

# Mindful Eating

If you're anything like the average American, your meals are rarely a contemplative experience. Do any of these situations describe your normal eating routines?

- I eat breakfast while surfing the Web and checking E-mail
- Shovel in some lunch while catching snippets of Bravo reality shows or better yet while I'm still at my desk working
- Spend dinner hour chatting away in between bites.

If you've answered yes to any of the above three you might want to consider this new 8-week campaign. Being more Mindful about your eating—in other words, paying close attention to what you are putting in your mouth and how it makes you feel—may be a method that can help with weight loss and better yet a more positive body image. (1)

During the course of this 8-week campaign you will be educated on being more mindful while you eat. See the table below to get a better understanding of what topics we will be covering and what we will be expecting of you as a participant.

| Week   | Date     | Topic                                 | To-Do List                                | To-Do List Due Dates |
|--------|----------|---------------------------------------|---|----------------------|
| Week 1 | 9/4/18   | What is Mindful Eating?               | Read the Weekly Handouts                  | 9/10/18              |
| Week 2 | 9/10/18  | Foundations of Mindful Eating         | Quiz on Week 1-2                          | 9/17/18              |
| Week 3 | 9/17/18  | Why Do We Eat?                        | Develop Your Personal Mindful Eating Goal | 9/24/18              |
| Week 4 | 9/24/18  | Tips and Tricks to Mindful Eating     | Track 5 Meals (1 meal/day)                | 10/1/18              |
| Week 5 | 10/1/18  | Healthy Snacking                      | Track 5 Snacks (1 snack/day)              | 10/8/18              |
| Week 6 | 10/8/18  | Understand Triggers of Mindful Eating | Track Your Triggers                       | 10/15/18             |
| Week 7 | 10/15/18 | Vegging Out                           | Quiz on Week 3-6                          | 10/22/18             |
| Week 8 | 10/22/18 | Media and Mindful Eating              | Testimonial                               | 10/29/18             |

## Reference:

1. Katherine Hobson, Can Mindful Eating Help You Lose Weight? <http://health.usnews.com/health-news/blogs/on-fitness/2009/3/5/can-mindful-eating-help-you-lose-weight.html>