

# Holiday 2014 Newsletter

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## 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 8:30-9:30 am. December's meeting will be at La Madeleine's again on Thursday, December 18th at 9:00 am. January's meeting will be at McDonald's at 4540 Ashford Dunwoody Rd NE Dunwoody, GA 30346 on Saturday, January 10th 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

December's fitness outing will be meeting at the 1117 Perimeter Center West fitness room in the exercise studio on Monday, December 8th at 8:00 pm for a free yoga class. The class will be led by certified Yoga Instructor Brian Armistead. Please be sure to bring your own yoga mat! January's fitness outing will be meeting again at the 1117 Perimeter Center West fitness room on Sunday, January 11th at 4:00 pm for a free Zumba dance class led by Zumba Instructor Marlene Colon. 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

**Love**  
YOUR  
**body**  
Month!

-Saturday, February 7th, 2015 at 3:00 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.

-Late February (date TBA) "Running on  
Empty". Trainer/Fitness Instructor Eating  
Disorder Prevention Workshop.

-"Scale Smashing" event (date TBA)  
sponsored by Atlanta Center for Eating  
Disorders.

**edin**  
Eating Disorders Information Network

### Baked Pears with Walnuts and Honey

A wonderful recipe to make your kitchen smell heavenly for the holidays! Baked pears offers a healthy, sweet snack and dessert option. The texture of the pear goes from firm to soft as it bakes with the honey and juices. The result is a tender, sweet pear you can eat any time of day!

Servings: 4 • Serving Size: 1/2 pear

#### Ingredients:

- 2 large ripe pears
- 1/4 tsp ground cinnamon
- 2 tsp honey
- 1/4 cup crushed walnuts
- (optional) yogurt or frozen yogurt

Preheat the oven to 350°F. Cut the pears in half and place on a baking sheet (I cut a sliver off the other end so they sat upright). Using a measuring spoon or melon baller, scoop out the seeds. Sprinkle with cinnamon, top with walnuts and drizzle 1/2 teaspoon honey over each one. Bake in the oven 30 minutes. Remove, let cool and enjoy!



Recipe Courtesy of: Kelsey Cain, Graduate Nutrition Student at Georgia State University

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

## NUTRIFIT CONGRATULATES: Mary Parker Davis, MS, RDN, LD

Nutrifit Congratulates Mary Parker Davis, for passing her RD Exam! A Registered and Licensed Dietitian, Mary Parker Davis provides individualized nutrition therapy through Nutrifit Sport Therapy Inc. Mary Parker specializes in assisting clients with issues relating to pediatric and adolescent weight management. Over the course of her educational career, Mary Parker has realized nutrition plays a different role in each person's life, but her various past experiences lead her to develop this central philosophy about nutrition; smaller, more realistic changes are the sustainable ones that can last a lifetime and make the biggest difference overall.



Mary Parker's qualifications and experience includes:

- Individual client counseling on a variety of topics including weight management and general wellness for the pediatric and adolescent population
- Working as a Nutrition graduate assistant for the After-School All-Stars program teaching healthy eating habits to middle school aged students within the Atlanta Public school system (2012-2014)
- Serving as the curriculum development leader for the Kids in the Kitchen committee for the Junior League of Atlanta helping to promote healthy eating while getting kids to be hands on in the kitchen
- A Bachelor's Degree in Dietetics and Consumer Foods from the University of Georgia
- A Master's Degree in Nutrition from Georgia State University
- A member of the Academy of Nutrition and Dietetics

## 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

## Ten Mindful Tips for Dealing with Holiday Eating



1. Eat a snack before social eating situations, such as an apple or baby carrots and string cheese.
2. Both offer to bring a healthy appetizer as well as try to find out about the menu ahead of time so that you can pre-plan your meal.
3. Once you arrive, first choose a hydrating beverage to help with hydration and help decrease overall alcohol intake.
4. Next, scan over your options and make a food plan starting with putting fresh produce options on half of your plate (like the fruit or veggie tray appetizer you brought) and whole grain breads/crackers with lean luncheon meats or lean roast beef.
5. Prioritize your fat choices. You actually should plan on 1 to 2 sources of fat, choosing such options as cheese or a dip for your veggies.
6. Healthier dessert options are the fruit fillings in fruit pie, oatmeal or gingersnap cookies, and pumpkin pie in a graham cracker crust.
7. Plan on filling your plate one time. Then, sit down and take 20 to 30 minutes to enjoy your foods while chewing thoroughly and drinking your hydrating beverage between bites. Also talk and socialize between bites.
8. Check in on your fullness by pausing halfway through and again two-thirds through your plate and asking yourself "How much more do I want and need?" Give yourself permission to stop when you are starting to feel comfortably full.
9. Give yourself a formal "stopping signal" that your eating time is over when you are starting to feel comfortably full.
10. Position yourself with your back to the food table as you are eating. When you are done, try to remove yourself from that room.

## 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.

