?		X	
How to Fight Back Puzzling Diet Fads	X		X
Meat Alternatives & Vegetarian Proteins			X
Mindful Eating			X
Protein Fears: Are you meeting your protein needs?	X	X	
Red Meat: Why is it Good For You?	X		X
Scaled? Try These Tips to <i>Kick the Scale</i>			X
Struggle with Counting?		X	
Top Ten Reasons Not to Weigh Yourself			X
Top Ten Ways to Increase Calcium			X
Top Ten Ways to Decrease Compulsive Exercise			X
Ways to Curb Overeating	X		X
Ways to Decrease Binging/Purging		X	
For the Practitioner: Nutrition Assessment of Disordered Eating Questionnaire (3 pg)		X	

Individual handouts are \$10 each. If you order the complete *Disordered Eating and Exercise Resource Handout Kit* (31 handouts), you pay only \$99.95 – that's a savings of over 68%!