

### Eat well - Feel Good

You don't have to be perfect or eliminate foods you enjoy for a healthy diet.

The long term goal is to feel good.

It's not just what you eat, it's how you eat. Healthy eating is about more than the food on your plate—it is also about how you think about food.

- Eat with others whenever possible. Eating with other people has social and emotional benefits. Eating in front of the TV or computer often leads to mindless overeating.
- Take time to chew your food and enjoy mealtimes. Chew your food slowly, savouring every bite. We tend to rush through our meals, forgetting to actually taste the flavours and feel the textures of our food.



- Listen to your body. Ask yourself if you are really hungry, or have a glass of water to see if you are thirsty instead of hungry. During a meal, stop eating before you feel full. It actually takes a few minutes for your brain to tell your body that it has had enough food, so eat slowly.

- Eat breakfast, eat smaller meals throughout the day. A healthy breakfast can jump start your metabolism, and eating small, healthy meals throughout the day (rather than the standard three large meals) keeps your energy up and your metabolism going.

- Avoid eating at night. Try to eat dinner earlier in the day and then fast for 14-16 hours until breakfast the next morning. Early studies suggest that this simple dietary adjustment of eating only when you're most active and giving your digestive system a long break each day may help to regulate weight. After dinner snacks tend to be high in fat and calories so are best avoided.

Full article  
<http://www.helpguide.org>

### Stubborn weight around the middle?



That weight around your middle sure can be stubborn to shift. Anyone who's tried to get rid of their muffin top can vouch for how difficult it is to get rid of. If you want to tackle your wobbly tum and sides, or just want to tone up your middle area, use this tip along with a healthy diet.

Get good abs with... crunches and a clean diet!  
Begin by lying on your back with your knees bent at a 90o angle. Think of creating a concave stomach by pulling you belly button in towards your spine and then curl your truck up, keeping your head and neck tall and in line with your body. Keep pulling your navel in towards your spine during the whole movement. Do three sets of 25 reps.

Full article  
<http://www.womensfitness.co.uk>

#### Health & Fitness Coaching

- Would you like to change your diet but don't know how?
- Are you losing pounds on your gym membership and not on your waistline?
- Does getting on the scales fill you with dread?

**Working with a Professional Coach** can unlock your potential to motivate you to achieve those ever elusive Health & Fitness Goals, why struggle on your own when coaching is the ideal way to get you from where you are now to where you want to be. Contact me for an initial FREE 30 minute consultation.

*All conversations confidential*

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