

THE INDUSTRIAL ATHLETE DIGEST

Weekly Wellness & Safety Tips from Work Right NW



ATTUNED TO FOOD

BY SYDNEY LOPEZ, ATC

VOLUME 9
ISSUE 2
ARCHIVE

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 to meet its demands. 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**.

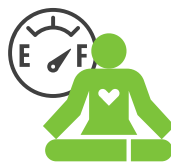
This mindset goes against most traditional approaches to nutrition, as diets typically employ rigid rules and restrictions. However, evidence has repeatedly demonstrated restrictive behaviors lead to binge eating, massive weight fluctuations, guilt, and fear surrounding specific foods.



When we work to accept an unconditional permission to eat all foods at any time, fear surrounding specific foods lessens. Eventually we view all food neutrally. A neutral approach to food supports our ability to decide *what, when, and how much* to eat based on our body's cues.

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

This approach can be used by anyone of any background with any job because at its core, it uses your own body and mind to guide food choices. So, "as an industrial athlete, how does Intuitive Eating apply to me," you ask?

Nutritional advice is often raised in the industrial setting when we are told by physicians simply to "lose weight" without much coaching on *how* to lose weight. 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 and focuses on how they make an industrial athlete feel.

TRY IT OUT!

Check out [this exercise](#) to implement Intuitive Eating with the Hunger and Fullness Scales.



Sydney Lopez, ATC || Sydney is an Injury Prevention Specialist in Fremont, CA, with experience as an athletic trainer in both the collegiate and professional settings. She has spent time working in a physician extender role in a primary care clinic. In her time away from work, she can be found hunting for sea glass at the beach and cuddling with her two cats.

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.

