

Activities and Ongoing Programs for Nutrifit

Become a Breakfast Club Regular

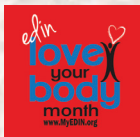
The Breakfast Club is FREE for anyone who struggles to eat a healthy breakfast on a regular basis. The monthly meal support group offers a time to work on eating and making balanced choices. You'll meet with Page Love, MS, RDN, LD, who will provide coaching to help you ease through food fears with peer support. Meetings are once per month. February and March's meetings will be at the Bagel Boys Perimeter location on Thursday, February 21st and Saturday March 9th at 9:00 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 and FLOW Training will be hosting a Mindful Movement and Fueling fitness outing at 1117 Perimeter Center West Conference Room on Saturday Feb. 23rd at 3 pm. This workshop will be a part of LOVE YOUR BODY MONTH and 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.



Nutrifit's March Fitness Outing will be an enjoyable 3 mile stroll at the Chattahoochee River on Saturday, March 9th at 4 pm. We will meet at the Powers Ferry Landing park entrance off of the 285 access road off of the Northside Dr. exit. Please RSVP at 770-395-7331.

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 overeating, 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.

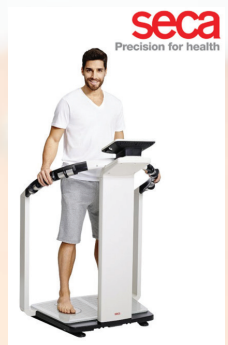
Nutrifit in the Tennis and Fitness News



- Page was reappointed to the USTA Sport Science Committee and will continue to 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 was a co-author for a chapter for an international sport science book by Springer on tennis sport medicine that will be published this year
- Page will be speaking at the Emory Sport Medicine Conference on her work with vegetarian tennis athletes and those struggling with RED-s (Relative Energy Deficiency in Sport) this March

New Assessment Technology Now at Nutrifit

Nutrifit has newly acquired the latest in body composition and hydration testing technology: The SECA Body Composition Analyzer. 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 is now offering her nutrition counseling services in the South Buckhead/Midtown. 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



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 : Go Umami Tofu Sticks

Shop for at Fresh Market and Amazon



Nutrifit Featured Recipe: Grilled Shrimp and Noodle Salad

Recipe courtesy of Food Network Kitchen
From: Food Network Magazine
Yield: 4 servings



Ingredients

- 14 ounces flat rice noodles
- 1/2 cup fresh lime juice
- 1/3 cup fish sauce
- 1/2 cup packed light brown sugar
- 2 cloves garlic, finely chopped
- 1 to 2 teaspoons Asian chili sauce (such as Sriracha)
- 1 pound medium-large shrimp, peeled and deveined
- 1 medium bunch asparagus, trimmed
- 5 ounces shiitake mushrooms, trimmed
- 1 medium carrot, shredded
- 1/2 cup fresh cilantro

Directions

1. Bring a large pot of water to a boil. Add the noodles and cook as the label directs; drain and rinse with cold water.
2. Meanwhile, whisk the lime juice, fish sauce, brown sugar, garlic, chili sauce and 1/3 cup water in a medium bowl. Transfer 1/4 cup of the marinade to another bowl and toss with the shrimp. Toss another 1/4 cup marinade with the asparagus and mushrooms in a third bowl. Let the shrimp and vegetables marinate 10 minutes at room temperature. Toss the noodles with the remaining marinade.
3. Heat a grill or grill pan to medium-high. Grill the shrimp, asparagus and mushrooms until the shrimp is just cooked through and the asparagus is slightly tender, 2 to 3 minutes per side. Halve the mushrooms and cut the asparagus into pieces. Heat a grill or grill pan to medium-high. Grill the shrimp, asparagus
4. Divide the noodles among bowls and top with the shrimp, asparagus, mushrooms, carrot and cilantro.

Nutrifit's Top 10 Tips for Improving Body Image

1. Appreciate all that your body can do. 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. These should be things that aren't related to how much you weigh or what you look like.
3. Remind yourself that "true beauty" is not simply skin-deep. 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 a mirror or in your mind, choose not to focus on specific body parts.
5. Surround yourself with positive people: with others who are supportive and who recognize the importance of liking yourself just as you naturally are.
6. Exercise is an important tool in helping a healthy body image. Exercising at least 30 minutes a day reduces stress, improves your sleep, and boosts your self-confidence.
7. Fueling Nutrition. Eating adequately helps you feel energized and elevates mood!

8. Shut down those voices in your head that tell you your body is not "right" or that you are a "bad" person. Avoid negative talk/criticism about your body. You can overpower those negative thoughts with positive ones.

9. Wear clothes that are comfortable and that make you feel good about your body. Work with your body, not against it.

10. Become a critical viewer of social and media messages. Pay attention to images, that make you feel bad about yourself or your body. Protest these messages with write a letter to the advertiser. You don't have to take in those messages!

Nutrifit's Recommended App: GGBI: Body image & acceptance

Thinking about a new diet? Don't like your body? Want to lose weight? Wishing you could love your body more that you currently do? With GGBI you can start improving your positive body image and body acceptance today.

THE GG APPROACH

Instead of asking "can I lose 20 pounds" or "how do I lose weight", GG Apps take a different approach: if we improve body image and accept our body, we can then start improving many other aspects of our wellbeing such as mood, and relieve depression, anxiety, and obsessions related to our perceived body image.

HOW IT WORKS

Throw away negative thoughts. Approach positive ones. Learn to identify your thoughts and respond quickly. Train daily and improve. The app focuses on positive body, body acceptance, distress, preoccupations with one's appearance or perceived flaws.
<https://appadvice.com/app/ggbi-body-image-acceptance/1240093612>

Build confidence
embrace the positive ways of looking at things and feel the power of healthy thoughts



Nutrifit's Grocery Shopping Instagram

Check our new Instagram account:
nutrifit_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.

