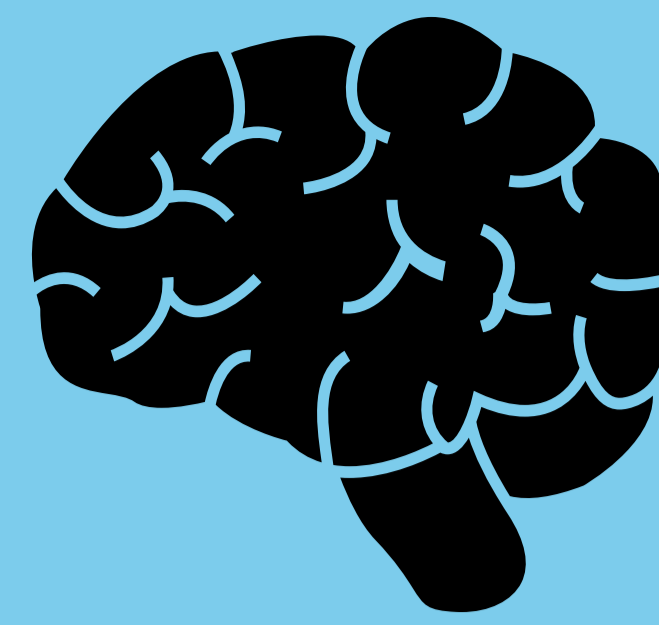
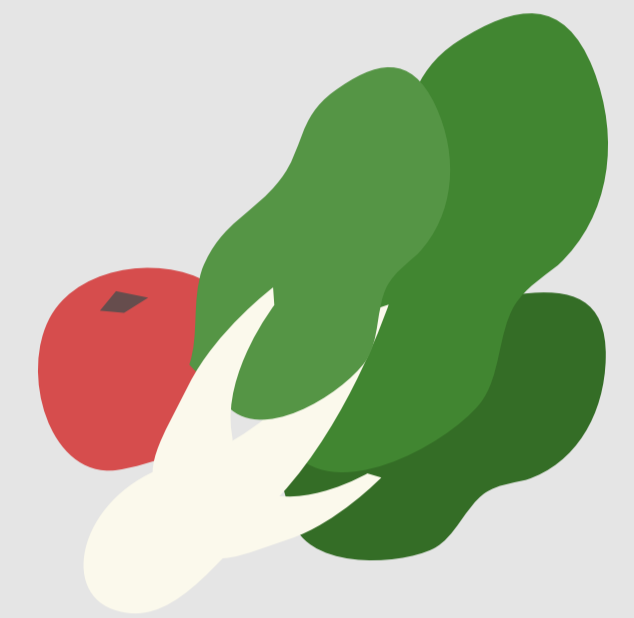


Mindful Eating

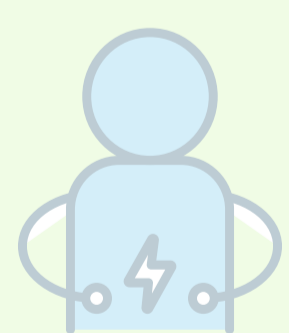


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Mindful Eating is paying attention to your body and eating experiences. It is becoming aware of your physical hunger and satiety cues to guide your decisions to begin and end eating. Mindful eating improves our understanding of what to eat, how to eat, how much to eat and why.



This can help athletes as you can use it to listen to your body's signals to eat food that will nourish and fuel you to succeed in your sport!



Internal Signals: Hunger

- + Our bodies have signals that tell us when we are hungry and when we are full.
- + Signs of hunger mean our body needs energy..
- + Distractions make it hard to feel our hunger signals
- + We need to practice paying attention to our signals!



Physical Signals: Hunger

- + Low energy/tiredness
- + Moody, irritable, angry
- + Difficulty paying attention
- + Headache
- + Stomach ache, growling stomach
- + Dizziness
- + If you notice these signs after 3-4 hours after eating, it is likely that you are hungry.