Las$ng	weight	loss	and	feeling	be2er:	what	works?

Have you heard of Intuitive eating? Its premise: when we get in touch with our natural hunger and satiety cues, we experience less eating disorders and a more positive body image (Bruce 2015). Many studies have also shown that eating intuitively is far more successful for weight loss than calorie restriction! (Anglin 2015).

So what can I do, where do I start?

• Start by eating mindfully: set aside distractions and focus on your meal
• Try to stay in the green zone of the hunger scale
• Learn to recognize hunger versus appetite
• Honor your hunger and fullness
• Get in tuned with how different foods make you feel
• Start moving! Not to just burn calories, but because moving can feel great!

Why don’t radical diets work?

• Restriction and willpower are limited resources...they are usually not sustainable in the long run
• When we don’t allow for mistakes we set ourselves up for dissatisfaction
• We don’t allow enough time to develop new habits (which makes healthy eating easier to maintain)
• We set unrealistic expectations
• We get persuaded into the latest fad diet
• We compare ourselves to the media’s beauty standards (tv, magazines)...When we are not told the whole truth about the airbrushing and photoshopping

(Park 2015).

Some great resources→

Liberty Johnke


