

Wellness, Sports, and Disordered Eating Resource Kit

Are you constantly trying to create take-away materials that support what you teach clients about healthy eating? Now you can use that time more effectively, while providing resources to help clients make healthy and performance-enhancing nutritional choices. Three needs-oriented packets contain original handouts, with a space provided where you can add your business card to personalize each, plus space at the bottom of most for your **additional recommendations**. But one packet, any two, or all three. Here's what each packet contains:

SPORTS NUTRITION PACKET	Fact Sheet	Work-sheet	Helpful List(s)
Building Your Sports Nutrition Grocery Shopping Skills		X	X
Carbohydrate Facts for Athletes	X	X	X
Compulsive Exercise			X
Dining-Out Tips for Athletes		X	X
Increasing Appropriate Fluid Intake for Sports	X		X
Keys to Muscle Weight Gain for Athletes	X		X
Performance Menu Planning Tips for Sports (w/sample meals)	X		X

SPORTS NUTRITION PACKET (cont.)	Fact Sheet	Work-sheet	Helpful List(s)
Preparing for Tournament Travel		X	X
Protein in the Athlete's Diet	X	X	X
Red Meat: Why Is It Good for Athletes?	X		X
Serve Up Your Own Pre-Game Meal Plan		X	
Top Ten Tips to Reduce Fat in the Training Diet			X
Top Ten Ways to Increase Calcium in the Training Diet			X
Training Diet Sample Shopping List			X

DISORDERED EATING PACKET	Fact Sheet	Work-sheet	Helpful List(s)
Body Image and Self Esteem Worksheet: Positive Self-Talk		X	
Choosing and Enjoying Foods	X		X
Controlling Behaviors			X
Dealing with Food, Weight & Body Image			X
Dealing with Nutrition, Body Image and Exercise Obsession		X	X
Decreasing Your Obsessions: Nutrition and Movement Goals		X	
Dessert		X	X
Dining-Out Fears	X	X	X

DISORDERED EATING PACKET (cont.)	Fact Sheet	Work-sheet	Helpful List(s)
Evaluating the Nutritional Adequacy of Your Eating Style		X	X
Fear of Fat	X	X	X
How are you doing on your nutritional recovery?		X	
How to Fight Back Puzzling Diet Fads	X		X
Meat Alternatives & Vegetarian Proteins			X
Mindful Eating			X
Top Ten Reasons Not to Weigh Yourself			X
Ways to Curb Overeating	X		X
Ways to Decrease Binging/Purging		X	

GENERAL NUTRITION PACKET	Fact Sheet	Work-sheet	Helpful List(s)
Breakfast Ideas			X
Dangers of Low-Carb, High-Protein Diets	X		
Dinner Ideas	X		X
Food Guide Pyramid: Personalized Daily Portions		X	
Iron and Fiber Cereals	X		X
Key Performance Foods for the College Dorm Room			X
Lunch Ideas			X
Nutrition Facts (see attached sample)	X		X
Quick Fruit Ideas			X
Quick Vegetable ideas	X		X

GENERAL NUTRITION PACKET (cont.)	Fact Sheet	Work-sheet	Helpful List(s)
Raising Your Metabolism		X	
Sample Portion Sizes	X		X
Sample Workout for Beginners	X		X
Snacking	X	X	X
Tips for a Bland Diet	X		X
Top Ten Ways to Increase Fiber Intake	X		X
Top Ten Ways to Increase Iron Intake	X		X
Top Ten Weight Management Guidelines	X		X

Sports Nutrition Questionnaire (S)			X
Food and Activity Journal		X	

Individual handouts are \$10 each. Each of the three nutrition sets, and the entire kit, are available at substantial discounts. **Please see back to order.** (Available in hard copy and in PDF format.)

Page Love's
Wellness, Sports, and Disordered Eating Resource Kit
Order Form

Use this form to place your order for handouts. Your order will be mailed or emailed to you upon payment clearance.

BEST VALUE	Cost	Qty.	Total
Entire Kit: all three packets plus the Sports Nutrition Questionnaire and Food and Activity Journal (51 handouts, at 50% discount)	\$250	X ___	

SPORTS NUTRITION	Cost	Qty.	Total
Building Your Sports Nutrition Grocery Shopping Skills	\$10	X ___	
Carbohydrate Facts for Athletes	\$10	X ___	
Compulsive Exercise	\$10	X ___	
Dining-Out Tips for Athletes	\$10	X ___	
Increasing Appropriate Fluid Intake for Sports	\$10	X ___	
Keys to Muscle Weight Gain for Athletes	\$10	X ___	
Performance Menu Planning Tips for Sports (w/sample meals)	\$10	X ___	

DISORDERED EATING	Cost	Qty.	Total
Body Image and Self Esteem Worksheet: Positive Self-Talk	\$10	X ___	
Choosing and Enjoying Foods	\$10	X ___	
Controlling Behaviors	\$10	X ___	
Dealing with Food, Weight & Body Image	\$10	X ___	
Dealing with Nutrition, Body Image and Exercise Obsession	\$10	X ___	
Decreasing Your Obsessions: Nutrition and Movement Goals	\$10	X ___	
Dessert	\$10	X ___	
Dining-Out Fears	\$10	X ___	
Evaluating the Nutritional Adequacy of Your Eating Style	\$10	X ___	

GENERAL NUTRITION	Cost	Qty.	Total
Breakfast Ideas	\$10	X ___	
Dangers of Low-Carb, High-Protein Diets	\$10	X ___	
Dinner Ideas	\$10	X ___	
Food Guide Pyramid: Personalized Daily Portions	\$10	X ___	
Iron and Fiber Cereals	\$10	X ___	
Key Performance Foods for the College Dorm Room	\$10	X ___	
Lunch Ideas	\$10	X ___	
Nutrition Facts (see attached sample)	\$10	X ___	
Quick Fruit Ideas	\$10	X ___	
Quick Vegetable ideas	\$10	X ___	

SPORTS (cont.)	Cost	Qty.	Total
Preparing for Tournament Travel	\$10	X ___	
Protein in the Athlete's Diet	\$10	X ___	
Red Meat: Why Is It Good for Athletes?	\$10	X ___	
Serve Up Your Own Pre-Game Meal Plan	\$10	X ___	
Top Ten Tips to Reduce Fat in the Training Diet	\$10	X ___	
Top Ten Ways to Increase Calcium in the Training Diet	\$10	X ___	
Training Diet Sample Shopping List	\$10	X ___	
Entire Sports Nutrition Set	\$100	X ___	

DISORDERED (cont.)	Cost	Qty.	Total
Fear of Fat	\$10	X ___	
How are you doing on your nutritional recovery?	\$10	X ___	
How to Fight Back Puzzling Diet Fads	\$10	X ___	
Meat Alternatives & Vegetarian Proteins	\$10	X ___	
Mindful Eating	\$10	X ___	
Top Ten Reasons Not to Weigh Yourself	\$10	X ___	
Ways to Curb Overeating	\$10	X ___	
Ways to Decrease Binging/Purging	\$10	X ___	
Entire Disordered Eating Set	\$100	X ___	

GENERAL (cont.)	Cost	Qty.	Total
Raising Your Metabolism	\$10	X ___	
Sample Portion Sizes	\$10	X ___	
Sample Workout for Beginners	\$10	X ___	
Snacking	\$10	X ___	
Tips for a Bland Diet	\$10	X ___	
Top Ten Ways to Increase Fiber Intake	\$10	X ___	
Top Ten Ways to Increase Iron Intake	\$10	X ___	
Top Ten Weight Management Guidelines	\$10	X ___	
Entire General Nutrition Set	\$100	X ___	

Name _____ Email Address _____

Mailing Address _____

City, State, Zip _____

Telephone number (in case we need to contact you with questions) _____

Credit card number _____ Visa MC Amex

Expiration Date _____ Security code _____ Other: _____

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