



### **Week 3: Mindfulness and Moderation**

For week 3 of our challenge we are emphasizing the importance of mindfulness and moderation. We all get busy, especially during the holidays, and one of the ways we try to cope with a multitude of things to do is to try to multi-task. However, that can lead to some pretty negative eating habits! When eating a meal or a snack it's best to try to stay "in the moment" so you actually enjoy the food you are putting into your mouth, and so that you don't just keep eating mindlessly when you are already full but don't realize it because your mind is off and running to the next project or activity. Good food is one of life's simple pleasures, so it's important to take advantage of that! Here are some websites with information about maintaining mindfulness and moderation in your diet:

1. <https://cooperaerobics.com/Health-Tips/Nutrition-Bites/Pitfalls-of-Restrictive-Eating.aspx>
2. <https://cooperaerobics.com/Health-Tips/Nutrition-Bites/A-Dietitian%E2%80%99s-Survival-Guide-for-the-Holidays.aspx>