

## 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. May breakfast club will be at the Egg Harbour Cafe on Roswell Road in Sandy Springs Saturday, May 20<sup>th</sup> at 8:30 am and on June 15<sup>th</sup> at 9am. 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

Nutrifit Sport Therapy's "Fit for Life" Fitness Group Outing for May will be a scenic hike up Stone Mountain on **Sunday, May 21st at 3:00 PM**. We will meet on the east side of the mountain at the train station behind the confederate museum. 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!

You can visit <http://www.stonemountainpark.com> for directions and additional park information.

Nutrifit Sport Therapy's "Fit for Life" fitness group will be meeting at The Silver Comet Depot Bicycle Shop on **Sunday, June 18th at 3:00 PM**. for a bike ride. The bike rental is located at 4342 Floyd Road, in Mableton, GA. The ride will be about an hour long and you have the option of bringing your own bike as well as renting one. 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!

For more information and directions to the bike shop, please visit <http://silvercometdepot.com/>

### 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

## Nutrifit In The Tennis News



- Page was honored to be the dietitian for the Australian Open for the WTA in January
- Page is being featured in both ALTA Net News with a regular quarterly column, check it out at: <http://www.netnewsmag.com/>
- Page has the honor of serving as the dietitian for the WTA at the Madrid Open this upcoming May!



## Simply Roasted Artichokes

### Ingredients:

- 4 large whole artichokes, top cut 1 inch and stems removed
- 1/4 cup fresh lemon juice
- 1/4 cup olive oil
- 2 cloves garlic minced
- 4 cloves garlic, cloves peeled and crushed
- kosher salt

### Instructions:

1. Preheat oven to 425 degrees F (220 degrees C).
2. Place artichokes stem-side down in a bowl and drizzle with lemon juice.
3. Slightly separate the artichoke leaves with your hands.
4. Insert a knife blade into the center of each artichoke to create a garlic clove-size space.
5. Drizzle each artichoke with olive oil.
6. Press 1 clove of garlic into the center of each artichoke and season with salt.
7. Tightly wrap each artichoke twice with heavy-duty aluminum foil.
8. Place in baking dish and bake in the preheated oven until sizzling, about 1 hour 20 minutes



Recipe is courtesy of Allrecipes.com

## Page Love, MS, RDN, CSSD, LD

Page Love, MS, RDN, CSSD, LD, is the owner of NutriFit, Sport, Therapy, Inc. As a sports nutrition expert, she has worked with professionals, collegiate teams, and individual athletes. Recent clients include the Atlanta Ballet, The Atlanta Braves, the U.S. Tennis Association, 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-art 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.

## Our Dietician's Favorite New Products:

**SPROUT**  
Organic Foods

Sprouts Fruit and Veggie Pouch



Available in all grocery stores in the shelf-stable-fruit section

## Nutrifit's Grocery Shopping Instagram

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 Ten Ways to Increase Your Veggies

### Quick Vegetable Ideas

"Eat your vegetables!" We all know it's important to get a healthy amount of vegetables daily (USDA guidelines say most adults should be getting 3 cups per day). Here are some tips for getting vegetables into your eating routine!

1. **Make V8® juice, V8 Splash®, or tomato juice one of your drink choices**
2. **Add lettuce and tomato to a sandwich**
  - Or, try to eat a whole tomato on the side
3. **Eat raw vegetables as sides**
  - Cherry tomatoes or grape tomatoes
  - Baby carrots
  - Celery sticks
  - Sugar snap peas
  - Cucumber spears
4. **Have salsa or roasted vegetable dip with chips as a snack**
5. **Add tomato sauce to a meal**
6. **Try soup with lots of vegetables in it**
7. **Add vegetables to pizza, lasagna, or spaghetti; to other pasta meals; to mashed potatoes; to chili; etc.**
8. **Bake zucchini or carrot bread**
9. **Choose a quick raw vegetable snack**
10. **Try a vegetable smoothie, for example, fresh carrot juice**

Here are some of the best choices of nutrient-dense vegetables:

Spinach	Broccoli	Asparagus	Boston or Bib Lettuce	Peas
Sweet potato	Sweet Potato	Potato	Green pepper	Okra
Red pepper	Red Pepper	Cabbage	Red Cabbage	Snow peas

## Walk 'n' Talk with the RDN this Spring!



We are offering a new way for you to access the expertise of a Registered Dietician, while getting regularly scheduled exercise!

"Walk 'n' Talk with the RD" sessions are similar in cost and content to regular in-office meetings with Page Love, MS, RDN, LD. You still receive the one-on-one attention, expert advice, and answers to your questions about nutrition, fitness, and health.

These sessions, though, have the added benefit of a 30- to 45-minute walk in the fresh air, which stimulates your cardiovascular system, increases energy levels, helps with weight management, and has many other proven benefits. If you have ever wanted the motivation and discipline of an appointment to walk, these sessions are for you!

Call today to schedule your "Walk 'n' Talk with the RDN" sessions!

## Nutrifit New Body Image App: Good Blocks



Now, this is an app that covers more than body positivity. Rather, it's a tool to gain overall peace with oneself in the following areas: self-esteem, body image, social anxiety, and mood. Through a series of games, Good Blocks teaches readers to discern positive from negative thoughts. Users can then make the active choice to banish negative thoughts, and learn to feel more comfortable in their own skin.

<https://play.google.com/store/apps/details?id=air.com.samuramu.mindflex&hl=en>