



## Knowing and Treating Your Body as Your Greatest Gift

Do you maximise physical wellness? Do you nourish yourself by maintaining adequate and quality eating habits? Do you regularly exercise and stretch your muscles to build endurance and stamina? Do you know how to revitalise yourself and maintain a positive outlook?

Taking care of your body is a powerful first step towards enhancing your mental and emotional health. The mind and the body are linked. When you improve your physical health, you'll automatically experience greater mental and emotional well-being.

I am a great believer that what you eat is around 80-85% of how you feel and look.

Today we are going to look at your Live Love Nourishment Plan though just quickly I do believe that everyone needs to move their body also. You should research what works best for your body. You may start off small and as your fitness increases you can then start to do more endurance training.

Most fitness experts endorse a combination of:

- Strength training ~ 2 sessions pw ~ short intense workout; each session 20-30 mins
- Cardio training ~ 2 sessions pw ~ 60 min sessions
- Walk the other 3 days, preferably in nature
- Refuel within 45 mins of a workout. Food, water. 10-20 grams of protein or a protein shake

Now let's focus on the Live Love Nourishment Plan

I love the word Nourish, it's a more descriptive word for "food" than "diet." As it's positive – and it keeps food intake in a positive light as well.

Eat for nourishment. For your body and soul, not to deprive yourself, as a diet does. Let's face it the first three letters of diet are die and that is the mindset most people have when they are dieting.

Eat foods that nourish your body and mind. Take the time to look at what you are putting in your body and how it is affecting your energy, mood and health. Decide where you can use some improvement and look into foods and supplements that promote health in that area.

Today's exercise will assist you to become a more mindful eater who chooses nourishment for their body, mind and soul.

Well, at least 90% of the time as life is meant to be fun and exciting, with little treats now and then!

### What is a Mindful Eater?

Mindful eating happens when you pay attention to what you eat, where you eat and how the food is making you feel in the present moment.

By becoming aware, you end the meal when you intuitively feel full and feel more satisfied. Mindfulness eating helps you to create a relationship between your food and your mind, body and soul.

### Do you eat Mindfully?

Let's find out by you taking the Mindfulness Eating Self-Assessment.

[Click here to take the assessment.](#)

Read the statements and note how they describe you or your eating behaviours in the past week. The assessment will provide you with a score.

This is your starting point. Take the assessment on a regular basis (at least monthly) and notice how your score and mindfulness will improve over time especially when you follow the simple tips below.

### 16 Simple Live Love Gems to assist you to become a mindful eater:

1. **Relax:** Be in a calm, centred state of mind when you're eating.
2. **Breathe:** Take a moment to breathe and relax before you eat. Possibly even try to have a glass of water 10 minutes prior to eating.
3. **Be Present:** To achieve a satisfying eating experience, you're required to be mentally present whilst eating.
4. **Sit:** Each meal should be eaten at a table with you consciously eating and chewing every mouthful.
5. **Be Thankful:** give thanks for being able to eat whenever you are hungry and for being able to choose to eat food that contains quality ingredients.
6. **Appreciate:** Appreciate the appearance of food. Look at the way it is presented and comment on it (even if you are eating alone.)
7. **Avoid Distractions:** research also showed that distraction during a meal influenced meal size later in the day. Remove any distracters such as the tv, newspaper, and computer.
8. **Notice Your Cues:** Take note of your hunger and fullness cues. Recognise the amount of food required for you to be satisfied. It's probably a lot less than you think.
9. **Rate Your Hunger:** Every time that you eat, rate your hunger on a scale of 1–10 (10 as really hungry), and if the number is low, try to figure out why you are eating.

10. **Eat Slowly:** The slower you eat and the more you chew, keeping the food in your mouth as long as possible, the quicker you will be sustained and therefore you will eat less food. Count your chews and aim for about 20 chews a bite. Know that when you are consciously eating each mouthful your food choices will be healthier.
11. **Be aware:** Whilst the food is in your mouth, say to yourself, "This food is nourishing my body. There's no need to rush."
12. **Take note:** Notice all the different flavours and textures as you are chewing your food.
13. **Quality not quantity.** Know that organic products are the way to go, as you require less and in the long run they are very inexpensive when you compare them with medical expenses. Future You will thank you!
14. **Down time:** Put your utensil down between every other bite and take a deep breath.
15. **Allow Time:** Take plenty of time for the meal, aim for 20 minutes.
16. **Start small.** Focus on one meal or start with snacks each day. Progress from there as you gain confidence and control. Remember it only takes 62 days to create a habit.

Introduce the practices into your daily / weekly rituals (habits), you'll maintain high energy levels, no matter how fast paced your life can be (at times).

The more mindful you are as to why and what you're eating the more nourished and loved your body will become.

Future You will thank you for taking the time now to introduce these mindful eating habits.