



Spring
Newsletter
Activities and
Ongoing Programs
for Nutrifit

www.nutrifitga.com

“Follow NutriFit Sports Therapy on Twitter:
@nutrifit_ga”

Nutrifit’s main location is at Resurgens Orthopaedics located at 5671 Peachtree Dunwoody Road, Suite 900, Atlanta, Ga. 30342 on Tuesdays, Wednesdays, and Thursdays and sees clients in Peachtree Corners on Monday and Friday.



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 on Saturdays at 9:00 AM. Please call the NutriFit office at 770-395-7331 if you are interested in being on our regular notification list. See our website for current date and location.

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! See our website for current date and location.

Free ANAD Eating Disorders Support Group

(Assoc. for Anorexia Nervosa and Associated Disorders) ANAD

Now meeting via Zoom from 10:00 am-11:00 am every Saturday. [ANAD](http://ANAD.org) 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 and to receive the zoom link call NutriFit at 770-395-7331.

Nutrifit Sport Therapy's "Fit for Life" Outings



Join Page Love for a monthly session of fun group physical activity plus tips and facts about the best exercise to create a long-term healthier you, including the right foods to eat to enhance the exercise you do. The regular exercise time will keep you on track, the others in the group will provide support, and Page Love’s expertise will show you small changes you can make in your lifestyle that will produce big changes in how you look and feel. Please check our website for specific details on our next event.

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.



Dietitian Feature: Page Love, MS, RD, LDN, CSSD; Owner Nutrifit



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, help athletes peak in their performance 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. Additionally providing individual and group counseling for disordered eating, she works with programs such as the National Eating Disorders Association, Eating Disorders Insight and Education (as previous board chair), and the Renfrew Center, Eating Recovery Center, and Veritas Collaborative.

She also enjoys public speaking and often speaks at national conferences as well as to sport teams from high school to professional athlete level. She has published a 50-module workbook for athletes in 10 sports and shares these educational pieces with her clients. Her credentials include being a registered dietitian and certified specialist in sports dietetics with the Academy of Nutrition and Dietetics. Page is consulted by media locally and nationally and has been featured as an expert by programs/publications such as CNN's On the Menu and Headline News, Good Day Atlanta, Women's Sports Illustrated, Tennis Magazine, People Magazine, USA Today, WSB Radio, Z93 Radio, and Fox News. Go to the NEWS page of our website to see some of her interviews and to the ABOUT US page for a short video on her approach to nutrition at nutrifitga.com.

NutriFit's Recommended App: SEE HOW YOU EAT <https://seehowyoueat.com/>

We want you to find ease and inspiration in your eating habits.

That's why we made your food diary app as simple as possible. Even your grandmother uses it!

1. Open your SHYE app
2. Take a picture of your meal
3. Enjoy your meal.

See your daily meals at a glance. Become aware of your eating habits, and you'll make more mindful choices. Food photo journaling is scientifically proved to help with a healthy diet.



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