

NOURISH

MARCH IS NATIONAL NUTRITION MONTH!



Nutrition is More Than the Foods
you Eat



How to Create Healthy Habits



Nutrition is NOT Dieting: 4 Steps
to Defeat Diet Mentality



FAQ on SAFFP's Upcoming
Nutrition Challenge

www.standrewsparks.info/nutrition

Nutrition is More Than the Foods You Eat

Becoming the healthiest version of yourself is much more than your nutrition, physical activity, and body appearance.

True health and wellness is like a wheel, with several spokes that help the wheel roll optimally. These spokes consist of the following:

1. **Sleep**: Your ability to consistently get 7-8 hours of quality sleep.
2. **Hydration**: Your optimal daily amount of pure H₂O.
3. **Nourishment**: Your relationship with food and your body.
4. **Mindfulness**: Any activity that promotes inner awareness.
5. **Movement**: Any type of exercise that you can do daily.
6. **Support**: healthy social circle, positive relationship with yourself.

When one of these spokes is out of place, it can throw the rest of your wheel out of sync. In other words, if you're not sleeping, hydrating, moving, etc., enough, it is likely affecting your nutrition in a way that limits your ability to nourish your body and soul.

At SAFFP, this wheel is known as the Whole Wellness Wheel. Your Whole Wellness Wheel moves optimally when you consistently work on establishing healthy habits that prioritize each individual spoke.

How to Create Healthy Habits

Habits are simply the small actions and decisions that make up your day. The keyword is *small*. When creating habits supporting a healthy, whole wellness lifestyle, starting as small as possible is important so you slowly build momentum. It won't seem like much is happening at first, but these minuscule changes empower you to continue toward health and wellness for the long haul.

Small changes can be frustrating as we often want to see results quickly, which is why it can be helpful to track your progress daily. Tracking promotes a sense of accomplishment that's important to maintain.

To create your own set of healthy habits consider the 6 spokes of your Whole Wellness Wheel and create 6 tiny habits that you can implement immediately for each one.

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My Sleep Habit: _____

My Hydration Habit: _____

My Mindfulness Habit: _____

My Movement Habit: _____

My Support Habit: _____

Nutrition is NOT Dieting: 4 Steps to Defeat Diet Mentality!

Step 1: Recognize the Damage of Dieting

Continued dieting and food restriction will only perpetuate cycles of disappointment, guilt, anxiety, depression, and shame. Dieting *is* the problem, not *you*. No amount of dieting will heal your relationship with food, body, or your emotions.

Step 2: Be Aware of Your Diet Mentality

Diet mentality can show up as "good vs. bad food" thoughts, exerting unnecessary willpower regarding your food cravings or wants, stepping on the scale, making negative comments about your body, and exercising for appearance. It's important to become aware of how diet mentality shows up for you, what it's triggered by, and how you replace those negative thoughts with more neutral thinking.

Step 3: Get Rid of Dieting Tools

Dieting tools come in various forms, including the scale, calorie trackers, macro counters, food plans, diet books, cleanses, and even food scales if they're being used to measure your portions. Why are these things not helpful? They are all external forces you rely on to tell you when, what, how, and why to eat. When you rely on outside tools to regulate your food and body, you lose your autonomy. It's time to regain your autonomy and eliminate the dieting tools!

Step 4: Practice Self-Compassion

The final and arguably most important step in rejecting the diet mentality is practicing self-compassion. It takes time to reject a mentality you've been surrounded by. You're going to have some setbacks, and that's okay. Remember to give yourself a great big hug and keep moving forward.

FAQ on SAFFP's Upcoming Nutrition Challenge

How do I know if I should participate?

You should participate if you struggle with body positivity or neutrality, are currently on a diet or any type of meal plan designed to change your body or your weight, you struggle with guilt and shame with foods that you enjoy, and/or you often feel confused about what you "should" be eating.

How much is the entry fee?

The entry fee is \$60/per person and is nonrefundable.

What is included with my entry fee?

Your entry fee includes:

- 30-minute Start-Up Session prior to the challenge start date.
- 30-minute Wind-Down Session at the end of the challenge.
- Weekly virtual check-ins with your assigned Nourish Coach.
- Free access to the Nourish Challenge App to track your points and view the leaderboard.
- Free access to all FIT sessions during the challenge.
- A chance to win the grand prize and other mini prizes throughout the challenge.

How old do you have to be to participate?

All participants of the Nourish Challenge must be 13 years or older.

How do I participate?

Each week of the challenge corresponds to a "mini-challenge" that all participants must complete to earn points. You track your points by using the Whole Wellness Challenge App that your Coach will help you set up during your Start-Up Session.

What are the Weekly Mini Challenges?

Week 1 (April 10th-16th): Discover Your Hunger by keeping track of the quality of your hunger, your hunger rating, and the types of food you eat for each meal. Your Coach will provide you with a Hunger Scale and a Hunger Tracker to kick-start your tracking.

Week 2 (April 17th-23rd): Practice mindful eating by choosing one daily meal that you will eat distraction-free and remain present for each bite.

Week 3 (April 24th-30th): Find your magic hydrate number (how many ounces you need to stay hydrated daily) with the help of your Coach. Strive to meet that magic hydrate number every day!

Week 4 (May 1st-7th): Get more sleep by working with your Coach to create a realistic sleep routine that limits screens and snacks before bed.

How is the winner determined?

The person with the highest points at the end of each week will be entered into a drawing for "mini prizes". To qualify for the grand prize, participants must write a short essay detailing what they learned and gained from the challenge. The participant with the best essay will win the grand prize and be crowned the SAFFP Nourish Champion!

What does the winner receive?

Mini prizes include personal training sessions, \$5 gift cards, monthly passes to FIT, and snack or drink vouchers to use at the SAFFP Front Desk. The grand prize winner will receive a \$100 Visa gift card.

What if I don't want to write the essay?

If you don't want to write the essay you can still participate in the challenge and even be entered to win the weekly mini-prizes. You will not be entered to win the grand prize without an essay.

What if I don't have a phone to track my points?

Although we recommend using the Nutrition Challenge app for the best experience possible, we do have an option that doesn't rely on smartphone tech. During your Start-Up session, please ask your Coach for a hard copy point tracker.