

Activities and Ongoing Programs for Nutrifit

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, RD, who will provide coaching to help you ease through food fears with peer support. Meetings are once per month. February Breakfast Club will be Wednesday on Feb. 22nd at IHOP on Roswell Road in Sandy Springs at 9 am. March breakfast club will be at the Flying Biscuit restaurant on Roswell Road in Sandy Springs Saturday, March 11th at 8:30 am. Please RSVP 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 Monday nights at 8:00 pm. The cost per class is \$10. Contact Nutrifit at 770-395-7331 to RSVP as evenings alternate on a given week.

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

March's fitness event will return outside where we will meet down at the Chattahoochee River on Saturday March 11th for a mindful spring walk at 4pm. We will meet at the Powers Ferry Landing location off of Northside Parkway exit off of 285 at 3 pm. and do the 3 mile river walk loop. Come and enjoy the beginning of spring weather with us! RSVP directly to Nutrifit at 770-395-7331.

Nutrifit Sport Therapy and FLOW Training will be hosting a Mindful Movement and Fueling fitness outing at 1117 Perimeter Center West Conference Room on Saturday Feb. 25th at 3 pm. This workshop alternates hydrating and fueling experiences with various mindful movement exercises for connection, awareness, nourishment and fun! We'll practice a blend of gentle and grounded yoga postures followed by strengthening and rhythmic exercises to experiment with grounding, body awareness, and intuitive movement. We will close with a recovery fueling exercise and circle time for discussion. Attendees will have a chance to process their reaction to this combination of experiences with both Page Love, a registered and sport dietitian, and Caroline Gebhardt, a registered yoga teacher. No yoga/fitness experience necessary, every body is welcome! Please bring a yoga mat, and wear comfortable clothing. Please R.S.V.P. and/or direct questions to NutriFit Sport Therapy at 770-395-7331 or FLOW Training at 404-210-6752. We welcome donations to help support EDIN, the Eating Disorders Information Network.

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

Upcoming Presentations



Nutrifit will be hosting the Movement and Fueling Workshop as part of this event on Sat. February 25th from 3-4:30pm.

Page will also be hosting a "Running on Empty" Panel for personal trainers and fitness professionals Sun. on Feb 12th at 1:30 pm at the Interfusion Fitness in Brookhaven

Vegetarian Quinoa Chili with Kale and Red Beans

Ingredients:

- 1 tablespoon ghee, or butter, or olive oil
- 1 medium onion, diced
- 1 red pepper, diced
- 2 cloves garlic minced
- 1 1/2 teaspoons of ground cumin
- 1 teaspoon dried oregano
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon cayenne
- 1 teaspoon salt
- 1 cup of water
- 3/4 cup quinoa, rinsed with warm water
- 1 cup corn, fresh or frozen
- 1 cup tomato sauce
- 1 cup kidney beans, rinsed
- 1 small bunch of kale, destemmed and coarsely chopped

Instructions:

In a large sauce pan, heat olive oil over medium low heat. Add the onion, bell pepper, garlic and spices and sauté until softened, about 5 minutes. Stir in the water, quinoa, corn, tomato sauce. Bring to a boil then reduce heat to low and simmer for 20 minutes. Add the beans and kale and simmer for an additional 5 minutes, or until kale has softened



Meet Denice Vance, MS, RD, LD, CLC

A Registered and Licensed Dietician, Denice Vance provides individual nutrition therapy through Nutrifit Sport Therapy, Inc. Denice specializes in assisting clients with needs relating to general health and wellness, weight management, maternal nutrition, pediatric nutrition, and sports nutrition. Denice Vance's qualifications and experience includes:

- Individual client counseling on a variety of topics including general health and wellness, weight management, maternal nutrition, pediatric nutrition, and sports nutrition
- Bachelor's Degree in Nutrition from Georgia State University and a Master's in Health Sciences Degree with a Sports Nutrition concentration from Georgia State University
- USATF Level 1 Certified Track and Field Coach
- Certified of Training in Adult Weight Management
- Certified Lactation Counselor
- Previous consulting experience includes dietician for the Southwest Georgia Health District's Centering
- 5 years as a Public Health Nutritionist /Dietitian providing nutrition assessments and counseling to participants on the Special Supplemental Food Program for Women, Infants, and Children
- Former consulting dietitian with Unlocked Fitness and the Community Safety & Wellness Syndicate
- Recently became certified for Strong4life from Children's Hospital



Nutrifit's Recommended Product: Amy's Soups



Nutrifit's Shopping Instagram Account

Check out new Instagram Account [nutrifood_pagelove](#)



We are posting pictures daily of new foods we recommend to add to your shopping list.

We have weekly themes of categories of foods and then pictures of products that we encourage you to try out. This should help you vary your intake and increase the nutrient density in your diet.



Top 5 Steps for a Positive Body image

One list cannot automatically tell you how to turn negative thought into positive image, but it can introduce you to healthier ways of looking at yourself and your body. The more you practice these new thought patterns, the better you will feel about who you are and the body you naturally have.



1. Appreciate all that your body can do. Everyday your body carries you closer to your dreams. Celebrate all of the amazing things your body does for you- running, dancing, breathing, laughing, dreaming, etc.
2. Keep a top-ten list of things you like about yourself-things that aren't related to how much you weigh or what you look like. Reset your list often. Add to it as you become aware of more things to like about yourself.
3. Remind yourself that "true beauty" is not simply skin deep. When you feel good about yourself and who you are, you carry yourself with a sense of confidence regardless of whether you physically look like a supermodel. Beauty is a state of mind, not a state of your body.
4. Look at yourself as a whole person. When you see yourself in the mirror or in your mind, choose not focus on specific body parts, see yourself as you want others to see you as a whole person.
5. Surround yourself with positive people. It is easier to feel good about yourself and your body when you around others who are supportive and who recognize the importance of liking yourself just as you actually are.

nationaleatingdisordersassociation.org

Nutrifit Favorite New Tool

The First Portable & Connected Gluten Sensor

NIMA
nimasensor.com



As seen in Today's Dietitian Magazine

Nutrifit Recommended App



Overcome negative thoughts and build positive resilience with happify app., Go to www.happify.com to learn more

www.happify.com

