

SESSION FOUR: HOME PRACTICE

Becoming a “Mindful Gourmet”/Becoming More Physically Active

”Seeing is deceiving. It’s eating that’s believing.”~ James Thurber

THEMES

- Developing inner wisdom now shifts to exploring how the body lets us know that we may have eaten enough. The first feedback for satiety (“eating enough”) comes from our taste buds. Even with highly satisfying foods, the taste buds tire quickly. Paying full attention to flavor and texture can help bring greater pleasure from small amounts of food, thereby cultivating your “inner gourmet”.
- Exploring outer wisdom now adds the value of physical activity. Gradually increasing walking, and using a pedometer for feedback, can be very encouraging and self-reinforcing.

NEW PRACTICES

1. Mindful Eating: Tuning into Taste

Practice eating two meals mindfully every day paying special attention to **taste experience**: let yourself really enjoy the food as you are first eating it, then become aware of taste satisfaction, and then try to stop eating particular foods if they are no longer as satisfying or enjoyable.

Practice becoming a “mindful gourmet”! IF you notice eating past a point of satisfaction, consider why that might have happened (socializing; emotions; boredom; nutritional needs).

2. Use Your Pedometer

Use your pedometer this week to explore how many steps you are taking. You should do so **without changing your usual routine**, so you know how many steps you are starting with. It is helpful to write this information down every day on the **Step Log** to keep track. If there is a problem with the pedometer or getting a reading, it is ok to call the office to ask for assistance. Keep the Step Log in your binder and bring next week. **Use your journal** to note down feelings or thoughts that arise related to using the pedometer this week. Use the handouts on physical activity, exercise shoes, and preventing injury to help think of ways that would work for you to gradually become more active.

3. Cultivate Accepting Awareness

Try to bring more attention to your body during the week. Especially notice any feelings of anger or rejection toward your body and balance those feelings with a positive appreciation and acceptance of your body. Your body does wonderful things for you.

ONGOING PRACTICES

1. Mindfulness Meditation

Practice meditating at **least six times** during the week. You may use Track 3, 4 or 5, Set 1, of the audio files. Use Tracks 4 or 5, the mindful eating meditations, in addition to or instead of one or two breath awareness practices, or before a meal or snack.

2. Mindful Eating

a. Use mini-meditations before and during eating times to note hunger as well as to become more aware of **taste experience/pleasure**.

b. Again, try to eat two meals a day mindfully, using all the tools you've learned: awareness of different triggers, choice, and taste. Continue to be aware of the differences **between physical and emotional hunger**, or other triggers for starting or continuing to eat. Notice when you eat in response to stress. How do you know when you are hungry? Try to be aware of when you started eating because of a feeling you were having or for some reason other than being hungry. Think about what other options are available to you besides eating. Be creative!

3. Outer Wisdom

a. Continue to explore for yourself foods you might like to have more or less of and quality foods you might like to add to your diet.; try to be relaxed about doing so, with a spirit of discovery, rather than self-criticism.

b. Work with the Quality over Quantity Challenge, using the new Worksheet you received today. This week you will try to meet the **Quality over Quantity Challenge**. Note which changes are easier and which are harder to make. By the end of the week, you may notice that a change that is harder one day is easier a different day. **Notice what may make it easier or harder to make a change**. You can make notes at the bottom of the page. Mindfully explore possible foods to add to your diet, others to decrease based on your body's feedback, how you feel, energy level, well-being etc. **Be creative**

– **try out different possibilities!** Notice if there are foods at each meal/snack that you would like to decrease or take out, or add in. Consider if there is one or more quality food you wish to add to each meal/day. Are there foods you really enjoy or new foods you'd like to try? Use the Easier/Harder column to estimate the difficulty. **Think about which changes you could keep doing! Try doing only a few at a time for sustainable change.**

4. Complete the Daily Practice Tracking Sheet

Please complete the Daily Practice Tracking Sheet and bring it with you to the next session.

REMEMBER:

Eat a light meal just before coming to the next session. Pay particular attention to experiences of hunger and taste satisfaction.

Use your journaling pages if helpful.

Meditation Record - 1

Name: _____

Date:

Week:

Date/Day	Time: From ___ to ___	Comments
	From ___ to ___	
	From ___ to ___	
	From ___ to ___	
	From ___ to ___	
	From ___ to ___	
	From ___ to ___	
	From ___ to ___	

Other Comments/Thoughts:

Name _____

Date _____

Keep In Balance® Questionnaire

Directions: For each of the 40 items, please indicate how often you engaged in this activity or experienced these thoughts or feelings in the last week. Place a check in the column that best applies, using the scale below. For the items that are not relevant to you, place a check in the column labeled NA for "not applicable."

1 = never in the last week

3 = several times in the last week

5 = several times a day

2 = at least once in the last week

4 = once a day

NA = not applicable

	Item	1	2	3	4	5	N A
1.	I left food on my plate or discarded part of my snack.						
2.	I refused or did not take a second helping.						
3.	I ate food directly from the refrigerator/container (box, bag, bowl, etc.).						
4.	I considered the calories of what I am choosing to eat with a sense of curiosity instead of guilt.						
5.	I put away (or moved away from) tempting food which I knew I didn't want to eat.						
6.	I chose high quality/nutritious snacks to buy at the supermarket.						
7.	I avoided buying foods at the supermarket that I tend to overeat.						
8.	I noticed feelings in my stomach and body telling me how physically hungry I was.						
9.	I waited to eat until I felt physically hungry enough.						
10.	I stopped eating when I began to feel comfortably full.						
11.	I ate to the point of feeling uncomfortably full.						
12.	I stopped eating when I noticed I wasn't tasting the foods as much.						
13.	I ate slowly, mindfully experiencing each bite of what I was eating.						
14.	I stopped eating something because the pleasure of the taste went away.						
15.	I stopped eating something because it tasted unpleasantly sweet, greasy or rich.						
16.	I made up for over-eating earlier in the day by eating less later.						
17.	I ate something tempting, rationalizing by thinking, "I deserve this."						
18.	I ate something rich and then kept on because "I'd already blown it."						

1 = never in the last week
2 = at least once in the last week

3 = several times in the last week
4 = once a day

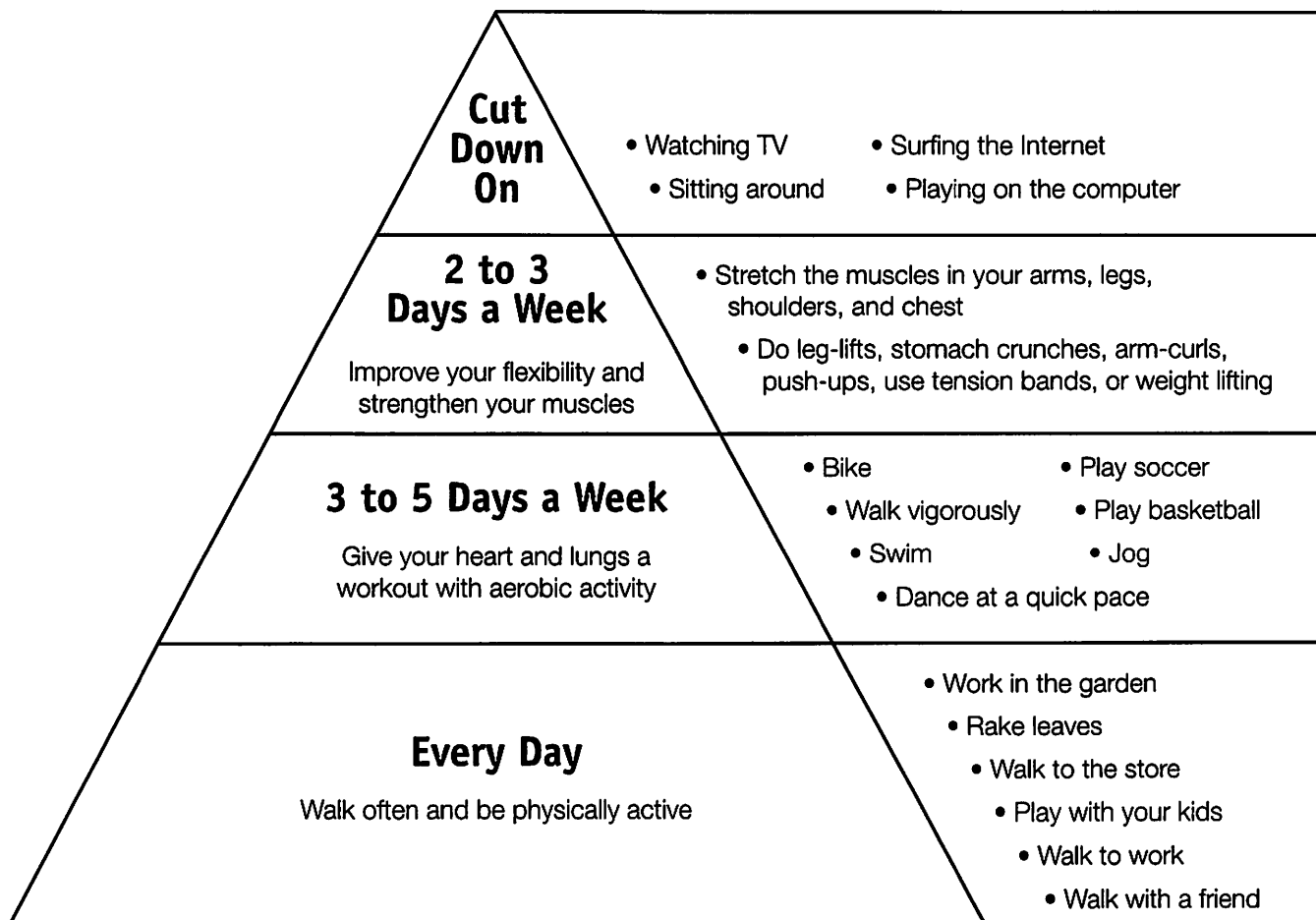
5 = several times a day
NA = not applicable

	Item	1	2	3	4	5	N A
19.	I overate after feeling "I just don't care."						
20.	I refused a tempting food, saying to myself, "I can always have it some other time."						
21.	I ate something tempting thinking "Just this once won't matter."						
22.	I overate after feeling upset about something.						
23.	I ate because I was putting off doing something else (procrastinating).						
24.	I ate because I felt like celebrating something.						
25.	I ate just because I was bored.						
26.	Even though I was upset, I allowed myself to have a small portion of a tempting food and didn't overeat.						
27.	I ate something I like very much without eating too much of it.						
28.	I let myself really enjoy and savor all the flavor and textures in a meal.						
29.	I had a "treat" without over-eating.						
30.	I refused food which someone else offered me.						
31.	I ate to a comfortable level at a social gathering.						
32.	I consciously chose the food I would eat at a party.						
33.	I ate a meal at a buffet without over-eating.						
34.	I took the stairs instead of an elevator.						
35.	I parked farther away from where I was going than necessary.						
36.	I walked actively for at least 10 minutes.						
37.	I walked actively for at least 20 minutes.						
38.	I engaged in aerobic exercise (walking, biking) for at least 10 minutes.						
39.	I engaged in aerobic exercise for at least 20 minutes.						

40.	I was active on my feet for at least 30 minutes (gardening, cleaning, or other chores involving lifting or bending).						
-----	--	--	--	--	--	--	--

Physical Activity Pyramid

There are many wonderful ways to be physically active every day. By doing a variety of moderate-intensity activities, such as gardening, jogging, riding your bicycle, or walking, you will find it fun and easy to incorporate physical activity into your daily life. Adults should do at least 30 minutes of physical activity every day, while children should do at least 60 minutes of physical activity every day. Use the following *Physical Activity Pyramid* as a guide for creating your own weekly program.



IF YOU RARELY DO PHYSICAL ACTIVITY

Begin with activities at the base of the pyramid

- Walk whenever you can
- Make physical activity a part of your leisure time
- Set realistic goals, and work your way up toward the middle of the pyramid

IF YOU DO PHYSICAL ACTIVITY SOMETIMES

Be more consistent with activities in the middle of the pyramid

- Plan physical activity in your day
- Set weekly and monthly goals
- Partner with a friend or family member to do physical activity together

IF YOU DO PHYSICAL ACTIVITY OFTEN

Choose a mix of aerobic, flexibility, and strengthening activities

- Mix up your routine to keep it fun
- Try new physical activities
- Challenge yourself with new goals

Source: Adapted from The Activity Pyramid. Pyramids of Health, Park Nicollet HealthSource 2002.

For more information about fruits, vegetables, and physical activity, visit us at www.cachampionsforchange.net or call 1-888-328-3483. Funded by the USDA Food Stamp Program, an equal opportunity provider and employer.



Preventing Injury during your Walking Workout

Walking is one of the safest ways to get more physical activity. Minimize your risk with these tips:

Get a smart start. Start slow with supportive, well-fitting, cushioned athletic shoes. Increase your walking time or distance by no more than 10 to 20 percent each week.

Avoid blisters. Synthetic fiber socks decrease blisters compared to cotton socks. (Cotton tends to absorb moisture and increase friction.) Look for socks that are made with synthetic fibers. If you buy new shoes, start with a short walk so that new pressure points don't irritate your skin.

Skip the shin splints. Shin splints (pain on the front of your lower leg) can occur if you increase your walking distance and speed too quickly or add hills too soon. Prevent them by wearing athletic shoes with adequate support and cushioning and gradually increasing your walking mileage and pace. Be sure and stretch your calves (both straight and bent knee) after walking.

Nix the knee pain. There are many causes of knee pain, including osteoarthritis and other problems. If you experience knee pain when you exercise, talk to your doctor. You may need different walking shoes with better support or cushioning. You may also benefit from strengthening and/or stretching exercises targeting the muscles that support the knee and hip.

Happy trails. Wear light-colored clothing with reflective strips if you're walking at dawn or dusk. Walking on sidewalks is safest. Concrete sidewalks are less forgiving than asphalt. Cinder tracks and dirt trails are even softer and gentler on your joints. If you walk on the road, walk against traffic so you can see approaching cars. Walking paths and hiking trails can be scenic and refreshing. Just watch out for uneven terrain, rocks, tree roots or hidden holes, which could cause ankle injuries. Lightweight trail running or hiking shoes provide additional support for walking in the great outdoors.

Injury 101. Listen to your body. If you feel pain, particularly if it increases or comes on earlier in your walk, limit your activity and contact your doctor. If you experience an injury while walking, follow the **RICE** prescription and call your healthcare provider:

- **Rest.** Rest the injured area. Get off your feet!
- **Ice.** Apply a bag of ice to the injured area for about 20 minutes. Ice is nature's anti-inflammatory and can reduce tissue damage. Use a bag of frozen peas if you don't have an ice bag handy. Place a wet cloth between the ice pack and your skin. Repeat morning, after work and evening as long as you experience pain and/or swelling.
- **Compression.** Use an ace bandage/wrap to secure your ice bag to the injury with some pressure. This can help control swelling.
- **Elevation.** If your foot or knee is injured, sit or lie down with your leg elevated at/above heart level. This reduces swelling and can help promote faster healing.

- Adapted from http://www.heart.org/HEARTORG/HealthyLiving/PhysicalActivity/Walking/Preventing-Injury-During-Your-Workout_UCM_461780_Article.jsp#

Step Log

Name: _____

Week Beginning Date: ____/____/____

Day of Week Date / /	Time of day pedometer put on	Time of day pedometer taken off	Number of Hours worn	Number of Steps on Pedometer	Notes
Ex: Monday- 11/05	7 am	10:15 pm	15 hrs 15 min	5,302	Use this area to note anything about walking, experience with using pedometer, etc.
Monday / /					
Tuesday / /					
Wednesday / /					
Thursday / /					
Friday / /					
Saturday / /					
Sunday / /					
Total					

Typical Restaurant Meal

Side salad with 2 Tbsp. of Ranch dressing	215
6 oz. wine	150
10 oz. prime rib	800
12 oz. baked potato with 2 Tbsp. sour cream	365
½ cup green beans with ½ Tbsp. butter	70
2 rolls with 2 Tbsp. butter	400
TOTAL CALORIES	2000

Restaurant Meal Components

Non-ordered items: Non-ordered items are things like the bread basket or the chip basket at a Mexican restaurant.

Beverages: With beverages, be aware of the empty calories in sodas and alcoholic drinks.

Appetizers: Appetizers can be a large calorie addition.

A *Bloomin' Onion*, at Outback Steakhouse, has about 2000 calories and 156 grams of fat. Divided into six servings, as recommended, that's still over 300 calories.

Salads: Not every salad is created equal. A large source of fat in our diets can be salad dressing. Other sources of calories and fat are in the cheese, olives, eggs, meats, avocado, nuts, and bacon that are often added to salads.

Entrée (portions): Portion control is one of the biggest concerns with eating out. A typical portion of pasta is 2-3 cups. A typical portion of potato is 12-16 oz. or 3-4 servings of grain. A typical portion of meat is 6-8 oz., which is more meat than we need in an entire day.

Added fats and oils: Higher fat preparation methods include breaded, Alfredo, 'crispy', escalloped, *Au Gratin*, and Parmigiana.

Desserts: Desserts are often packed with both fat and sugar, but fat contributes far more to the caloric load in most desserts. Serving size is the other culprit.

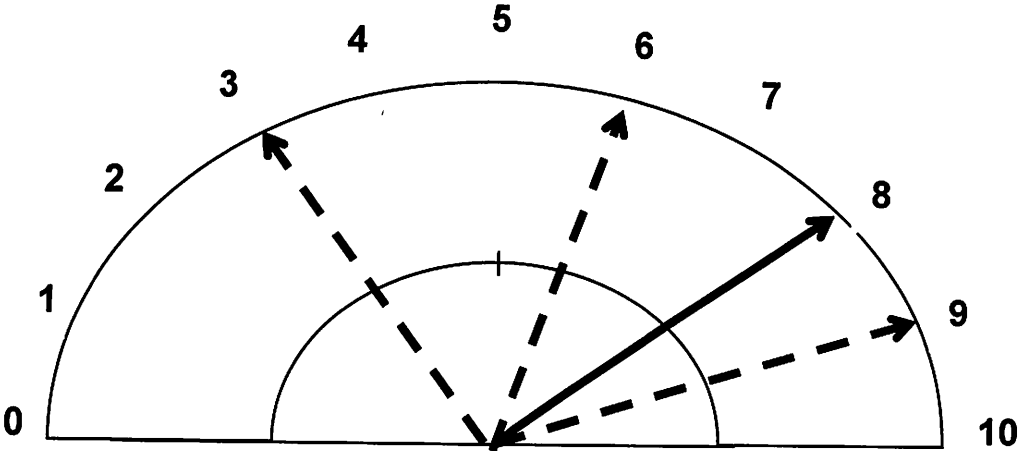
Health and Emotional Benefits of Physical Activity

The benefits of exercise extend far beyond weight management. Research shows that regular physical activity can help reduce your risk for several diseases and health conditions and improve your overall quality of life. Regular physical activity can help protect you from the following health problems.

- **Heart Disease and Stroke.** Daily physical activity can help prevent heart disease and stroke by strengthening your heart muscle, lowering your blood pressure, raising your high-density lipoprotein (HDL) levels (good cholesterol) and lowering low-density lipoprotein (LDL) levels (bad cholesterol), improving blood flow, and increasing your heart's working capacity. Optimizing each of these factors can provide additional benefits of decreasing the risk for Peripheral Vascular Disease (that causes poor circulation and can result in numbness and even loss of limbs).
- **High Blood Pressure.** Regular physical activity can reduce blood pressure in those with high blood pressure levels. Physical activity reduces body fat, which is associated with high blood pressure.
- **Non-insulin Dependent Diabetes.** By reducing body fat, physical activity can help to prevent and control this type of diabetes.
- **Obesity.** Physical activity helps to reduce body fat by building or preserving muscle mass and improving the body's ability to use calories. When physical activity is combined with proper nutrition, it can help control weight and prevent obesity, a major risk factor for many diseases.
- **Back Pain.** By increasing muscle strength and endurance and improving flexibility and posture, regular exercise helps to prevent back pain.
- **Osteoporosis.** Regular weight-bearing exercise promotes bone formation and may prevent many forms of bone loss associated with aging.
- **Self-Esteem and Stress Management.** Studies on the psychological effects of exercise have found that regular physical activity can improve your mood and the way you feel about yourself. Researchers have found that exercise is likely to reduce depression and anxiety and help you to better manage stress.
- **Disability.** Running and aerobic exercise have been shown to postpone the development of disability in older adults.

Keep these health benefits in mind when deciding whether or not to exercise.

Reprinted/adapted from <http://www.medicinenet.com/script/main/art.asp?articlekey=10074>



Taste Satisfaction Meter

YOUR WELL NOURISHED PLATE

...Simply a Guide

