

A New You: Health for Every Body

Intuitive Eating & A New You



Intuitive Eating Chapter	A New You Lesson
1. Hitting the Diet Bottom	4. Foods & Moods
2. What Kind of Eater Are You?	2. Goals & Reflections
3. Principles of Intuitive Eating: Overview	2. Goals & Reflections
4. Awakening the Intuitive Eater: Stages	
5. Principle 1: Reject the Diet Mentality	4. Foods & Moods
6. Principle 2: Honor Your Hunger	3. Honor Your Hunger
7. Principle 3: Make Peace with Food	6. Make Peace with Food
8. Principle 4: Challenge the Food Police	
9. Principle 5: Feel your Fullness	3. Honor Your Hunger
10. Principle 6: Discover the Satisfaction Factor	3. Honor Your Hunger
11. Principle 7: Cope with Your Emotions	4. Foods & Moods
12. Principle 8: Respect Your Body	10. You Are the Best YOU
13. Principle 9: Exercise – Feel the Difference	7. Motivators to Move 8. Fitness for Every Body
14. Principle 10: Honor Your Health – Gentle Nutrition	5. Gentle Nutrition

Note: These are based on a 10-lesson A New You format. Lessons, chapters and concepts overlap.