

Intuitive Eating

The word "intuition" derives from the Latin word, "intueri, which means "to contemplate" or "look inside." Intuitive eating is a lifestyle approach that encourages just that. By listening to your body's innate cues, you can develop a healthy relationship with food, notes Evelyn Tribole, a registered dietitian and co-author of "Intuitive Eating". Intuitive eating may also boost your physical and emotional wellness and put an end to the dieting merry-go-round. People are more focused on fitness and weight control than ever before. Such fixation interferes with the ability to assess hunger and fullness and dis-regulates your appetite, notes Koenig. Rather than considering your hunger at a particular meal, you may fixate on calories, carbohydrates or fat grams. And you may spend more energy resisting hunger than addressing it.

So what happens when you step away from these factors and rely on your intuition? "People start tasting food for the first time," says Tribole. "The food that they were lusting after becomes no big deal. They enjoy food, whereas before they were focused on the guilt." "People think that there's such a thing as sensible dieting. Not only does dieting not work, but it increases the risk of weight gain. It's been proven time and time again."

"When you truly know that you get to eat whatever you want to, you get to ask yourself, sometimes for the very first time, 'Do I really want this food right now? If I eat it, will I enjoy it?'" Tribole said. "When you truly know that you get to eat whatever you want, you get to ask yourself, sometimes for the very first time: 'Do I really want this food right now? If I eat it, will I enjoy it?'" And because you can have it whenever you want, it doesn't become this 'last supper' feast -- the last time you're going to eat before you start your diet."

Tips for Getting Started

Your initial course of action regarding intuitive eating depends on your current eating habits and attitudes, your dieting history and your willingness to change. A few simple steps, however, can help point you in the right direction.

Keep a food journal that tracks your emotions and hunger prevalence, rather than calorie counts and portion sizes. This can help you pinpoint your personal patterns and tendencies.

Aim for pleasurable exercise. Rather than choosing your next workout based on calorie-burn, choose something you enjoy. You'll be more likely to stick with it.

Eat a meal or snack mindfully -- in a relaxed setting, free of distractions such as your cell phone, laptop or television.

Chew slowly, allowing the food to sit on your tongue. Savor the tastes and textures and think about how you feel emotionally.

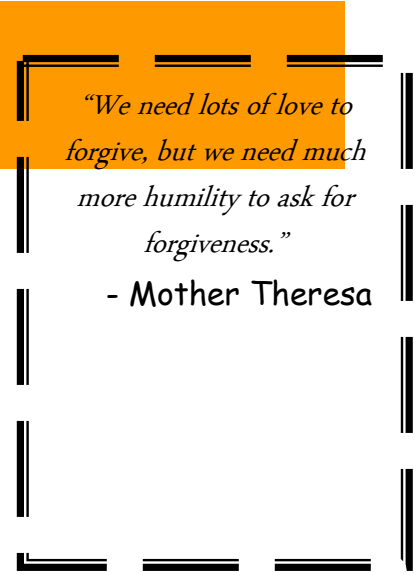
Eat your next meal when you feel moderately hungry. If the clock says it's time to eat, wait a bit until you sense a hungry rumble, but not so long that you feel famished.

Conduct hunger-checks throughout your next meal. Intuitive eating involves asking yourself if you're still hungry -- and stopping when the answer is "no."

Form a support system. Ask friends or loved ones not to chat about weight or dieting around you. Explain that even if they don't understand the changes you're making, you'd appreciate their support.

Seek guidance from a qualified expert, such as a dietitian or psychologist well-versed in intuitive eating.

Read more: <http://www.livestrong.com/article/551256-intuitive-eating-ii/#ixzz1f7klckhO>



*“We need lots of love to
forgive, but we need much
more humility to ask for
forgiveness.”*

- Mother Theresa

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*Always looking for
stuff to put in this
newsletter - send
me something!*

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HOLIDAY CELEBRATIONS

Not much group riding going on lately.
BUT we DO have our traditions.

But this year our traditions have
changed a bit - due to New Year's Day
falling on Sunday so.....:

Saturday, December 31st = Ride the
Wedge Overlook - load up with all your
winter gear and warm clothes and meet
at the Wedge Overlook at 10:00 a.m. -
for a beautiful chilly ride with warm
drinks and snacks afterward. (Bring any
holiday leftover snacks you may want to
share).

THEN that same day = New Year's Eve
dinner at Los 2 Amigos at 6:00 p.m.
Gloria and Eldy are coordinating this
one. They need to give the restaurant a
firm number for the reservation, so -
PLEASE CALL GLORIA
IF YOU PLAN TO ATTEND:
435-687-9267 or
435-749-9267

CLUB BUSINESS

*Please give Kim a call if you want to invite
the club on any rides... or even if you want
someone else to organize a ride for you!*

*Let Kim know if you hear any news to
share about any club members*

**REMEMBER; go to biketheswell.org
regularly to keep up with all club
activities.**

*"Shoot for the
moon. Even if you
miss you'll land
among the stars."
- Les Brown*

Your biggest challenge isn't someone else. It's the ache
in your lungs and the burning in your legs, the voice
inside you that yells 'CANT', but you don't listen. You just