



Mindful Eating / Mindful Exercise
(A free advice sheet to assist your weight loss journey)

MINDFULNESS

The practice of Mindfulness has been growing in popularity for well over a decade. There are many perspectives on Mindfulness, ranging from spiritual practices and martial arts, through to the practical and scientific application of Mindfulness in the workplace and boardroom.

Andrew Hardwick Hypnotherapy is neither a provider of Mindfulness-specific training, nor do we recommend or endorse the activities and programs of any specific Mindfulness training providers.

What we do, however, is build mindful practices into the services that we specifically provide.

This handout focuses on mindful practices for the purpose of WEIGHT LOSS

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BEING MINDFUL

The act of being Mindful lies at the core of Mindfulness. Being Mindful essentially means focusing on NOW, rather than stressing over the past or being anxious about the future.

Amongst the benefits of being Mindful therefore, are the reduction of stress and anxiety, plus an increase in focus on purpose and direction.

With regards to weight loss, there is an equation I would like you to bear in mind:

- IF Fuel Input (Food) > Energy Output (Exercise) WEIGHT GOES UP
- IF Fuel Input (Food) < Energy Output (Exercise) WEIGHT GOES DOWN
- EAT LESS & EAT LESS OFTEN
- EXERCISE MORE & EXERCISE MORE OFTEN

Andrew Hardwick

Hypnotherapy

Mindful Eating & Mindful Exercise focus your mind on your desired goals

MINDFUL EATING

- LISTEN TO YOUR BODY and eat ONLY when your body physically needs nutrition.
- Eating in response to emotions, habits, by the clock or to satisfy peer pressure, often results in eating when your body does not need nutrition. Your body then has no choice but to store food, as fat.
- When you eat, focus ONLY on the food you are eating. Turn off TV, computer, phone, emails and other distractions. Distracted people graze food, and end up eating more than is needed.
- When you eat, do so SLOWLY. Eating slowly enables you to enjoy the QUALITY of food rather than the quantity, and to enjoy food with all your senses
- When you eat slowly, STOP EATING JUST BEFORE YOU ARE FULL. This sends a message to your body, that if it still needs extra nutrition, then it will have to break down the fat stores within your body, and so you can lose weight.

MINDFUL EXERCISE

- LISTEN TO YOUR BODY and respond to its needs to be active or inactive.
- When your body tells you it needs to sleep or rest, then do so.
- When your body tells you it needs to be active, then exercise.
- Exercise does not only mean going to a gym. Be creative!
- When you exercise, focus ONLY on the activity you are doing. Dwelling on what happened over breakfast or in the office that morning is a distraction. Thinking about the presentation you are making next week is also a distraction. Checking emails, social networks, TV etc whilst exercising distracts your mind from the task at hand. Distractions increase your risk of accidents and injury, whilst also decreasing your actual exercise time.
 - For Example: If you spend 60 minutes “exercising” in your lunch break, and 40 minutes of that have involved sitting down sorting out the music you listen to, or talking to your friend, or responding to emails and social networks, then you have NOT had a 60 minute workout!
- When your body has reached its limits, challenge them, because those limits may be in your mind rather than physical
- Listen to your body while you exercise, and BE PREPARED TO STOP!