Honor the Gift of Food

Eating is more than nutrition. Other people throughout the world recognize the importance of food from an emotional and psychological perspective. Dietary recommendations from many other countries remind citizens to enjoy food and make mealtimes a pleasant experience. Here are some examples:

The number one dietary guideline from Great Britain says simply “Enjoy your food.”

Dietary guidelines from Korea encourage people to enjoy meals and “keep harmony between diet and daily life.”

The Norwegian message is “FOOD + JOY = HEALTH”

One of Japan’s recommendation is that “happy eating makes for a happy life; sit down and eat together and talk; treasure family taste and home cooking.”
Let’s Get Physical!

Physical activity need not be strenuous to be beneficial. Documented benefits of regular physical activity include

- Reduced risk of coronary heart disease.
- Reduced risk of colon cancer, diabetes, high blood pressure.
- Weight control.
- Healthy bones, muscles and joints.
- Reduced symptoms of anxiety and depression.

Source: WIN Wyoming Thought Bullets, October 1999. Compiled by Betty Holmes, Regional Project Coordinator, WIN the Rockies.

In a study of over 50,000 women, researchers found that for each 2 hours of daily TV watching obesity increased 23% and diabetes increased 14%.

Just get moving!

Time for a Little Stretching

Breathe in deeply.
Give yourself a big self hug.
Hold 5 seconds.
Repeat.
Health at Every Size

Below are some great reminders of the principles from *Living in a Healthy Body*, a brochure you received during your A New You class.

- A health-centered approach to eating and weight reaffirms the truth that beauty, health and strength come in all sizes. It’s health at any size. Everybody qualifies.
- Like yourself in spite of imperfections.
- Make peace with your genetic blueprint.
- Get in tune with your body.
- Wear clothes that fit comfortably and look good now.
- Enjoy and value physical activity - your way, every day.
- Move for the sheer joy and power of it, for time spent with family, friends, and nature.
- Be creative - increase activity throughout the day.
- Think of food as a friend - celebrate, enjoy, taste, savor, and honor the gift of food.
- Enjoy a non-diet lifestyle.
- Beauty, health and strength come in all sizes.


There are many different ways to journal.

Here’s a fun idea:

Make a list of things that make you laugh or smile!