

## Spring 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 April's meeting will also meet at the Broken Egg Cafe on Thursday, April 24th at 9:00 am on Ashford Dunwoody Rd. May's meeting will meet at Waffle House on 4532 Chamblee Dunwoody Rd. on Saturday, May 31st 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 bldg. 1117. The classes are Mon/Thurs 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

April's fitness outing will be a free beginner's tennis clinic on Sunday, April 27th at 2 pm at Hammond Park on 705 Hammond Drive in Sandy Springs. May's fitness outing will be Saturday, May 31st at 3 pm at the Silver Comet Depot Bicycle Shop located at 4342 Floyd Rd, in Mableton, GA. The ride will be about an hour long and you have the option of bringing your own bike as well. To R.S.V.P. and for more information on events, please contact the Nutrifit office at 770-395-7331.

### Free ANAD Eating Disorders Support Group

Now meets in room 145 at St. Luke's Church (1978 Mount Vernon Rd, Atlanta, GA 30338) from 10 - 11 am every Saturday. 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 770-395-7331.

### “Upcoming Sport Nutrition Talks for Runners”

Nutrifit will be offering the “In Training for the Peachtree Road Race” seminars.

The seminars will be available on the following dates

- May 3 at 8:30 am - Midtown (Ansley Mall) with Lauren Coheley
- May 6 at 8:30 am- Phidippides Sandy Springs with Page Love
- May 10 at 7:30 am - Sandy Springs (Abernathy) with Page Love
- May 13 at 7:30 am - Road Runner Sports/Buckhead with Carolyn Ballard
- June 7 at 8:30 am- Marietta (Woodlawn) with Nancy Anderson



## What About Salads?

Often those who are weight conscious feel choosing a salad is a healthy choice. However many times these salads are not providing enough complex carbohydrate energy or protein, especially if you are choosing this as a meal choice.

#### An appropriate salad should follow the following guidelines:

1. A balanced salad meal includes both a starch and a protein.
2. Starches toppings could include beans, corn, or croutons or a side of bread such as pita or garlic bread.
3. Protein may come from meat-based choices like chicken, beef, shellfish, and fish or plant-based sources like tofu or garbanzo or edomomme beans.
4. Choose a variety of vegetables for optimal nutritional balance, including tomatoes, carrots, cabbage, artichoke hearts, onions, avocado, mushrooms, peppers, cucumber, broccoli, celery, and cauliflower.
5. You can even add fruit like oranges, mandarins, grapes, apples, various berries, dried cranberries, and raisins.
6. Spice things up with such ethnic options as Asian sesame dressing, citrus-based dressings, and salsa. Try herbs including cilantro, parsley, dill, and ginger.
7. Choose a healthy fat source topping. If you're watching fat intake, choose a dressing made with vegetable oil and vinegar, like balsamic vinegar or Italian vinaigrette. Or, add such items as nuts, avocado, and olives as an alternative.

#### Here are some “sides” choices to order when having an entrée salad:

Dinner roll • Toast • Crackers • Edamame • Sweet or regular potato  
Black beans or black bean soup • Corn or Peas • Chickpeas



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## NUTRIFIT WELCOMES: Heather Hibben, RDN, LD



Heather has focused her professional practice on individualized nutrition, cancer prevention and co-treatment, and nutrition through the life cycle. She has advanced training in pediatric nutrition, adverse food reactions (allergy/intolerance), breastfeeding, and picky/problem eating. Heather also has a special interest in using nutrition to reduce inflammation and support optimal health while lowering the risks and ravages of chronic diseases. Heather understands that the reality of good nutrition lies in finding a balance between the science of nutrition and the art of living well. Nutrition is more than just numbers, symptoms, and medicine – nutrition is about taste, enjoyment and community. She joins our team so that she can help you achieve your balance.

Heather Hibben's qualifications and experience include:

- Registered dietitian with the Academy of Nutrition and Dietetics
- Summa cum laude science graduate in Dietetics from Life University
- Near completion of Master's program, with honors, through Colorado State University
- Engaging public speaker who has entertained and educated groups from all backgrounds
- Personal experiences with diabetes, cancer, picky eaters, and breastfeeding complications

## Our Dietician's Favorite New Products:

R.W. Knudsen Organic Tart Cherry Juice



Available at: Target

## Make a Meal Salad: Follow these Quick Recipe Ideas

### Asian Salad

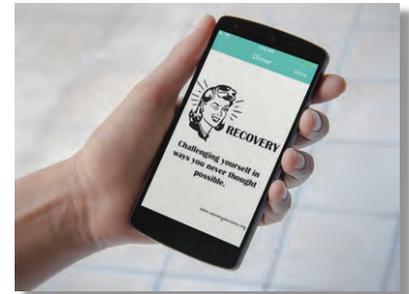
- 2 cups cabbage
- 1/8 cup toasted slivered almonds
- 3 ounces Chicken/Lean Pork
- 1 cup broken ramen noodles
- 2 tbsp Asian sesame dressing

### Salmon Spinach Salad

- 2 cups fresh spinach
- 4 ounces grilled salmon
- 2 tbsp fresh parsley
- 1/8 cup chopped onion
- 1/4 cup mandarin oranges
- 1/4 cup water chestnuts
- 2 tbsp raspberry vinaigrette dressing
- 1 toasted whole wheat pita (both sides)



## The Rise Up + Recover



Page Recommends: The Rise Up + Recover App:  
An Eating Disorder Monitoring and Management Tool  
for Anorexia, Bulimia, Binge Eating, and EDNOS  
Try it today!



## WALK N' TALK with RD this Spring!

"Walk and Talk" is the ideal option available for you this spring, giving you access to the expertise of a Registered Dietitian, while getting regularly scheduled exercise! "Walk n' Talk with the RD" sessions are similar in content to regular in-office meetings with your Nutrifit dietitian. You will receive the one-on-one attention, expert advice, and answers to your questions about nutrition, fitness, and health. The sessions are 30 to 45 minutes of walking in the fresh air which stimulates your cardiovascular system, increases energy levels and helps weight management. Call today to get motivated!