

Activities and Ongoing Programs for Nutrifit

As of May 1, Nutrifit has changed their main location (for Tues-Friday) to: Atlanta Counseling Center, just down the street from our previous location at 6111 Peachtree Dunwoody Rd, Bldg C, Ste 101, Atlanta, Ga. 30328 Our phone number will remain the same and we look forward to you visiting us at our new location.



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.

Breakfast Club will meet for the following times this Summer:

- Saturday, July 20th and August 22nd from 9:00-10:00 AM at J Christophers, 5482 Chamblee Dunwoody RD, Atlanta
- Thursday, September 14th from 9:00-10:00 AM at First Watch Cafe, 1317 Village Parkway, Suite 101, Dunwoody, Ga. 30338

Nutrifit's New FREE Mindful Eating Group: The Dessert Club

Welcome to Nutrifit's new meal support Group: The Dessert Club. We will be meeting at different restaurants monthly on the 3rd or 4th Thursday of the month to work on allowing desserts, mindful enjoyment of desserts, and facing dessert fears!



The summer dessert club dates are as follows:

- Thursday, August 29th from 8:00-9:00 PM at Southern Custard, 3575 Durden Dr. NE, Ste 302, Brookhaven, 30319
- Thursday, September 19th from 8:00-9:00 PM at Corner Bakery, 4585 Ashford Dunwoody Rd, Dunwoody, Ga. 30350

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

Fitness Outings will be at the following locations this Summer:

Saturday, August 24th 3:00-4:00 PM at Skyzone Trampoline Park, 1425 Market Blvd, Roswell, Ga. 30076



September Outing is a gentle short hike up Kennesaw Mountain on September 14th at 4:00 PM. We will meet at the Battlefield Park Visitors Center, 900 Kennesaw Mountain Drive, Kennesaw, 30152

*You can RSVP for any of our outings by calling the office 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.

Nutrifit in the Tennis and Fitness News

- Page and Susie Parker Simmons, USOC dietitian spoke at the national Sports Cardiovascular and Wellness practice group Symposium about the WTA Model for Wellness for their Players
- Page spoke at the University of Alabama's Pediatric Eating Disorders Conference and speaking on Female Athlete Triad in July
- Page will be serving as the dietitian for the following tournaments for the WTA/ATP this summer: Miami Open, Eastbourne, and DC City Open



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 Still Seeing Clients in MidTown/Buckhead

Page is regularly seeing clients all day Mondays at this location. 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 500
Atlanta, Georgia 30309
www.midtownpsychotherapy.org

Page Love, MS, RDN, LD, CSSD

Page Love, MS, RDN, LD, CSSD, 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.

Our Dietitian's Favorite Food Product : Daiya Yogurt

Available at WholeFoods and Sprouts



Nutrifit Summer Recipe: Watermelon Poke Bowl

This raw fish salad is one of the best of Hawaiian cuisine. It is also rich in the omega-3 fats that are good for your brain and heart. The word "poke" comes from the Hawaiian word for "slice or cut."



Ingredients

- 1/4 cup low-sodium soy sauce
- 1/4 - 1/2 cup watermelon juice
- 1 teaspoon sriracha chili sauce

- 1 teaspoon sesame oil
- 2 green onions, cut on the diagonal with whites and greens separated
- 3 medium cloves garlic or 2 large cloves garlic, minced
- 1/2 tablespoon minced ginger root
- 1/3 white onion, thinly sliced
- 3/4 pound ahi tuna, cut into 1/2 inch cubes
- 1 small avocado, diced
- 2/3 cup diced watermelon
- 1/4 teaspoon sesame seeds

serving pickled ginger (sushi ginger or gari) Instructions

1. In a medium bowl, mix soy sauce, watermelon juice, chili sauce, oil, the white portion of green onions, garlic, ginger root, and onion. Add tuna, toss and refrigerate for 30 minutes. 2. 10 minutes before serving, add avocado and return to refrigerator. 3. Plate as *desired and top with watermelon and green onions, then sprinkle with sesame seeds. Serve with pickled ginger.* Watermelon Poke Bowls can be served as individual portions over rice (seasoned with a touch of rice wine vinegar) as a main dish, in small serving bowls as an appetizer or side dish, or on a large platter for a buffet. Garnish with dried seaweed for extra Hawaiian flare.

Servings: Makes 4 cups total.

Recipe and tips provided by: Watermelon Promotion Board

Maximize on Summer Fruit with Watermelon!

1. **HYDRATION:** At 92% water, watermelon is an excellent way to help hydrate in the heat. Eat and drink watermelon for hydration this summer.
2. **SUN PROTECTION:** Lycopene, like that in watermelon, is among the carotenoids that may be helpful in maintaining healthy skin, such as providing protection from sunlight and UV rays. 3, 4 Vitamin A in watermelon may help moisturize skin and build and maintain collagen. Simply slice up some sunny snacks or freeze some ice pops and cubes! Or how about frozen watermelon bites! "
3. **JULY is #National Watermelon Month:** Salute watermelon with a patriotic watermelon pizza or serve a super simple, no-bake flag cake! Reason: August 3rd is National Watermelon Day. Whole watermelon for the whole day! Showcase how to enjoy the whole watermelon. Introduce the rhythm and the rind – recipes that use the rind. Hollow out your mini watermelon for a fruity, compostable fruit bowl! 4:
4. **PROTEIN:** There are 10 grams of protein in one ounce of sprouted, shelled and

dried watermelon seeds. 1 **PRE-WORKOUT** Watermelon contains 7.5 grams of carbs in 100 grams, or 12 grams of carbs per cup.

5. **MUSCLE CRAMPS:** A 2-cup serving of watermelon delivers potassium that may help with water balance and muscle cramps.

6: **MUSCLE SORENESS:** Watermelon is a source of L-citrulline. This amino acid has been associated with improvements in vascular function through increased L-arginine bioavailability and nitric oxide synthesis. One small study with seven subjects found a positive association between watermelon juice and less muscle soreness 24 hours after exhaustive exercise.

7. **NUTRIENT DENSE:** Per 2-cup serving, watermelon contains: 90 calories, no fat, vitamin A (10% daily value - DV), vitamin B6 (8% DV), vitamin C (27% DV), potassium (7% DV), magnesium (7% DV), thiamine (8% DV), phosphorus (3% DV) 1, 4

8. **PICKING A WATERMELON.** 1) **LOOK IT OVER.** Choose a watermelon that is firm and free of bruises and soft spots. 2) **LIFT IT UP.** The watermelon should feel heavy for its size. 3) **TURN IT OVER.** There should be a creamy yellow spot on the underside of the watermelon. This is where it sat on the ground and ripened in the sun"

Provided by: National Watermelon Promotion Board

Hydration App for Summer: Hhydrate Water Bottle with App

The Hhydrate Spark 2.0 is a smart water bottle that helps you drink more water through tracking water consumption, setting goals, and sending reminders. The smart bottle connects to the Hhydrate app via Bluetooth and uses a sensor inside of the bottle to determine how much water has been consumed throughout the day/weeks/months/years. It also glows to remind you to drink water – which is less "in your face" than setting an alarm.



Hhydrate Spark 2.0, hydratespark.com

NutriFit's Grocery Shopping Instagram

Check our 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.

