

A New You

Health for Every Body



Issue 1

The best things in life are not things.

Coping with Emotions Without Using Food

Regardless of your weight, food usually has some emotional association. Take a look at food commercials. They do an excellent job at pushing our “eating buttons” - not through our stomachs but through the emotional connection. They imply that in sixty seconds or less you can:



Capture romance with an intimate cup of coffee.

Bake someone happy.

Reward yourself with a rich dessert.



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YOU can take control over emotional eating through these four key steps. Ask yourself:

1. Am I biologically hungry?
2. What am I feeling?
3. What do I need?
4. Would you please...

For more on emotional eating, read or reread Chapter 11 in *Intuitive Eating*, a book you received during the *A New You* class.

The chapter includes more details on how to meet your emotional needs without food.

Getting in more “Fitness” while doing everyday chores.



- When making the bed, increase the number of times you walk around the bed. Walk quickly or stretch farther across the bed.
- When taking out the trash, instead of rolling or dragging it, carry it. Carry less trash and make more trips.
- When vacuuming, really push and pull, switching hands to work both arms. Perform lunges as you walk with the vacuum.
- When picking things up and putting them away, make more trips, especially when going up and down stairs.



Source: *Fitting in Fitness*, American Heart Association, 1997.

When it comes to increasing daily physical activity, it seems barriers outweigh benefits. Nearly 2/3^{rds} of adults in America choose to live as “semi-invalids” (little daily physical activity). In comparison, women in parts of Africa spend 30-150 minutes each day carrying water for their families.

Source: WIN Wyoming Thought Bullets, April 2000. Compiled by Betty Holmes, Regional Project Coordinator, WIN the Rockies.



“Sneak Up” on fitness by grabbing a little time here and there throughout the day so you total at least 30 minutes of moderate activity on most days.

Time for a Little Stretching

Place your hands overhead
Stretch to the sky on tip toes
Hold for 5 minutes
Repeat.

Respect Your Body

Think of respecting your body in two ways:

1. By making it comfortable.
2. By meeting its basic needs.

You deserve to be comfortable.
You deserve to get your basic needs met.

Consider these basic things:

- My body deserves to be fed.
- My body deserves to be treated with dignity.
- My body deserves to be dressed comfortably and in the manner I am accustomed to.
- My body deserves to be touched affectionately and with respect.
- My body deserves to move comfortably.



Respecting your body is an easy concept to understand, but it can be much harder to implement.

The first step is acknowledging that your body deserves to be respected – no matter what your size or shape.

Source: *Intuitive Eating - A Revolutionary Program that Works*, Tribole and Resch, St. Martin's Paperbacks, 1995.

Never judge a day by the weather or a person by their exterior.