

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. To participate in this challenge, please email Jodi Bronson at jbronson@co.walworth.wi.us before November 14th. The challenge will start on Monday, November 18, 2019 and end on January 13, 2020.

Week	Date	Topic	To-Do List	To-Do List Due Dates
Week 1	11/18/19	What is Mindful Eating?	Read the Weekly Handouts	11/25/19
Week 2	11/25/19	Foundations of Mindful Eating	Quiz on Week 1-2	12/2/19
Week 3	12/2/19	Why Do We Eat?	Develop Your Personal Mindful Eating Goal	12/9/19
Week 4	12/9/19	Tips and Tricks to Mindful Eating	Track 5 Meals (1 meal/day)	12/16/19
Week 5	12/16/19	Healthy Snacking	Track 5 Snacks (1 snack/day)	12/23/19
Week 6	12/23/19	Understand Triggers of Mindful Eating	Track Your Triggers	12/30/19
Week 7	12/30/19	Vegging Out	Quiz on Week 3-6	1/6/20
Week 8	1/6/20	Media and Mindful Eating	Testimonial	1/13/20

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>