



## Fitness Motivation Monitor

Fitness Information and Inspiration



No guilt. No grief. Just results!

### Inside this issue:

Volume 10, Issue 3:  
March 2009

Eat Right. But Are You  
Hungry

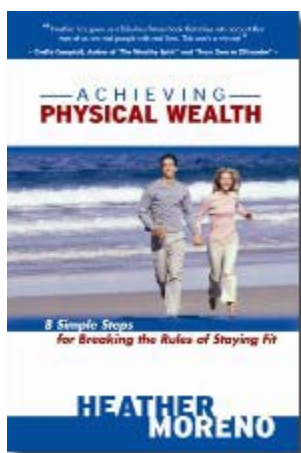
Message From  
Heather

25 Healthy Snacks

Order "Achieving  
Physical Wealth" by  
Heather Moreno



Printable PDF  
Version  
[available here](#)



## Eat Right. But Are You Hungry?

March is National Nutrition Month and this year the American Dietetic Association (ADA) motto is to "Eat Right." While this advice is admirable, many of us know how to eat right—that doesn't mean we do it. So to celebrate NNM I decided to print an excerpt titled "Am I hungry" from my book. I hope you enjoy it and please send me feedback on your eating dilemmas and "ah ha" moments—I love to hear from you!

"Mindful eating has to do with honoring your hunger and fullness. It's being able to eat the foods you love without bingeing and feeling guilty. It's the way you were born eating.

Think about it. When do babies eat? When they're hungry, right? Have you ever seen a baby that decides not to eat because mom's too busy at the moment? Does a baby eat out of boredom, sadness, or anger? No! Healthy babies eat when they're hungry.

What about the other side – when do babies stop eating? They stop when they are satisfied. And despite all attempts to have them "finish their plate" – or jar, or breast – they will have no part of it. When they're done, they're done. This is common sense, but you have probably noticed that it is not common practice.

Do you eat when you're bored, tired, sad, mad, or for any reason other than physical hunger? Do you ignore your hunger because you're too busy? Do you keep eating because it tastes so good, or because you "deserve it?"

Notice that these motivations to eat have to do with your thoughts and feelings at the moment, not with physical hunger. It's these thoughts and feelings that can and often do lead to the behavior of eating, regardless of physical hunger. Weight-loss diets work to control our eating behaviors. The problem frequently is that a dieter is eventually bound to fail if she hasn't addressed the real issues, those emotions. It's the emotions that lead to the eating behaviors that cause problems, not hunger.

The problem with eating when we're bored, tired, sad, mad, or for any other non-hunger reason, is that eating doesn't solve our problem. On top of that, we then have the extreme displeasure of the guilt we call onto ourselves for eating too much. Talk about a double whammy!

The million dollar question for you to learn to ask yourself is: "Am I hungry?" If the answer is yes, then great, it's time to eat. But what if the answer is no? It's at this point we need to figure out what's really going on, what we're feeling, and what we really

“An amazing book that is empowering and a total fitness compliment.”

~ Diana Lipson Burge ~  
Registered Dietician and  
Co-Author of “Un-Dieting”

[Buy Now](#)

need. Once you've identified the underlying thought or feeling that exists, you can address the real issue and determine what you need.”

[Return to top](#)

## Message From Heather

I can hardly believe that I'm 25% through my graduate program at Fuller Seminary. When I began this six-year, one-class-at-a-time program the end seemed so far in the future.



Whenever I hear someone use their age and “the time it will take” as an excuse for not doing something they really want, my response is that the time will go by anyway. Why not use it in pursuit of one's dreams? It's often the experience and wisdom we've gained with age that give us clarity about what we want.

The problem is that too often we have a short-term outlook, something I observe frequently with people trying to lose weight. A long-term perspective can help us over the hump. Whatever the goal—[Physical Wealth](#), career change, graduate school, financial security—look past today, next week, and next month. Have a view of years down the line. Envision every step you take toward your goal as though you're looking at a graph chart of a stock price that soars up and up over a ten-year period.

Each habit you put into place and action you take can impact your future in ways more significant than the action itself.

To your dreams,  
*Heather Moreno*

[Return to top](#)

## 25 Healthy Snacks

I'm frequently asked for ideas on healthy snacks to help people avoid the office candy dish or a donut-grab in the break room. The ADA puts out a wonderful list of [snack ideas](#) for kids, but they work great for adults too. They even have a “dip it” bonus list.

On the list #10 is one of my standard favorites and for #6 I use plain 2% Greek yogurt from Trader Joes (less sugar a lot of protein). Happy snacking!

[Return to top](#)

---

[PeopleFit USA](#)

Phone: (877) 348-2100

Phone: (805) 460-9537  
[info@peoplefitusa.com](mailto:info@peoplefitusa.com)