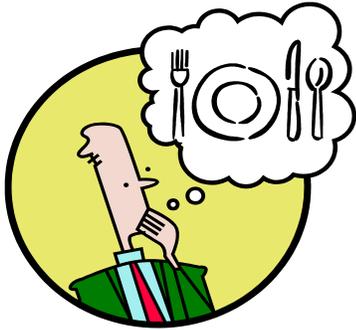


You should begin with: the instructions below, the 6-week challenge calendar, a log to track your success, and the descriptions of your three options for Week 1.



Mindful Eating Challenge

Ever finished a meal from a drive-thru before you've gotten home?

Ever looked down into an empty chip bag and not remember eating that much?

Ever give in to a 2:00 sugar craving without even blinking?

Ever gotten an upset stomach and then had a hard time recalling what you ate the day before?

ANNOUNCING THE MINDFUL EATING CHALLENGE!

Many of us are not very aware of how much we eat, why we are eating it and even what we are eating. But that can change!

During this six week Mindful Eating Challenge, you pick one goal out of a choice of three to tackle during a week. The goals vary but are based on the principal of mindfulness – that is, being more mindful of what, and how, we are feeding our bodies.

One goal might be to stop serving your family meals “family style”. Another might be to turn off the television while you eat. Once you choose your goal for the week, read it's one-page description for a clear definition, examples, a time frame (for example, you must do the goal X times for X days of the week) and additional resources.

You'll track your progress on an individual log. Each week you will be asked to complete a simple survey, and an evaluation at the end of the challenge. Upon completion, you will be rewarded with a certificate and the knowledge and practice of how to eat mindfully!

Eat well. Enjoy your food.

MMB's POWER Wellness Committee



This program brought to you by MMB's POWER Wellness Committee. It was developed by Washington County, inspired by Cornell University's Brian Wansink.