



Winter 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. This 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 to push through food fears with peer support. Meetings are every other Thursday or Saturday of the month from 8:30 to 9:30 a.m. The January and February meetings will both be at 9 a.m. at Chick-fil-a (770-522-8755), 1145 Mount Vernon Hwy., Dunwoody. January's meeting will be on Saturday, the 15th. February's meeting will be Thursday, the 17th.

Yoga is Now at Nutrifit!

Nutrifit now offers a yoga group at our office building fitness center. The class is in the exercise studio on the ground floor of building 1117. The class is on Thursdays at 7:15 p.m. The cost per class is \$10. If you are interested, please R.S.V.P. by calling our office at 770-395-7331.

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

Have a blast hula-hooping your way to better health! Did you know that gyrating your hips strengthens your entire core? Saturday, January 15th at 4 p.m., Page Love will lead a hula-hoop fitness class. The class will be held at our office buildings fitness center on the ground floor of building 1117. Bring your own hula-hoop and have some fun! Our next fitness outing will be Pilates on Thursday, February 17th at 7:15p.m. The class will led by Nancy Henry who is certified in Power Pilates. The class is in the exercise studio on the ground floor of building 1117. This is a **FREE** outing.

ANAD GROUP HAS A NEW LOCATION AS OF 10/2!

Free ANAD Eating Disorders Support

(Assoc. for Anorexia Nervosa and Associated Disorders) ANAD will now meet at St. Luke's Presbyterian Church (1978 Mount Vernon Rd, Atlanta, GA 30338) from 10 to 11 a.m. 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 info, call Nutrifit at 770-395-7331.

NUTRIFIT DAILY "STICKY NOTE"

NOTE PADS ARE HERE!

These daily reminders are a good way to stay focused and motivated on your way to better health.

The cost is only .50¢ per note pad.



NUTRIFIT'S FOOD AND ACTIVITY JOURNALS ARE HERE

Our journals allow you to easily track your daily eating and exercise. They conveniently fit in your check book cover. Nutrifit Food and Activity Journals are only \$5 each.



EDUCATIONAL RESOURCES AVAILABLE

Get expert handouts with timely nutrition tips. Contains many original fact sheets and questionnaires on a variety of nutrition topics. See below for a sampling of topics.

- ♦ Decreasing Food Obsessions
- ♦ Body Image
- ♦ Weight Management Section
- ♦ Menu Planning
- Weight Loss & Weight Gain
- General & Vegetarian
- ♦ Sports and Female Athletes Tip Sheets

Each handout is \$10, or choose any 5 for \$30, any 10 for \$50. To order, visit <http://nutrifitga.com>. On the website, you will be able to view sample handouts.



Introducing MealLogger.com

You can now track your meals using www.meallogger.com. MealLogger is a visual food journal that allows you to connect with and get guidance from nutrition professionals. Create your meal journal from pictures taken with a digital camera or cell phone. MealLogger is a new service, where you can create a food journal from photos that you take of your meals. You will get individualized feedback and guidance directly to your journal from your registered dietitian. MealLogger has a \$15 monthly fee. See our website for more information.

NEW YEARS GOAL SETTING

1. What was your biggest nutritional accomplishment of last year?
2. What are some other health goals you would like to accomplish?
3. What is your long term goal for this year?
4. Pick one realistic goal/accomplishment to focus on in the next month?
5. What are some smaller steps you can take over the next few weeks to accomplish this goal? (i.e. specific food/behavior goals)
6. What support factors will keep you on track over the next few weeks? (i.e. keeping a food journal, emailing Page, attending a support group, etc.)



HOLIDAY EGGNOG

- 2 1/3 cups of low-fat milk
- 1 (8-ounce) carton frozen egg substitute, partially thawed
- 1/4 cup sugar
- 1 teaspoon vanilla extract
- 1 teaspoon rum flavoring
- 1/4 teaspoon ground nutmeg (reserve half for topping)
- 8-10 ice cubes



Combine all of the ingredients in an electric blender; cover and process until smooth. Pour into small glasses and sprinkle with reserved nutmeg. Serve immediately. Makes: 5 (1/2 cup) servings.

STOP BODY JUDGEMENT

Are you negatively judging your body? **Do less of the following:**

- Standing in front of the mirror.
- Pinching fat.
- Weighing yourself daily.
- Comparing your body to others, i.e. friends, relatives, siblings.
- Comparing your body to models/actresses in magazines and on T. V.

- Negative talk/criticism about your body.
- Judging the clothing size that you wear.

Write down one positive body statement per day:

Dealing with Food, Weight and Body Image

Page Love, MS, RD, LD, CSSD

1. Don't talk negatively about your body! Negative talk breeds negative feelings. Even if you're striving to improve your body composition, try not to verbalize negative thoughts—remember the power of positive thinking!
2. Don't weigh yourself regularly. Our body weight fluctuates daily, and you will drive yourself crazy keeping track of day-to-day changes. Don't set your mood or evaluate yourself according to the scale!
3. Don't deprive your body. Eat in regular intervals, at least every 3-5 hours. Your body needs fuel continuously to function and to last longer!
4. Make sure to use the performance food pyramid guidelines as a base. Don't cheat yourself on the key energy foods, especially grains and fruit. Eat at least 8 servings/day or 4 cups from complex carbohydrate foods such as breads, cereals and grains, and at least 4 servings or 2 cups of fresh fruits or juices.
5. Hydrate with at least 10-12 cups of non-caffeinated fluids per day, but don't over-hydrate—excess fluid can actually dilute your body's electrolytes.
6. Eat breakfast every day! After 10 to 12 hours without food, your body needs fuel to get the day started and rev up that metabolism. Especially sources of complex carbohydrates and dairy to start the day and help prepare you for early morning!
7. Provide the building blocks of protein daily to maintain muscle and organ mass. You need 6-9 ounces per day of protein sources like turkey, chicken, fish, and lean red

meats. If you choose to eat vegetarian meals, alternative protein options include soy meat alternatives, tofu, beans, eggs, and peanut butter.

8. Take in at least a tablespoon of vegetable fat daily. Vegetable fats include olive oil or olives, nuts, salad dressings, avocado, and mayonnaise. This will actually help raise your metabolism by lubricating your digestive system as well as serve as secondary energy sources. These fats also help you absorb important antioxidant vitamins like A and E.

9. Make sure you are getting enough calcium and iron. If you are not consuming at least two 1-cup servings of dairy per day, take a calcium supplement (targeting 1000 mg calcium per day). Also, if you are not a meat eater, your iron may be low, so take a multivitamin with the minimum daily dose of iron (females 15 mg/day, males and children 10mg/day).

10. Surround yourself with healthy food and optimal weight examples. Be a critical viewer of the media. Avoid or limit exposure to unhealthy images and messages, such as typical fashion magazines. If a fast food commercial makes you crave a burger and fries, grab some carrots instead! Spend less time focusing on food and weight—focus instead on your true passions in life!

PREPARING FOR SOCIAL EATING AND PARTIES:

- Don't arrive hungry—snack before, even if it's a piece of fruit
- It's OK to save up a little fat or protein before the dinner, but not to the extreme of avoidance
- Look over all the available options and make a plan for the meal
- Allow at least a small serving of the appetizer if it is offered
- Allow at least one bite or one small serving of dessert
- You may need to allow for missing foods when you get home
- Eat slowly and take pauses in order to recognize fullness
- Give yourself a signal to stop when you are full like brushing your teeth
- Once you are done, remove yourself from the food area or move slightly away and turn back