

THE INDUSTRIAL ATHLETE DIGEST

Weekly Wellness & Safety Tips from Work Right NW VOLUME 9 | ISSUE 2



ATTUNED TO FOOD

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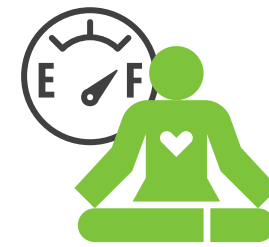
Are you ever so busy you become grumpy with a growling stomach and headache? Did you possibly forget to eat, or worse, ignore your body's hunger signals in order to get a job done? Industrial athletes lead busy lives and have jobs which require lots of energy. Listening to your body's hunger signals is one of the key pillars of an approach to food called Intuitive Eating.



UNCONDITIONAL PERMISSION

Intuitive Eating is an evidence-based self-care approach to nutrition and movement. An individual works to be fully attuned to their hunger, fullness, and cravings. Most importantly, intuitive eaters remind themselves daily they have **an unconditional permission to eat.**

This mindset goes against most traditional approaches to nutrition. However, evidence has repeatedly demonstrated restrictive dietary behaviors lead to binge eating, massive weight fluctuations, guilt, and fear surrounding specific foods.



GUIDING PRINCIPLES

This approach to food follows 10 principles:

- Reject the Diet Mentality
- Honor Your Hunger
- Make Peace With Food
- Challenge the Food Police
- Discover the Satisfaction Factor
- Feel Your Fullness
- Cope with Your Emotions with Kindness
- Respect Your Body
- Movement - Feel the Difference
- Honor Your Health - Gentle Nutrition

IMPLEMENTING A NEW APPROACH

The Intuitive Eating principles hone in on choosing meals and food which keeps us full longer and more energized throughout the day without cutting out entire food groups.



Within more diverse populations, instead of labeling specific cultural foods as "unhealthy" or "bad," Intuitive Eating embraces these foods.

TRY IT OUT!

Scan the QR to read the full story and utilize an exercise for implementing Intuitive Eating with the Hunger and Fullness Scales

**WANT TO READ MORE?
SCAN THE QR!**

Work Right NW is changing the way that companies view workplace hazards. Our focus is on educating the workforce to prevent injury. We provide access to Injury Prevention Specialists in the workplace to address the early signs of discomfort. We are changing the industry one company at a time by helping one person at a time.

