



Change is Possible





IT'S YOUR CHOICE!



CHANGE IS POSSIBLE, THE BODY ACHIEVES WHAT THE MIND BELIEVES

If you do what you've always done you get what you've already got. That means if you want something different you have got to change. Change is not difficult, just different not the way you've been programmed!

The brain is very powerful and operates both "consciously" and "unconsciously". On a conscious level we can process 7 pieces of information at the any time. Some of this has to be environmental, comfort, temperature etc. the rest is your own thoughts (internal) and outside communication (external).





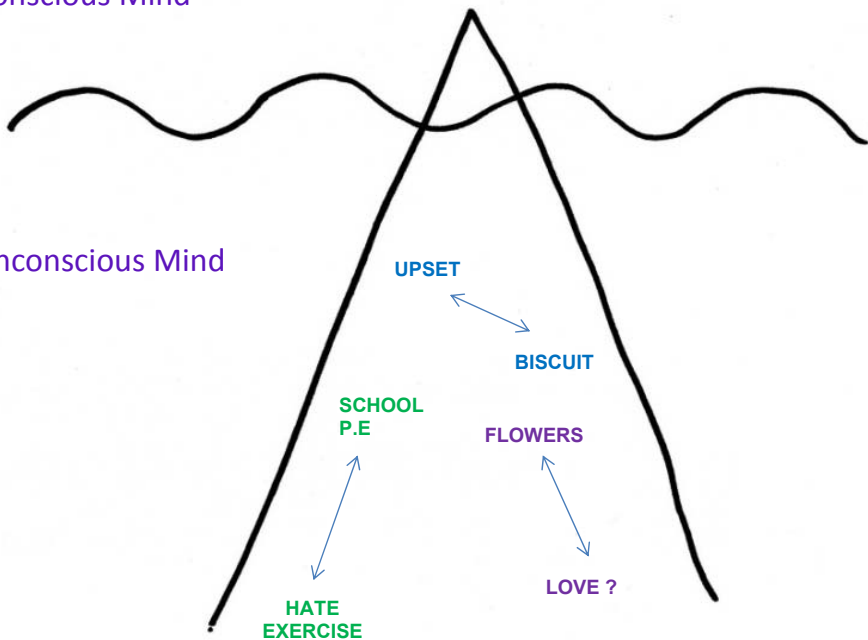
This is the case for all of your body, not just externally but your inner physiological workings are under unconscious control; via a complex system of feedback your heart knows how often to beat, your lungs know at which rate to breathe, your kidneys know how to adapt to achieve correct blood pressure and blood Ph., and numerous other functions.

If you think of your MIND as a huge iceberg, and only the top peeps out from above the water line, then your conscious mind would be that small peak, and the body of it under the water is your unconscious. Your unconscious represents approximately 90-95% of your thinking processing.

2 MINDS

Conscious Mind

Unconscious Mind





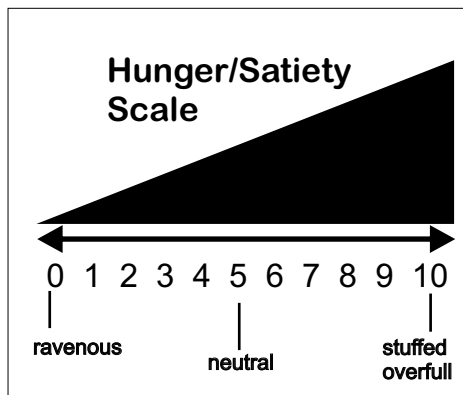
Hunger / Satiety Scale

This is a tool which will help you to increase your awareness of eating, hunger, satiety and fullness. It will also help you to learn to understand, trust and use your body's signals to determine when and how much to eat.

How to Use the Scale

Reading along the bottom of the scale, you will rate your level of hunger / fullness based on how you feel at the time. The following descriptions represent how you are feeling:

0. Ravenously hungry.
1. Feel like ordering everything on the menu.
2. Preoccupied with hunger, everything on the menu looks good.
3. Feel hungry and the urge to eat is strong.
4. Feel a little hungry. Can wait to eat.
5. Neutral. Not hungry. Not full.
6. Sense food in your belly. Could eat more.
7. Hunger is gone. If you stop here you may not feel hungry for 3-4 hours.
8. Not uncomfortable, definitely full belly.
9. Moving into uncomfortable.
10. Very uncomfortable, maybe even painful.



- What level would you rate yourself if you feel hungry and the urge to eat is strong? _____.
- What level would you rate yourself when the hunger is gone? _____.





Fullness Factors

Fullness factors are biological and environmental. Learning to recognise and understand these factors can make it easier to trust your body and feel your fullness.

Time between meals and snacks has a direct bearing on the amount of food still in your stomach and, thus how much food it takes for you to feel full.

The kind of food influences fullness. Foods high in protein and fibre take longer to digest so you feel full longer. High fibre foods tend to slow the pace of eating and add bulk. For example, eating an apple takes longer and provides more bulk than drinking a glass of apple juice.

List foods high in Fibre?

-
-
-
-

List foods high in Protein?

-
-
-
-

Social Settings influence amount eaten and speed eating. Eating with others usually increases the length of a meal. Some people eat more on weekends. Some people eat less in social settings because they feel like someone may be 'watching'.

Here are some steps to increase attention to your hunger and fullness.

1. Pause for a time out throughout a meal or snack. Ask yourself:-
 - Does this food still taste good?
 - Do I want more?
 - Am I still hungry?
 - Have I reached 7 on the hunger scale?
2. Once you have finished eating, see where you are on the fullness scale. Over time, you will be able to identify when to stop eating before you are overfull.





www.activ8fitnessclubs.co.uk

