

# 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:

1. 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

2. 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	

3. 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	
Hypoglycemia Tips	X		
Iron and Fiber Cereals	X		X
Key Performance Foods for the College Dorm Room			X
Lunch Ideas			X
Nutrition Facts	X		X
Quick Fruit Ideas			X

GENERAL NUTRITION PACKET (cont.)	Fact Sheet	Work-sheet	Helpful List(s)
Quick Vegetable ideas	X		X
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.

<b>BEST VALUE</b>	<b>Cost</b>	<b>Qty.</b>	<b>Total</b>
<b>Entire Kit: all three packets plus the Sports Nutrition Questionnaire and Food and Activity Journal (52 handouts, at 62% discount!)</b>	<b>\$199.95</b>	<b>X ___</b>	

<b>SPORTS NUTRITION</b>	<b>Cost</b>	<b>Qty.</b>	<b>Total</b>
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 ___	

<b>DISORDERED EATING</b>	<b>Cost</b>	<b>Qty.</b>	<b>Total</b>
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 ___	

<b>GENERAL NUTRITION</b>	<b>Cost</b>	<b>Qty.</b>	<b>Total</b>
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 ___	
Hypoglycemia Tips	\$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 ___	

<b>SPORTS (cont.)</b>	<b>Cost</b>	<b>Qty.</b>	<b>Total</b>
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 ___	
<b>Entire Sports Nutrition Set</b>	<b>\$100</b>	<b>X ___</b>	

<b>DISORDERED (cont.)</b>	<b>Cost</b>	<b>Qty.</b>	<b>Total</b>
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 ___	
<b>Entire Disordered Eating Set</b>	<b>\$100</b>	<b>X ___</b>	

<b>GENERAL (cont.)</b>	<b>Cost</b>	<b>Qty.</b>	<b>Total</b>
Quick Vegetable ideas	\$10	X ___	
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 ___	
<b>Entire General Nutrition Set</b>	<b>\$100</b>	<b>X ___</b>	

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: \_\_\_\_\_

Please send me:  hard copy  PDF files