

### PRINTABLE TOOLS EXERCISE TEMPLATE

<b>Chapter Number</b>	8
<b>Chapter Title</b>	Developing and Maintaining a Healthy Body Image Through Diet and Exercise
<b>Tool Title</b>	Mindful Eating

Mindful eating is being in the present, savoring your food, and appreciating the nutrition and health it supplies your body. Practice mindful eating with these simple, fun steps:

- Sit down with your meal; make sure you are not rushed.
- Turn off televisions, computers, and phones. No distractions allowed.
- Take five deep breaths and give thanks for your food.
- Slowly take a bite of each type of food, noticing the texture and taste. Chew each bite 20 times.
- Notice the smell of the food and savor the experience.

Did you enjoy the experience and really taste the food? Many of us are rushed and suffer from “eating amnesia.” We are so distracted and out of touch with our eating, we cannot remember what we ate for our last meal. Research shows distracted eating can lead to excessive calorie intake. Learn to appreciate your food and the earth that supplied us with this goodness.