



THE FITNESS CORNER

FACILITATING YOUR FITNESS JOURNEY

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5 SIMPLE WAYS TO IMPROVE YOUR EATING HABITS

According to the American College of Sports Medicine, poor diet and physical inactivity contribute to more than 400,000 deaths each year in the U.S. More than 900,000 Americans die annually due to cardiovascular disease. Clearly, many of us do not eat as well as we should and we can pay a very high price for this problem. Fortunately, there is some good news. In this issue, I describe five simple steps you can take to greatly improve your eating habits. You don't need to employ all of these steps at once. Simply identify one or two that you can implement on a regular basis and you will begin to reap the benefits in the form of a healthier diet.

1. **Eat breakfast every day.** Eat a healthy breakfast within two hours of waking each morning. This will help boost your metabolism while reducing hunger. Always remember, studies have consistently shown that eating breakfast on a daily basis is the one behavior that most healthy weight people have in common. One of the biggest mistakes you can make in terms of your eating habits is to skip breakfast. This will inevitably lead to binge eating later in the day when you are really hungry!
2. **Eat each meal at the same time every day.** Get into the habit of eating each meal at the same time every day of the week, includ-

ing weekends. This may require some advanced planning but it is well worth the effort. In a short period of time you will notice that you get hungry as each meal-time approaches. That's because your body gets acclimated to receiving nourishment at specific times each day. A small meal at the designated time will satisfy your hunger until the next mealtime.

3. **Pack a lunch for work.** It is not easy to eat out in a healthful manner. Unfortunately, we have a "restaurant culture" that emphasizes large portions of high fat/high calorie food. You have much better control over the nutritional content and portion size of your meal if you prepare it your-



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self. In addition to your lunch, you can pack several healthy snacks to nibble on throughout the day. Not only will you eat better, you will probably save money as well.

4. **Eliminate one restaurant meal a week.** Count the number of times you dine out in a typical, one-week time frame. Then identify one restaurant meal you can comfortably eliminate on a weekly basis and eat a meal prepared at home instead. If you eat out more than once a day, you may want to eliminate two weekly restaurant meals. This will allow you to have more control over the nutritional content and portion size of your food.

5. **Eat your meals slowly.** For some people this comes naturally, for others it can be quite difficult. In either case, get in the habit of eating your meals slowly. This allows time for your stomach to tell your brain you are full, and you will eat smaller portions at each meal. It will also aid the digestive process. One way to eat more slowly is to eat more frequently (e.g., eat 4-5 small meals throughout the day). This will prevent you from getting really hungry, which causes you to devour your meal at an accelerated rate.

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LIFESTYLE COACHING

It is with great pleasure that I introduce my Lifestyle Coaching program. Lifestyle Coaching is designed to help you **lose weight, improve your health and fitness, and enhance your work/life balance**. By utilizing a variety of processes, tools and techniques, you will reduce stress, improve your work performance, and most importantly, feel better about yourself.

Lifestyle Coaching works because it takes a holistic approach to your development. Specifically, we address the mental, emotional, behavioral and psychological elements of body shape, health, fitness and their impact on your life. By

looking at the "whole person", we greatly increase your chances for long-term success.

Lifestyle Coaching is also effective because it is based on a simple premise: **The best way to improve your health and facilitate permanent weight loss is to make minor, reasonable modifications in your eating habits and to slightly increase your daily level of physical activity.**

To learn more about Lifestyle Coaching, visit my website at www.holmesfitness.com and request a FREE CONSULTATION to begin the process that will change your life!