



THE WELCH FAMILY

Debbie, Peter & Erin / Roswell

Page Love of NutriFit Sport Therapy has given Debbie and Erin little tricks to help make their healthy eating changes easier. Most of the tricks also promote family time, such as weekly shopping trips to the grocery store to plan healthy meals and keeping a food diary. Love recommends more vegetables and alternatives to cookies and chocolate to help curb Erin's sweet tooth: Health Valley Oatmeal Raisin cookies and Clif Bars. The family also received snack ideas and hints for eating out.

Just as they suspected, the hardest part for the Welch family is still planning. "Page, our nutritionist, was able to give us some healthy tips for eating out," says Debbie. "And we've

been following her suggestions. We are getting better, though."

The easiest part for the family has been the support of friends and family, particularly at Erin's school, Mill Springs Academy. "She has had teachers, staff and fellow students talking about how proud they are of her," notes Debbie. "As a matter of fact, her best friend has worked out with her and wants to support her by going to classes at Imagym with us." Erin's teachers have also allowed Debbie to take healthy snacks into the classroom, which helps all the kids make better food choices and gets Erin excited.

Debbie and Erin have both noticed that their clothes are fitting better. "As far as attitude, we are not depriving ourselves, but we are substituting fruit for fries and cool wraps for



fried nuggets with a minimum of bad attitude!" says Debbie.

■ **Get Fit Partners:** *The Welch family is working with registered and licensed dietitian Page Love at NutriLove in Dunwoody. Their fitness partner is Imagym Kids Play and Fitness in Sandy Springs.*