

## Activities and Ongoing Programs for Nutrifit

### Become a Breakfast Club Regular

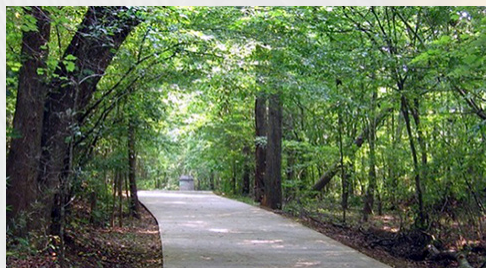
The Breakfast Club is FREE for anyone who struggles to eat a healthy breakfast on a regular basis. The monthly meal support group offers a time to work on eating and making balanced choices. You'll meet with Page Love, MS, RDN, LD, who will provide coaching to help you ease through food fears with peer support. Meetings are once per month. December and January's meetings will be on Thursday, December 13th and Saturday, January 10th at 9:00 AM at La Madeleine's Perimeter Location. 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 FREE and one time per month on the second Tuesday of the month at 8:00 pm. Please bring your own yoga mat. Contact NutriFit at 770-395-7331 to R.S.V.P. as evenings alternate on a given week.

### Nutritfit Sport Therapy's Free "Fit for Life" Outings

Ready to party?! Get ready for NutriFit Sport Therapy's "Be Fit for Life" Zumba class this January! Our fitness group will be meeting for this fun Zumba class on Sunday, January 20th at 4:00 PM. The class will be held in the exercise room of our office building's fitness center. It is on the ground floor of Building 1117. 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!



## 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, wishing to be involved in the recovery process. For more information, call NutriFit at 770-395-7331.

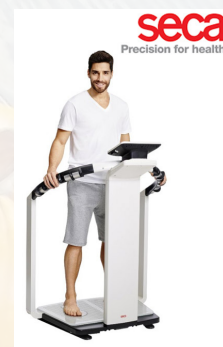
## Nutritfit in the Tennis and Fitness News



- Page was just reappointed 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 disodered clients at: <https://www.edcatalogue.com/top-ten-things-personal-trainer-know-working-eating-disorders/>
- Page was a co-author for a chapter for an international sport science book by Springer on tennis sport medicine that will be published this Fall.
- Page and Nancy have been writing bi-monthly articles for ALTA Net News Magazine. Check out the latest article on Sport Nutrition Lunch Box Tips at: [www.netnewsmag.com/articles/10-mindful-eating-tips-to-avoid-gaining-holiday-pounds/](http://www.netnewsmag.com/articles/10-mindful-eating-tips-to-avoid-gaining-holiday-pounds/)

## 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/Buckead

We are excited to announce that Page is offering her nutrition counseling services in the South Buckhead/Midtown area. 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](http://www.midtownpsychotherapy.org)



## Nancy Anderson, MPH, RD, LDN, CSSD

Nancy, a registered dietitian (RD), holds Bachelors and Masters degrees in Public Health Nutrition from the University of North Carolina - Chapel Hill. She is also board-certified in sports nutrition (CSSD) and licensed in the state of Georgia. Nancy has worked in the field of nutrition for more than 20 years, with special interests in weight management, sports nutrition, eating disorders, worksite wellness, and restaurant consulting. She is an avid runner, mother of four, and self-proclaimed foodie.



### Our Dietitian's Favorite Food Product: Ready to eat Butternut Squash Vegetable Spirals from Green Giant



### Nutrifit Featured Recipe for Your Blender: Buckwheat Pumpkin Pancakes

#### Ingredients:

- 1 cup Buckwheat flour
- 1 cup pumpkin puree (not pumpkin pie filling)
- 1 cup milk or milk alternative
- 2 lg. eggs
- 2 tbsp. canola oil
- 2 tbsp. pure maple syrup
- 2 tsp. pure vanilla extract
- 1/2 tsp. apple cider vinegar (or substitute 1 tbsp lemon juice)
- 1/2 tsp. baking soda
- 1/2 tsp. kosher salt
- 1 tsp. ground cinnamon
- 1/2 tsp. ground ginger\*
- 1/4 tsp. ground nutmeg
- 1/4 tsp. ground cloves



**Directions for recipe:** To a high-powered blender, add the buckwheat flour and pumpkin puree, then pour milk over the top so that the flour is moistened. Add the remaining ingredients: eggs, oil, maple syrup, vanilla, apple cider vinegar, baking soda, salt, sugar, and spices. Blend until combined, stopping to scrape down the sides of blender once or twice. Heat a large skillet or griddle over medium-low heat. (low and slow is key to cooking these pancakes to ensure they cook through and don't burn.). Lightly coat the griddle with cooking spray or small amount of oil. When pan is hot, add 1/4 cup batter for each pancake onto the griddle. Let cook until the edges of the pancakes look dry, about 3 minutes. (Bubbles will not form on top.). Flip pancakes and cook an additional 90 seconds, or until the other side is golden. Serve immediately or keep warm until ready to serve.

\*You can substitute the ginger, nutmeg, and cloves with 1 tsp. pumpkin pie spice.

These are delicious topped with warm sautéed apples or cranberry compote!

Source: <https://www.wellplated.com/health-pumpkin-pancakes/>

### Seasonal Produce to Add to Your Sport Performance Plate

By Page Love, MS, RDN, CSSD LD; Nancy Anderson, MPH, RDN, CSSD, LD and Chelsea Stephens, Dietetic Intern, Wellness Workdays

You can work on your sport nutrition routine for your sport game any time of year. This time of year we encourage you to take advantage of fall/winter produce options to get an antioxidant punch to your performance routine. Check out these key produce items and how you can use them for pre- or post-sport play to enhance your performance and your health!

**Pumpkin:** Pumpkins are extremely beneficial to athletic performance and recovery. The high potassium content in pumpkins is essential for our heart health and skeletal systems

Pre-workout: 1/2 cup of pumpkin puree in oatmeal

Post-workout: 1/2 cup of pumpkin puree in protein shake

**Beets:** Research suggests that nitrates in beets can improve performance, endurance, and heart proficiency in athletes.

Pre- or Post-workout: "Beet and Berry Smoothie" 1 cup frozen berries (blueberries), 1/2 cup raw beets, banana, hemp/chia/flax seeds, spinach/kale, 1/2 cup unsweetened almond milk/Greek yogurt. Enjoy!

**Sweet Potato:** The potassium and magnesium in sweet potatoes can help prevent muscle spasms from occurring during your athletic endeavors.

Pre- or Post-workout: "Sweet Potato Rounds" Slice potatoes into 1/2 in rounds. Toss in olive oil and seasoning. Bake until golden brown. Enjoy!

**Pears:** Pears provide beneficial antioxidants, flavonoids, and dietary fiber to reduce inflammation and improve recovery time from intense exercise.

Pre-sport: Try a pear salad with gorgonzola or goat cheese as a side with your sandwich before you play

Post-sport: Blending one cup of your favorite fruit (pears) with protein fortified almond, soy, or low-fat milk and ice

**Cranberries:** The polyphenols in cranberries can also help to improve vascular function, which has a powerful effect on an athlete's cardiovascular health.

Pre-sport: Make your own snack packs with a handful of cranberries, esp a pre-sport trail mix including granola and nuts, equal parts of all 3 foods for a 3/4 cup portion.

### NutriFit's Recommended App: Harvest - Select the Best Produce

"Harvest" lets you see what is in season in your area. You will never have questions when selecting the best produce again, Healthy gives you the best tips and tricks. This app also let's you know when it is a good idea to buy organic due to high pesticide levels. Have you ever wondered if your produce goes on the counter or in the fridge? Worry no more, Healthy has appropriate storing instructions.



### NutriFit's Grocery Shopping Instagram

Check our new Instagram account:  
[nutrifood\\_pagelove](https://www.instagram.com/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 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.

