

DEVELOPING A HEALTHY, NON-DIETING, ACTIVE LIFESTYLE

- 1** Become aware of your body's signals for hunger and fullness.
- 2** Eat until you feel full or satisfied. If you are full, you don't have to eat everything on your plate; if you are hungry, you can have a second helping.
- 3** Make time to eat regular meals and snacks, including breakfast.
- 4** Make eating a sit-down activity as often as possible. Give yourself permission to relax and enjoy eating.
- 5** Try to avoid the unconscious eating that may take place in front of the TV, at the movies, while reading or standing in front of the fridge.
- 6** Be willing to try a variety of foods from the food groups recommended in Canada's Food Guide.
- 7** Get rid of your bathroom scales, and stop counting calories.
- 8** Build regular physical activity into your day, do activities you really enjoy at a level that is comfortable for you.
- 9** Allow time for relaxation.
- 10** Get enough sleep.
- 11** Make changes in your lifestyle slowly and gradually— that's the only the way they'll become permanent.

"It's not our bodies that need changing, it's our attitudes"



Regional Municipality of Peel (2011). Suggestions for developing a healthy, non-dieting, active lifestyle. Retrieved from <https://www.peelregion.ca/health/baew/lesson-plans/healthy-eating/lpth/intermediate/lplans/pdf/hunger3.pdf>.

