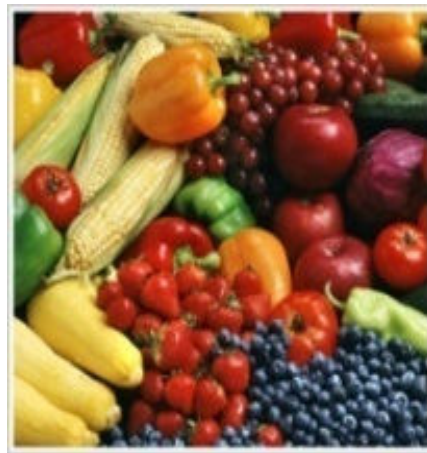


10 Steps to nourishing your body and reaching your health goals!



*Embracing these daily habits can lead you to becoming the **healthiest and happiest** version of yourself, and really **increase the quality of your life...***

Think about what hunger type you are experiencing before you eat... is the hunger coming from your stomach or head?

Eat with as much awareness as possible by sitting down, chewing slowly and removing distractions (e.g. TV, work)

Move as much as you can and stay active by getting up and walking around regularly and doing as many things as you can standing up as opposed to sitting.

Eat when you are hungry and chose foods that you love and that will leave you feeling good.

Recognise that your food choices can sometimes be a mirror to your emotions.

Be aware of the times of day you are more vulnerable to emotional eating.

Allow your physical internal cues to guide your choices rather than external cues.

Know that tomorrow never comes and focus on what you can do right now.

Be aware but not obsessed about the calories you eat.

Make a choice to only put REAL foods into your body.

Include fitness and strength training into your day not because you feel you should or to lose weight but because it makes you feel good.

Celebrate your successes. Every positive step you take is a step towards your goals. Acknowledge every accomplishment along the way.

To find out how easy it is to live your healthiest and happiest life contact Laura today for a free no-obligation chat



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