



TUNING INTO OUR BODY



The best way to make sure you're fueling your body, is to listen to and act on the hunger and fullness signals our body is telling us. Let's explore what this feels like in your body, so next time you can hear these messages like "Hey, I'm going to need food soon" or "I'm done now".

Hint, these signals might be coming from our stomach, our thoughts, our ability to focus or our energy levels.

WHEN I AM HUNGRY, I NOTICE MY BODY...



WHEN I AM FULL, I NOTICE MY BODY...



WHAT THOUGHTS DOES MY BRAIN SEND ME, WHEN I WANT CERTAIN FOODS OR HAVE BEEN EATING A LOT OF THE SAME THING?


