



Since the onset of the pandemic, there has been a dramatic increase in the number eating disorders cases. The Running on Empty Program provides coaches and athletic trainers with the skills and resources necessary to identify and prevent eating disorders among their athletes. This training will also teach coaches and trainers how to effectively communicate with and support at-risk athletes.

## Curriculum Objectives:

- Identify disordered eating patterns, over-exercising and under-fueling (known as Relative Energy Deficiency in Sports) in athletes;
- Employ positive strategies to communicate effectively with athletes and parents about disordered eating;
- Provide examples of ways to support an athlete's recovery from disordered eating patterns;
- Identify ways to prevent disordered eating among athletes through adequate fueling and healthy training practices.

**Who Should Attend:** High School Health Educators, Staff and Medical Staff

## SPEAKERS



### PAGE LOVE, MS, RDN, LD, CSSD, PRESIDENT

The Tennis Ace and Performance Pro, specializing in athlete nutrition, wellness and eating disorders

Page Love, MS, RDN, LD, CSSD, is a leading nutrition expert and owner of Nutrifit. A Georgia native, Page went to high school locally but attended college at Baylor University, where she played Div 1 tennis. She then came home to Georgia State University where she received her Master's in Sports Nutrition. She loves working with any level of client who would like to improve their health and well being, explore movement, and improve energy and performance. Her approach includes a sport nutrition fueling and intuitive eating approach that has been proven over the years to assist clients with weight management, improve metabolism, and aid in recovery from disordered eating issues. 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.