

EXPERIENTIAL ACTIVITIES WITH THE RD



Outside Therapy Walls

THERE IS SOMETHING POWERFUL TO BE SAID ABOUT PUTTING INTO PRACTICE THE CONVERSATIONS YOU ARE HAVING WITH YOUR RD. IT'S AN OPPORTUNITY TO LIVE OUT WHAT YOU MIGHT FEAR. EXAMPLES OF SOME OUTINGS INCLUDE:

- GOING OUT TO EAT FOR A MEAL/SNACK
- HAVING DESSERT TOGETHER
- GROCERY STORE OUTING
- ATTENDING NUTRIFIT'S MONTHLY BREAKFAST CLUB

WALK IN FREEDOM

Within the Walls of Session

- BRING IN A SNACK OR MEAL WHERE YOU CAN EXERCISE FREEDOM IN A SAFE AND PRIVATE PLACE
- EXERCISE GIVING UP CONTROL BY TRUSTING YOUR RD TO PROVIDE YOU WITH A SNACK OR MEAL



PAGE LOVE, MS, RDN, LD, CSSD
INFO@NUTRIFITGA.COM 770.395.7331