

## Summer Activities and Ongoing Programs for Nutrifit

### NutriFit Sport Therapy's Free "Fit for Life" Outings

**Fit for Life** will meet at the Spalding Lakes Neighborhood Pool on August 23, at 3:00 p.m. for group water aerobics with certified instructor Marlene Colon. Water aerobics is a fun-filled, low-impact cardiovascular activity for all ages. Please bring pool shoes and a noodle, if you own them. Spalding Lakes Pool is located at 3880 Spalding Drive, Atlanta, GA 30350. For directions, contact Spalding Lakes Pool at 770-396-0789. You can RSVP by contacting the NutriFit office at 770-457-1457 if you are interested in attending.

### Finding Balance Group

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 770-457-1457. The cost is \$60 per group payable by the month.

### Become a Breakfast Club regular on Thursday, 8/27!

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, 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 Thursday, 8/27, at I.H.O.P. (404-256-4639), 6120 Roswell Rd., Sandy Springs, GA.

### 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 information, call Nutrifit at 770-457-1457.

## Top Ten Ways to Increase Your Fluid Intake

Page Love, MS, RD, LD

At some point, we have all heard, "Drink lots of water!" As the weather heats up, we forget sometimes to stay properly hydrated. Dehydration can cause headaches, lethargy, muscle weakness, and a host of other problems. So, what is adequate hydration? Which beverages are best, and how do they fit into our overall eating plan? Here are some answers.

1. Drink 8–16 oz. of water-based beverage (water, juice, or milk) with every meal and snack (8–10 cups per day is the minimum; goal is 10–12 cups if you are more active).
2. If you drink coffee or caffeinated beverages, alternate decaffeinated beverage intake throughout the day. Caffeinated beverages and alcohol are diuretics.
3. Limit caffeinated beverage intake after a certain time in the day (for example, 1:00 or 2:00 p.m.).
4. Set a reasonable limit on coffee intake (1–2 cups per day).
5. Substitute decaffeinated versions of tea, soda, or coffee for some of your caffeinated drinks.

6. Drink Vegetable juice and milk. Two cups of vegetable juice equals the minimum four vegetable servings per day; two cups of milk equals the minimum dairy intake per day.

7. Try calorie-free fruit-flavored waters as a beverage of choice. Perrier, Schweppes, Canada Dry, Fruit2O, Dasani, Aquafina, Hint, Propel, and others make flavored no-calorie waters.

8. Dilute juices. Try diluting them with water or, for a fizzy kick, use club soda.

9. Alternate club soda with alcoholic beverages.

10. Keep a water bottle with you at all times, especially in hotter weather. Freeze bottled water overnight, so they will be cool during the day.

Staying hydrated in the summer heat will help you stay energized and fit. Follow the easy steps in this article for adequate fluid intake. And remember...don't wait until you feel thirsty to have a drink. When you're thirsty, you are already dehydrated!





Nutrifit welcomes  
Melissa Krentzman  
MS, RD, LD,  
providing medical  
nutritional therapy.  
Melissa specializes

in weight management and disease prevention and management, with a focus on cholesterol, hypertension, chronic kidney disease, type 2 diabetes, PCOS and overweight/obesity. Melissa offers nutritional counseling evenings, Wednesdays, Fridays and Saturdays.

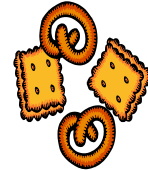
## ON THE ROAD AGAIN Staying Healthy While Traveling

Do you skip meals or allow long periods of time to elapse without eating when you travel? Consider packing a bag of healthy snacks to take with you to stay on track. Here are some suggestions that could fit into your meal plan:

Granola Bars  
Fresh Fruit  
String Cheese

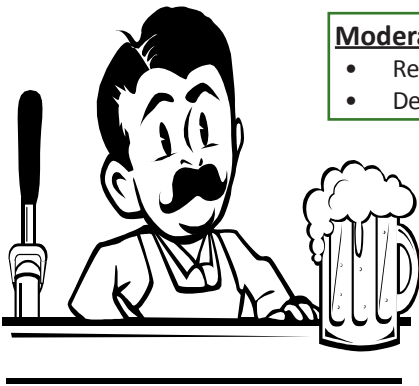
Diced Fruit  
Nuts  
Pretzels  
Bran Muffins

Cottage Cheese  
Juice Boxes  
Baby Carrots  
Wheat Peanut Butter  
Crackers



## What about Alcohol?

by David Dean, MS, Exercise Physiology, Auburn Dietetics Intern



### **Moderate consumption of ethanol can:**

- Reduce atherosclerotic plaque build up in arteries
- Decrease your risk of cardiovascular disease

**1 Drink = 12 oz. of beer, 5 oz. of wine, or 1.5 oz. of distilled spirits (80 proof)**

### **Tips to reduce alcohol intake:**

- Mix distilled spirits using diet soda, club soda, or 100% fruit juice
- Alternate between alcoholic and non-alcoholic beverages
- Eat a full meal while or before drinking
- Set reasonable limits before drinking
- Aim for moderate consumption = 1 drink for a female and 2 for a male

## Page Love's upcoming presentations:

← Page Love is participating in a panel discussion at the NEDA (National Eating Disorders Association) Conference 2009 (Reshaping our Future: A Vision for Recovery, Research, Attitudes and Action!) in Minneapolis, September 10–12.

For more conference info, go to the NEDA Website: <http://www.nationaleatingdisorders.org/programs-events/annual-neda-conference.php>.

← Page will present "Beyond Talking: Using Therapeutic Eating Sessions, Coached Meals, and Other Eating Techniques in the Treatment of Eating Disorders" at the 19th Annual Renfrew Center Foundation Conference (Feminist Perspectives and Beyond: The Arts and Science of Eating Disorders Treatment) in Philadelphia, November 12–15. For more conference info, go to the Renfrew Center Website: <http://www.renfrewcenter.com/news-events/event.asp?id=137>