

# 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:

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

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

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

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

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

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

<b>Sports Nutrition Questionnaire (S)</b>			X
<b>Food and Activity Journal</b>		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 (51 handouts, at 50% discount)</b>	<b>\$250</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>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 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>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 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 ____	
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 ____	

<b>GENERAL (cont.)</b>	<b>Cost</b>	<b>Qty.</b>	<b>Total</b>
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