Mindful Eating 101: A Quick Start Guide

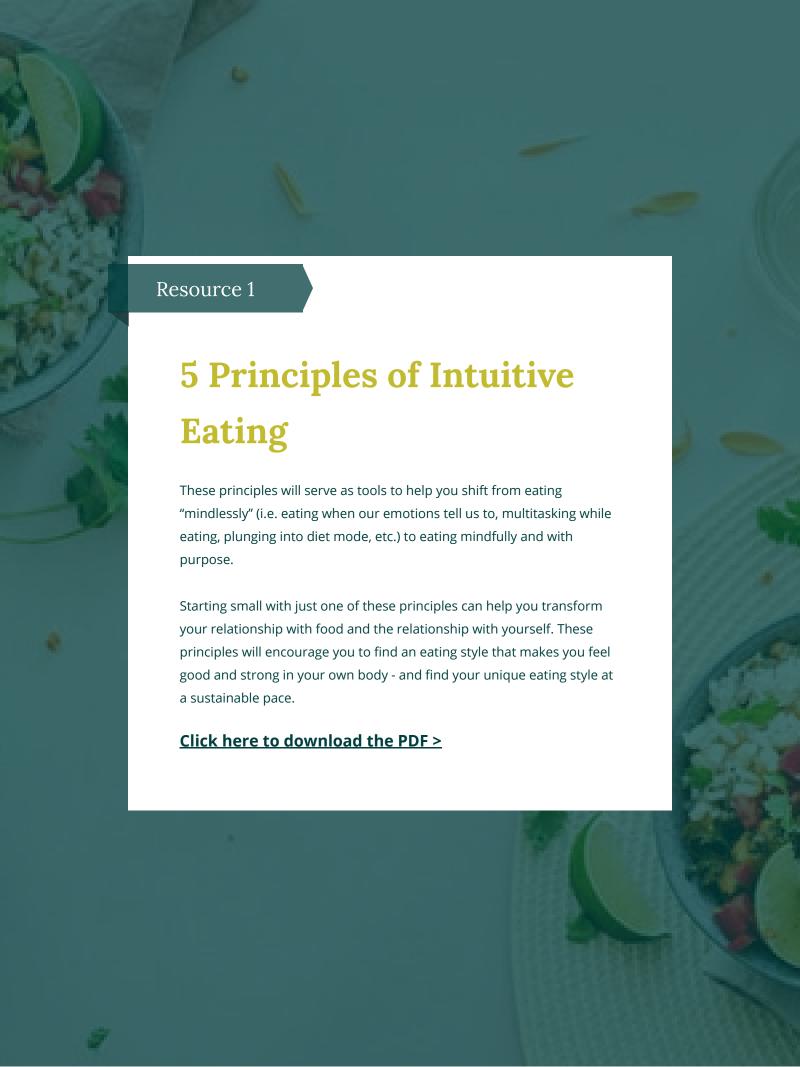
Aimee Huffman, ACE-Health Coach and Registered Yoga Teacher

why it matters.

If you've ever felt regretful after a meal, snacked when you weren't hungry, or cut calories when your body really wanted food a.k.a dieted, you have experienced "mindless" eating. This mindless approach can have serious health and emotional consequences. But making a change can be difficult, especially during high stress and emotional times. So how do you flip the script from mindless to mindful? Use these 5 resources to jumpstart a new approach - physical and mental - to eating and find your version of "healthy" one mindful habit at a time, without dieting!



Aimee Huffman, ACE-Health Coach and RYT

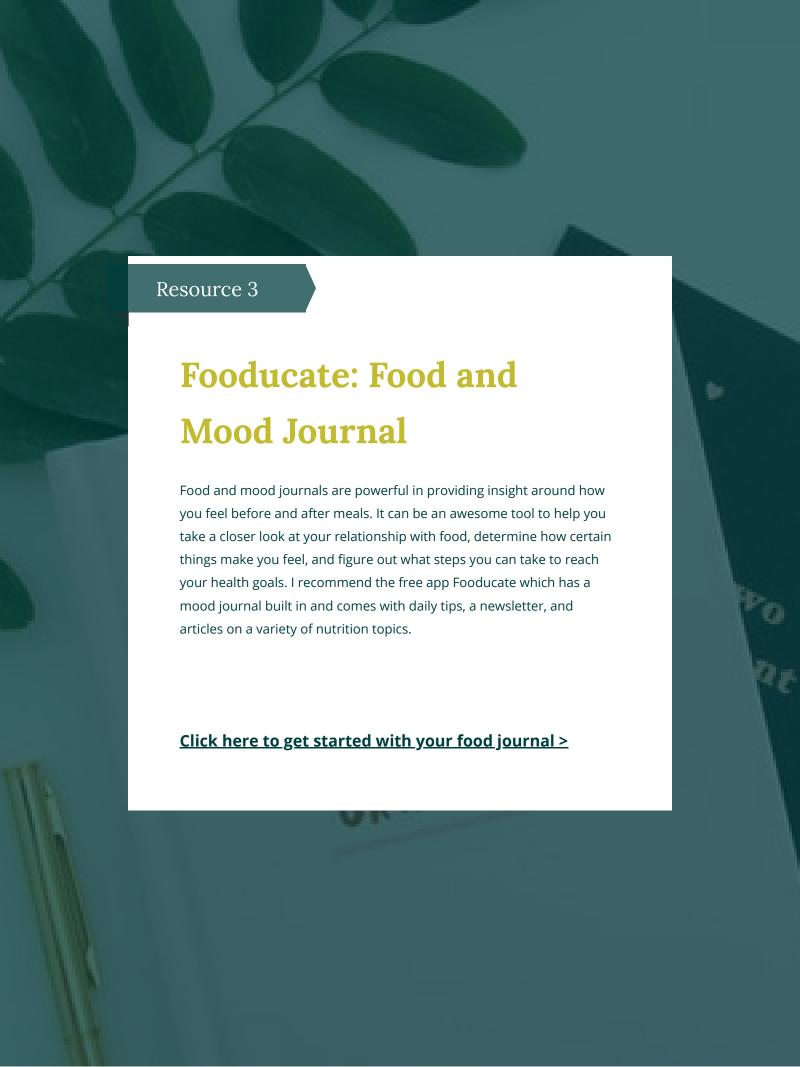


Resource 2

Guided Meditation to Feel Healthier

Tap into the core of mindfulness through meditation and engage with your intuition. Meditation is a powerful tool to retrain your mind and shift your perspective towards food. In this 10-minute guided meditation, you'll journey to a time in your life when you felt healthy, well and happy. From this place of remembering, you'll plant the seed of good health and healthier eating habits.

Click here to listen to the meditation >



Resource 4

20 Healthy Snack Ideas

Who says you can't snack and be mindful too!? The key to healthy snacking is to find foods that have as much nutritional value as possible and that will fill you up so you aren't hungry again a short time later. This PDF contains healthy snack ideas and mindful tips to consider when you're choosing which foods will leave you energized AND satisfied.

<u>Click here to start snacking mindfully ></u>

Resource 5

The Center for Mindful Eating

Looking for additional resources? The Center for Mindful Eating (TCME) is a member-supported, nonprofit international organization. Their mission is to help people achieve a balanced, respectful, healthy and joyful relationship with food and eating. TCME provides resources for educating professionals, institutions, and individuals in the principles and practices of mindful eating.

<u>Click here for additional mindful eating resources ></u>

