

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. Our June Breakfast Club will be June 18, 9:00 a.m., at Panera Bread in Dunwoody Village. In July we will meet Saturday July 11th at Chic-fil-A on Mt Vernon in Dunwoody 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 Thursday nights at 8:00 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

The next fitness event is a bike ride on Silver Comet Trail on June 13 at 4:00 p.m. (meet at the Bike Depot). July's fitness outing will be at Spalding Lakes neighborhood Pool for a Zumba style water aerobics Class by Marlene Colon on Sunday July 26 at 3 pm. Spalding Lakes Pool is located at 3880 Spalding Drive Atlanta, GA 30350. 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)

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, wishing to be involved in the recovery process. The group is led by both bulimia, and compulsive over eating, as well as families and friends with eating disorders.

For more information, call Nutrifit at 770-395-7331

Top Ten Super Fruits and Veggies

Fruit

1. Guava
2. Watermelon
3. Kiwi
4. Papaya
5. Grapefruit (Pink or red)



Vegetable

1. Swiss chard
2. Kale
3. Spinach
4. Collard Greens (frozen)
5. Brussels sprouts



Sabra- Roasted Red Pepper Hummus Chicken Recipe

1. Preheat oven to 450. Prepare a 9x9 or 9x13 baking dish with oil or cooking spray.
2. In a large bowl, toss the zucchini, squash and onion with olive oil until evenly coated. Season with salt and pepper.
3. Season the chicken breasts with generous pinches of salt and pepper.
4. Place sliced zucchini and onions on the bottom of the baking dish to form a base layer. Thinly slice the remaining lemon, and place the slices on top of the vegetables.
5. Place the four chicken breasts evenly on top of the vegetables, then cover each chicken breast with the hummus so that the entire breast is covered.
6. Squeeze the juice of one lemon over the chicken and vegetables. Then sprinkle the tops with smoked paprika (optional).
7. Bake for about 25-30 minutes, until the chicken is cooked through (165F-170F) and the vegetables are tender. Serve immediately.



Courtesy of Sabra.com



NUTRIFIT WELCOMES: Melissa Vigdor MS, RD, LD

Melissa Vigdor is a Registered Dietitian who earned her M.S. in Nutrition at Georgia State University. Her passion is improving children's health, and she will specialize in pediatric nutrition and wellness at NutriFit. Melissa enjoys providing nutritional guidance to children and their parents, enabling them to make healthy lifestyle choices. She works with clients and their families to address nutrition issues such as picky eating and over eating as well as other issues. Melissa uses a collaborative approach to set realistic and achievable goals for her clients. She has been working at NutriFit since 2012 and is excited to be joining the RD team.



Melissa's qualifications and experience include:

- B.S. in Communications from Boston University
- M.S. in Nutrition from Georgia State University
- Pediatric Internship at Children's Healthcare of Atlanta Egleston Campus
- After-School All-Stars Cooking and Nutrition Teacher for Middle Schoolers
- Academy of Nutrition and Dietetics Member

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

Our Dietitian's Favorite New Product

Sabra hummus and pretzel kit



SABRA.COM/WELLNESS-NUTRITION

Nutrifit Recommends- Harvest app

By Sean Murphy

Harvest is your guide to selecting the freshest, ripest, healthiest and best-tasting produce.

Whether it's knocking on watermelons, smelling pineapples, squeezing avocados, or examining the color of peaches, you'll always know the best approach.

Open iTunes to buy and download apps.

<https://itunes.apple.com/us/app/harvest-select-best-produce/id320650307?mt=8>



How Well Are you Doing on Your Hydration?

- Drink 8 to 16 ounces water-based beverage (water, juice, milk) with every meal and snack
- Alternate non-caffeinated beverages between caffeinated beverages throughout the day
- Set a reasonable limit on coffee intake (for instance, 1 to 2 cups per day)
- Try carbonated calorie-free fruit flavored waters and dilute juices with water
- Pre-hydrate before sports training with 2-3 cups of fluid within 2 hours before activity
- Keep a water bottle with you at all times (freeze overnight so it stays cool during the day)

AM I HYDRATED?

Urine Color Chart

1		
2		If your urine matches the colors 1, 2, or 3, you are properly hydrated.
3		Continue to consume fluids at the recommended amounts.
4		If your urine color is below the RED line, you are
5		DEHYDRATED and at risk for cramping and/or a heat illness!!
6		YOU NEED TO DRINK MORE WATER!
7		
8		

WALK N' TALK with RD this summer!

"Walk and Talk" is the ideal option available for you this summer, 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!

