

Activities and Ongoing Programs for Nutrifit

Nutrifit has changed their main location (for Tues-Friday) to: Atlanta Counseling Center, just down the street from our current 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.

- February 13th: IHOP in Sandy Springs at 9 am
- March 7th: First Watch Cafe in Dunwoody Village at 9 am
- April 9th: Egg Harbour Cafe in Sandy Springs at 9 am

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!

- February 20th: Cafe Intermezzo in Dunwoody at 8 pm
- March 26th: Tupelo Honey in Sandy Springs at 8 pm
- April 16th: Alon's in Dunwoody at 8 pm

LOVE YOUR BODY MONTH IS FEBRUARY! Support EDIN and come join us for several events:

February is Love Your Body Month and Nutrifit will be co-hosting several events, check out myedin.org for more information



Nutrifit will be co-hosting an art therapy event entitled The Art of Nutrition which will combine both positive body image art therapy with food art therapy and will be led by Megan McSwain, ATR and Page Love, RDN on Feb 24th AY 6:30 at 1708 Peachtree Rd. Suite 200, Megan's art studio! Come and have fun with us!

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

Nutrifit will also be hosting their annual Movement and Fueling Outing. This year we will be sharing our event with Clarity Fitness Studios in Decatur on February 22 at 3 pm. We will be having a combined fueling and core strengthening event led by Page Love, RDN, and Abbey Griffith, Personal Trainer and owner of Clarity Studio.

Upcoming Fitness Outings:

- March 1st: 3 mile walk at the Chattahoochee at 3 pm
- April 26th: Merricks Walk for EDIN, 3 mile walk around Chastain Park at 2 pm



*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. For more information, call Nutrifit at 770-395-7331.

Nutrifit in the Tennis and Fitness News

- Page Love, MS, RDN, CSSD will be one of the onsite sport dietitians for Indian Wells top WTA/ATP event in March. She will be helping players Immunity nutrition and putting them through nutrition screenings for their physicals! What a great way to kick off the US swing of the International tennis season!



- Page will be serving as the sport dietitian for the ATP University in Miami, speaking to the top up and coming touring tennis professionals in early March in conjunction with the Miami Open tennis tournament.

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-art 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: Campbell's "Yes" Soups

Available at WholeFoods and Target



Warm Winter Soups: Chicken White Bean Kale Soup, courtesy of Averie Cooks

INGREDIENTS:

- 3 tablespoons olive oil
- 2 cups sweet Vidalia or yellow onion, peeled and diced small
- 1 cup celery, sliced thin
- 2 to 3 cups green cabbage, sliced into thin ribbons
- 4 garlic cloves, peeled and finely minced
- 64 ounces (8 cups) low-sodium chicken broth
- 3 to 4 cups shredded cooked chicken
- two 15-ounce cans cannellini beans
- 1 tablespoon dried parsley
- 1 teaspoon dried oregano
- 1 teaspoon salt, or to taste
- 1 teaspoon black pepper, or to taste
- leaves from 4 large stalks of kale, torn into bite-sized pieces
- 1 cup zucchini, diced small

INSTRUCTIONS

1. To a large Dutch oven or stockpot, add the oil, onion, celery, and sauté over medium-high heat for about 7 minutes, or until vegetables begin to soften. Stir intermittently.
2. Add the cabbage and sauté for about 3 minutes, or until cabbage wilts and softens. Stir intermittently.
3. Add the garlic and sauté for another 1 to 2 minutes.
4. Add the chicken broth, shredded chicken, cannellini beans, parsley, oregano, salt and pepper to taste, and boil about 5 minutes, or until chicken is warmed through.
5. Add the kale, zucchini, optional lemon juice, and boil 1 to 2 minutes, or until kale has wilted and zucchini has softened



Top 5 Sport Nutrition Goals for 2020

New Year's resolutions tend to have a very short lifespan, typically because they aren't realistic or specific. Wintertime or "off season" is a great time to work on basic sport nutrition training diet goals that can enhance your sport performance. The following is a list of basic sport nutrition guidelines to provide a priority list of key areas of your training diet you can choose from:

1. Improve your hydration in the winter months

A common sport nutrition error is to not hydrate fully during the colder months because of not noticing sweat losses. So, get a head start on one of the most common overall sport nutrition causes for poor performance not to mention cause of heat illness in the summer months. Work on your off field/court hydration this winter to prepare your body for spring and summer sports. Aim for at least 2 Liters off field/ court for females and closer to 3 Liters off field/ court for males.

2. Get serious about pre-fueling for improved performance

Many athletes rush to practices whether after work or school or on the way to a morning weekend competition without appropriate fueling. A pre-performance snack can determine how well your practice or competition goes which is vital in reaching a new performance peak. Enjoy a snack high in carbohydrates, especially a complex carbohydrate such as a healthy granola bar or high carb energy bar

3. Recovery snacks are essential for rebuilding muscle and allowing you to peak perform continuously day after day

Postworkout snacks steady your hunger and help re-build muscle. Snacks higher in protein are key. Chocolate milk is a quick easy go-to but try to and recommended by most sport nutrition experts; a popular brand to consider is Fairlife with lower sugar levels and higher protein as well as being lactose free! You can

also trial out sample packets of vegetarian protein powders.

4. Work on basic sport nutrition balance

Try to make every meal complete with at least 3 of the major food groups that supply key macronutrients, particularly sources of both carbohydrate and protein. Having a healthy balance of a variety of food throughout the day can help maintain energy and build muscle to help you keep your training goals. -Overnight oats with yogurt and colorful fruit or Egg wraps/sandwiches with veggies for breakfast

-Whole grain wraps with lean luncheon meat or tuna with lettuce and tomato or a bowl meal that contains whole grains like brown rice or quinoa or legumes over a bed of lettuce and raw veggies with a lean meat toppings such as grilled chicken or salmon for lunch

5. Explore new sport foods in the New Year that may also add to sports bag secret weapon list:

Explore new products like new sport beverages, electrolyte gels, chews, on court snacks and electrolyte tablets. Try different brands and flavors to see what helps your performance the most. Remember to trial these out before practice vs for competition play the first time.

-Body Armour- the new kid on the block for sport beverages that is more natural being based on natural fruit juices but contains electrolytes.

-Gu or Clif Shot gels or chew- these can be used at change over especially the 2 hour practice/competition time during long practices or matches

-Honey stinger waffles and Pro Bar bites are both higher carbohydrate but portable lite energy options but in solid food form that may be ideal when you are craving more and needing more than a sport beverage, chew, or gels when you are training for longer time durations.



App in Honor of Love Your Body Month: THINK UP

Recognized as one of the best motivational apps by Healthline. Once you download the app, you'll be able to start recording your own positive affirmations in your own voice. If you're feeling less creative or don't know what to say, don't worry—the app also has a list of generic positive statements that you can peruse and choose from.

