

Healthy Eating Habits

Purpose and Effort

You need to lose weight!

Set yourself a target for how much, and imagine what you will look like and how comfortable you will feel, once you have achieved your goal. Listen to the module. We have put together 5 effective changes for you and an exercise that can help you proceed. It is an easy step to take and, even though from time to time it may hurt and be tough, hang on in there for 14 days. After that, your new habits will become easier and form your basis for a healthy life. It is not a diet – it is a lifestyle

What science tells us...

- The stomach and the intestines are hugely important organs for the production of hormones (endocrine organs).
 - Most of the hormones that regulate our hunger and satiety come from the stomach-intestine channel.
 - When developing medicines to tackle obesity, scientists utilise this. But by doing these simple exercises, you can do so too.

Exercises

- When changing eating habits it is important to become familiar with - and on good terms with - the feelings that relate to food. These are: the feeling of Hunger, the feeling of Satiety and the feeling of Being Over-Full. The best way to get in touch with food-related feelings is to have good 'contact' between your stomach and your head.
 - A really good exercise for creating this contact is 'the stomach exercise'. It will also improve your digestion.
 - In fact, it is not an exercise at all, but more a process of relaxation. All you have to do is lie on your stomach with a foam roller or rolled-up yoga mat under your navel. Breathe deeply and relax, sink down into the floor and let the force of gravity exercise your stomach and intestines.
 - Place it against the navel or just beneath it, and make it a habit immediately before every meal if possible, but at least once a day.
 - Breathe calmly and as deeply as you can, and relax completely.
 - Let go and concentrate on your breathing. With no tension in your stomach you will feel a totally new contact setting in, and gradually you will become

better at sensing your stomach's signals and regaining power over the feelings they create.

- Healthy eating habits are your most important key to achieving lasting health.
- Inappropriate eating is also one of the most difficult habits to break. The development of serious excess weight or obesity usually takes between 10 and 15 years, with a weight increase of 3-5 kg per year.
- Your eating habits are the **MOST IMPORTANT** thing to change, if you want to lose weight; even more important than exercise habits - contrary to what many people believe.
- Cheat with your eating habits and you will deprive yourself of a good result.