

# WINTER 2015 Newsletter



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"Follow Nutrifit Sports Therapy on Twitter: @nutrifit\_ga"

## Activities and Ongoing Programs for Nutrifit

### Become a Breakfast Club Regular

The Breakfast Club is FREE for anyone who struggles to eat a healthy breakfast on a regular basis. The monthly meal group offers a time to work on eating and making balanced choices. You'll meet with Page Love, RD, who will provide coaching to help you ease through food fears with peer support. Meetings are every other Thursday or Saturday of the month from 9:00-10:00 am. February's breakfast club will be at McDonalds at 4540 Ashford Dunwoody Road on Thursday, February 19th at 9:00 am. Our March meeting will be at First Watch Cafe in Dunwoody Village, March 7th at 9:00 am. Please R.S.V.P. by calling the Nutrifit office at 770-395-7331.

### Yoga is Now at Nutrifit!

Nutrifit now offers a yoga group at our office building's fitness center. The class is in the exercise studio on the ground floor of building 1117. The classes are Monday nights at 8:15 pm. The cost per class is \$10. Contact Nutrifit at 770-395-7331 to R.S.V.P. as evenings alternate on a given week.

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

February's fitness outing will be meeting at the 1117 Perimeter Center West conference room on Saturday, February 7th at 4:00 pm for a free Mindful Fueling and Movement class. The class will be led by certified personal trainer Jenn Flemish. Please be sure to bring your own yoga mat! March's fitness outing will be returning outside with a hike up Kennesaw Mountain. We will meet at the Battlefield entrance at visitors center on March 7th at 4:00 pm. Please R.S.V.P. by calling the Nutrifit office at 770-395-7331.

### Free ANAD Eating Disorders Support Group

(Assoc. for Anorexia Nervosa and Associated Disorders) ANAD

Now meets in room 145, the church parlor at St. Luke's Church (1978 Mount Vernon Rd, Atlanta, GA 30338) from 10:00 am-11:00 am every Saturday. ANAD is a free support group for women and men struggling with anorexia, bulimia, and compulsive over eating, as well as families and friends wishing to be involved in the recovery process. The group is led by both volunteer dietitians and therapists who are experienced in working with with eating disorders. For more information, call Nutrifit at 770-395-7331.

### Upcoming Presentations



-Saturday, February 7th, 2015 at 4:00 pm  
"Mindful Movement & Intuitive Fueling" at the 1117 building conference room.

-Monday, February 9th at 10:45 am "Love Your Body Panel" at Lovett High School.

-"Running on Empty". Trainer/Fitness Instructor Eating Disorder Prevention Workshop on February 17th at 7:00 pm at Mercer University's Physical Therapy School.

-"Scale Smashing" event sponsored by Atlanta Center for Eating Disorders will be held at the Georgia Tech campus on February 24th from 11:00 am to 1:00 pm. Bring a scale to smash and let go of weighing yourself!



### Meatballs with Gluten Free Pasta

"As much as I like to cook...sometimes you just need something easy, peasy that's quick and delish for dinner."

#### Ingredients:

- 1/2 pound ground beef (I used dry-aged grass fed)
  - 1/2 pound ground pork
  - 1/2 small onion, chopped
- Parsley, chopped - about a handful
  - 1/2 teaspoon garlic powder
  - 1 egg, slightly beaten
- Panko bread crumbs, 1/4 cup
  - 1/2 teaspoon sea salt
- 1/4 teaspoon freshly ground black pepper
- Your favorite homemade or jarred pasta sauce
  - Pasta noodles (I used Tinkyada brand)
  - Parmesan cheese, grated



Preheat oven to 350F. Mix all ingredients in a medium bowl till well-combined. Don't overmix or overwork the meat or it can get tough. Shape into the same size meatballs (I used an ice cream scoop) and place on lined sheet pan. Bake until cooked through, about 18-20 minutes or so. While meatballs are cooking, cook the pasta in salted water, according to package directions. Heat up sauce in a large saucepan and allow to simmer on low heat. When meatballs are done cooking in the oven, remove them and place into the sauce until ready to serve. Serve pasta and meatballs with sauce and a sprinkle of grated parmesan.

Recipe Courtesy of: Shannon Marsh at [happilyedibleafter.com](http://happilyedibleafter.com)

1117 Perimeter Center West, Suite W-507  
Atlanta, GA 30338

## NUTRIFIT WELCOMES:

### Caitlin Gaynor, MS, RDN, LD

A Registered and Licensed Dietitian, Caitlin Gaynor provides individualized nutrition therapy through Nutrifit Sport Therapy Inc. Caitlin received her undergraduate degree in Nutrition and Dietetics from Miami University (OH). She moved to Birmingham, Alabama in 2012 to complete her Dietetic Internship and Masters of Science in Clinical Nutrition through The University of Alabama at Birmingham. Caitlin specializes in pediatric and adolescent eating disorders and weight management. She values nutrition counseling that incorporates culinary nutrition, and her goal is to empower clients to create a healthy relationship with food through a nondiet approach.



Caitlin's qualifications and experience includes:

- Nutrition fellowship with a focus in adolescent health through the Department of Pediatric and Adolescent Medicine at UAB where she served as a staff Dietitian at Children's of Alabama's Center for Weight Management and Eating Disorder Clinic
- Served as staff Dietitian for a PHP/IOP eating disorder treatment center in Birmingham, Alabama
- Member of The American Dietetic Association and Pediatric Nutrition Practice Group
- Member of The Academy of Eating Disorders
- Research on grip strength as a marker of malnutrition in obese and underweight pediatric patients.
- Eating Disorder Support Group facilitator, Atlanta, Ga

If you are interested in scheduling an appointment with Caitlin call our office at 770-395-7331.

## Our Dietitian's Favorite New Product:

Crunchmaster's :  
Multi-Seed Crackers



"Perfect complement to hummus, seafood, soups, salad and more"

Available at ALL major grocery stores

## Are You Ready For A Non Diet Approach To Weight Management?

- Are you open to a diet that does not focus on weight as the only measure of success?
- Do you enjoy a wide variety of foods and are you open to all foods, no longer categorizing foods as good or bad?
- Are you open to focusing on honoring hunger and eating in regular intervals to keep yourself satisfied?
- And, honoring fullness, trying to stop when your body is comfortably full?
- Are you open to not calorie counting and focusing more on food composition and making sure your body is getting the right amounts of key nutrients?
- Are you open to moving your body in a variety of ways and open to not focusing on calories burned during exercise?...Exercise shouldn't have to hurt to help your body...it should be fun!
- Are you open to commenting less about people's body weight or choices with food, not judging other's by physical observations?
- Can you accept different health values, varying approaches to health, and be patient with varying degrees of progress?

Adapted from "Moving Away From Diets" King, Katrina, and Hayes, Helm Publishing

## Nutrifit Recommends This Non Diet Tool: Yay! Scale™



Sometimes the best thing you can do for yourself if you're struggling with your weight is to gain some confidence. Don't torture yourself with negative reinforcement. Just do your best to eat healthy, work out and feel fabulous! The Yay! Scale™ reminds you that you're "perfect", "hot" and "gorgeous" and ensures you that the best motivation to stay in shape is you! Each scale is handmade, dated and signed by Marilyn Wann.

Buy it today!  
[http://voluptuart.com/other-goodies-yay-scaletrade-c-7\\_22.html](http://voluptuart.com/other-goodies-yay-scaletrade-c-7_22.html)



## Celebrity Dance Challenge 2015 Dance for self-esteem with EDIN!

EDIN is proud to present the 5th Annual Celebrity Dance Challenge on Thursday, February 26th, 2015 (Doors at 7:00 pm, Show at 8:00 pm) at the Buckhead Theatre at 3110 Roswell Rd, Atlanta, GA 30305. Atlanta celebrities partner with professional dancers and choreographers to compete by dancing for your votes and the number of fan votes received will determine the winner! EDIN is run fully on donations received from the community and through our various fundraising events. Your contribution will be used to support education and outreach in our community in order to prevent eating disorders and improve self-esteem. \*Tickets can be purchased at <http://www.myedin.org/cdc.html> starting January 2015.

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