

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 support group offers a time to work on eating and making balanced choices. You'll meet with Page Love, MS, RDN, LD, who will provide coaching to help you ease through food fears with peer support. Meetings are once per month. July and August meeting will be at Cafe Intermezzo located on 4505 Ashford Dunwoody Rd on Saturday, July 14th at 9:00 AM. August meeting will Thursday August 16 be at the Perimeter Panera Bread at 4351 Olde Perimeter Way at 9 am. Please RSVP by calling the NutriFit office at 770-395-7331.

Yoga is Now at Nutrifit!

NutriFit now offers a gentle 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 Tuesday 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

NutriFit Sport Therapy's "Fit for Life" fitness group will be meeting for a Zumba style Aqua Fusion Water Aerobics class at the Spalding Lakes Pool located at 3880 Spalding Lakes Drive in Dunwoody, 30350 on Sunday, July 15th at 2:00 PM. You can RSVP by contacting the NutriFit office at 770-395-7331 if you are interested in attending. We hope that you can join us as we continue to stay Fit for Life!

The August Outing will be a fun new experience with trampolines fitness. We have been hearing how fun the trampoline workouts are. Come and check this fun new fitness experience out especially if you have orthopaedic issues and need to have less weight bearing activities. We will go to SKYZONE Trampoline Park in Roswell on Saturday, August 18th at 4 pm: 1425 Market Blvd Ste 100-A Ste 100-A, Roswell, GA 30076

You can RSVP by contacting the NutriFit office at 770-395-7331 if you are interested in attending. We hope that you can join us as we continue to stay Fit for Life!that you can join us as we continue to stay Fit for Life!

Free ANAD Eating Disorders Support Group (Assoc. for Anorexia Nervosa and Associated Disorders) ANAD

Now meets in the Senior High Room, upstairs in room 207, at St. Luke's Presbyterian 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 all types of disordered eating, wishing to be involved in the recovery process. The group is led by professional facilitators and is for anorexia, bulimia, and compulsive and emotional over eating, as well as families and friends with eating disorders.

Nutrifit in the Tennis and Fitness News

- page continues to work with the USTA Sport Science Committee and will help in guidance for the Player Development program
- Page was a contributing author for the Gurze Eating Disorders online newsletter, check out her article about how to fitness professionals can work with exercise and eating disordered clients at: <https://www.edcatalogue.com/top-ten-things-personal-trainer-know-working-eating-disorders/>



- Page is serving as the sport dietitian for the ATP at the DC City Open again this July
- Page was a co-author for a chapter for an international sport science book by Springer on tennis sport medicine that will be published in August



New Assessment Technology Now at Nutrifit

Nutrifit has newly acquired the latest in body composition and hydration testing technology: The SECA Body Composition Analyzer. We are offering individual sessions at a new introductory rate of \$55 through Groupon, normally \$100. Add-on price for the SECA measurement to your initial session will be \$40. This is both a body composition assessment and hydration baseline measurement and provides a calculation of your caloric needs and body composition goals.

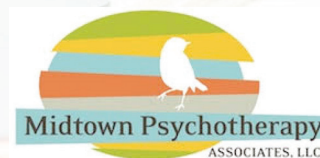


Page Love Now Seeing Clients in MidTown/Buckhead

We are excited to announce that Page will be offering her nutrition counseling services in the South Buckhead/Midtown area starting Jan. She plans to be there regularly on Thursday afternoons. If this location is closer for you and you would like to make an appointment with Page at this location please let us know by calling our regular number: 770-395-7331.

These appointments will still be processed thru Nutrifit. We are just expanding our location offerings and joining forces with a psychotherapy practice we are sharing clients with, Midtown Psychotherapy.

Midtown Psychotherapy Associates, LLC
1708 Peachtree Street, Suite 530
Atlanta, Georgia 30309
www.midtownpsychotherapy.org



Meet Page Love, RD

Page Love, MS, RD, CSSD, LD, is a leading nutrition expert and owner of Nutrifit.

As a sports nutrition and eating disorders expert, she has worked with professionals, collegiate teams, and individual athletes. Clients have included the Atlanta Ballet, The Atlanta Braves, the U.S. Tennis Association, WTA and ATP international tennis tours and U.S. Figure Skating Association. Additionally providing individual and group counseling for disordered eating, she works with programs such as the National Eating Disorders Association, Eating Disorders Information Network, and The Renfrew Center, Eating Recovery Center, and Veritas Collaborative.



Page is an outstanding public speaker as well as assists reputable nutrition-oriented companies as a media spokesperson. Nutrifit also provides corporate wellness programs, continuing education for health professionals, and state-of-the-metabolic assessments.

Her credentials include being a registered dietitian and certified specialist in sports dietetics with the Academy of Nutrition and Dietetics. Page is consulted by media locally and nationally and has been featured as an expert by programs/publications such as *CNN's On the Menu* and *Headline News*, *Good Day Atlanta*, *Women's Sports Illustrated*, *Tennis Magazine*, *People Magazine*, *USA Today*, *WSB Radio*, *Z93 Radio*, and *Fox News Magazine*, *People Magazine*, *USA Today*, *WSB Radio*, *Z93 Radio*, and *Fox News*.

Our Dietitian's Favorite Food Product : Ready to eat quinoa bowl with artichoke and pepper topping from Kitchen and Love

Available for purchase at Target Super Stores



Top Five Nutrition Tips for Busy On the Go Summer Schedules

- Establish a routine.** Try to rise early enough to ensure you are able to consume a healthy breakfast at a reasonable time. This will help set the pace for the day. Getting breakfast in at a reasonable time will help you remain on track for the rest of the day and keep you from missing vital nutrients. For example: Breakfast by 10 am; Lunch by 2 pm; Dinner with the family at the normal time
- Adhere to a meal plan to ensure you are receiving adequate nutrition. Monitor your progress daily via apps, written journal if necessary, or even a picture journal.
- If you miss a scheduled snack, eat a protein-carbohydrate combination to help get you back on track. Having the snacks and fluids on hand will also help you stick to your meal plan and help you avoid practicing bad habits such as eating larger portions or skipping meals.
- If you are active in sports or have a summer camp or job that will keep you busy or active for long periods of time, pack healthy snacks for both pre and post sports fueling. For example: energy bars and chocolate milk. Remember to practice proper hydration.
- Remember to hydrate well and drink until your urine is light yellow. Keep a cold-water bottle or sports beverage with you if you are in the heat. Most teens need 60-80 oz of hydrating fluids per day. What counts as a hydrating beverage?
 - water
 - juice
 - sport beverage
 - milk
 - yogurt drinks
 - veggie juice
 - smoothies
 - decaf tea, soda, coffee

Snacks on the Go

- canned beans
- dehydrated fruit mangos
- dried fruit leathers or gummies
- pouches (fruit/vegetable combination)
- quinoa (instant kind)
- snack cups
- oatmeal cups
- peanut butter crackers
- pretzels (individually packaged)

Some brands to look for:

- Archer Farms nut bags
- Bare organic snacks
- Clif nut-filled bars
- Harvest Snaps
- Jif bars
- Nature's Bakery Fig Bar
- Power Cakes
- RX Bar

Page Love, Nutrifit President, and Lesley Amica, Nutrifit Summer Intern

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Nutrifit Featured Recipe for Your Summer Grilling: Page's Turkey Sliders

*Recipe makes 8 sliders

Ingredients:

- 1 lb raw ground turkey breast meat
- 1 tsp salt
- 1 tsp black pepper
- 1/2 cup egg whites (made from whites from 4 eggs)
- 1/4 cup breadcrumbs
- 1 package or wheat dinner rolls

Coleslaw topping ingredients:

- 2 oz Raw coleslaw cabbage mix
- 2 oz Raw purple cabbage mix
- Or 4 oz of Cruciferous Crunch Collection from Trader Joes
- 1/2 red onion or Vidalla onion chopped
- 1/2 red pepper chopped

Directions:

Wisk together egg white mixture, salt, and black pepper in a large mixing bowl.

Then add in raw ground meat (thawed) with bread crumbs into mixture above.

Form the burgers in 2 ounce patties, or 1/4 cup, approximately the size of 1/2 of a woman's palm.

Cook the turkey burgers on a grill or on a nonstick pan coated with canola oil until cooked all the way thru and no longer pink the center, approximately 5-7 minutes, 2-3 min each side; They will cook faster if you put a lid on your cooking pan. If cooking on a grill, cooking time will be approximately 2 minutes per side of each burger

Separately mix the coleslaw (2oz from each bag of each type) in a large mixing bowl with the chopped onion, red pepper, and carrot with apple cider, lime juice, canola oil and honey.

After the burgers are done being cooked, you can optionally put 1/2 tsp. honey mustard or barbeque sauce or 1/4 avocado slice on the bottom bun before placing the slider on the bottom bun. Then spoon approximately 1/16th to 1/8th cup of the cabbage salad mixture on each slider and place top bun on top until ready to serve and placing top bun on the burger.

*You can also lightly toast the buns before assembling the sliders for crispier finish!

- 1/2 large carrot chopped or shredded
- 2 Tbsp apple cider vinegar
- 1 Tbsp lime juice
- 1 Tbsp canola oil; additional canola oil will be needed if you cook in a pan on the stove
- 1 Tbsp honey
- Optional toppings to consider as toppings on other side of bun: Pick one of these or mix it up
- 4 Tbsp Honey mustard salad dressing (1/2 tsp per slider)
- Sweet barbeque sauce (1/2 tsp per slider)
- 2 avocados (1/4 per slider)



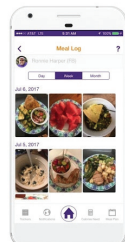
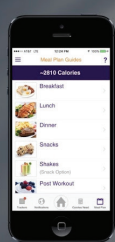
APP Central

Eat 2 Win - Sports Nutrition

Meal Plan Guides

Large Variety of Customized Meal Plans Options

- All Ages and Abilities
- Plans from 1200 to 6000 Calories
- 12,000+ Healthy Restaurant Options
- Vegan and Vegetarian Options



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!

