

Nourishing the Body and Soul



Medicine Wheel Teachings:

Spiritual: Relationship with yourself, your creativity, passions, and life purpose.

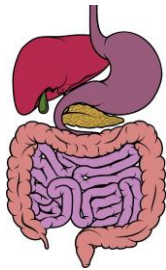
Physical: How your body works/moves.

Mental: Relates to your thoughts which come from your knowledge, beliefs, and attitudes.

Emotional: Relating to your range of emotions and how you interact socially, with yourself and others.

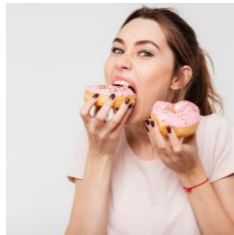
- The environment around us often impacts how we view ourselves and others – be mindful of this
- **Find YOUR balance**

Types of Hunger:



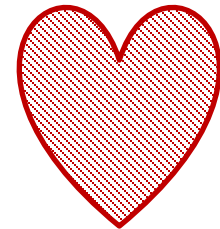
Stomach

Hunger cues, based on feeding routine, etc.



Mouth

Cravings: salty, sweet, crunchy, etc.



Heart

Emotional eating, learned behaviours, etc.

Basics of Eating:

When:

- Establish a routine
- Aim to eat every 4-6 hours

What:

- Focus on choosing whole foods where possible
- Choose foods that speak to your culture
- Choose foods high in fiber - adds bulk to our meals while keeping calorie content lower

How:

- Review split plate and hand jive portioning tools



Movement snacks: Breaking up your activity into smaller segments spread throughout the day can make your daily activity goal seem more manageable.

Methods of Nourishing the Body and Soul:

- Move & Feed Your Body
- Calm Your Mind
- Sleep

