



TEAM NEWSLETTER #3 "Mindful Eating"

Thank you for joining the 2014 Slimdown Challenge. The District One Health & Wellness team is excited to help you during your weight loss journey. Losing weight is hard and requires making lifestyle changes in order to be successful. The advice you receive from these Slimdown Challenge newsletters and educational meetings will be helpful during this time because our recommendations are evidenced-based or have been proven by science to be effective for those trying to lose weight.

Mindful Eating is the act of intentionally bringing your awareness to the foods and the act of eating.



2. There are No Bad Foods

Eating Mindfully can include all foods, whether meat, fruit, vegetable, snack or dessert. A mindful eating attitude stresses the importance of being in balance and harmony with foods.

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3. Recognizing Choices & Making Conscious Decisions

Eating Mindfully is recognizing choices and making conscious decisions. For example, what type of food, where, when, and how often you eat



4. Forgive the Past

Feelings of guilt and shame over past eating patterns are common. However, mindful eating is not about judging the past—it's about forgiving your past, and focusing on present events and opportunities before you.



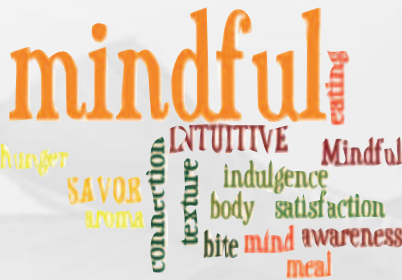
5. Don't Deprive Yourself!

Denying yourself foods you love sets you up for shame, guilt and feelings of failure. The mindful eating approach allows you to eat any food, but with greater attention to enjoying the food, recognizing your bodies messages, and trusting that you will be satisfied.



6. You Don't Have to Eat it All Right Now

Tune into your body's feelings of when your hungry and when you are no longer hungry. Do not view the meal as done when all the food is eaten or feel the need to eat all the food you've been served. Give yourself permission to take smaller servings. When smaller servings are eaten, you can get more food if you feel you still need more. Recognize there will always be more food.



Mindful Eating Concepts

1. Food is for Nourishment

With food so abundant and so many different choices available, it is easy to forget the true purpose of food—to nourish the body.

SlimDown Sponsors:





Mindful Eating Strategies

Learn to recognize the factors that encourage you to eat mindlessly. Evaluate your environments, stressors, relationships and habits to learn how they influence food consumption. This can help you clearly see where you can regain control and enjoy the eating experience.



1. Tune Into Your Body

Tune in to your body's feelings and sensations

of hunger and satiety. By paying attention to your feeling of hunger and satiety, it will help you make conscious decisions whether your body needs energy, if you are satisfied, or if your body has other needs that cannot be met by eating.

2. Focus On Your Meals!

Bringing your attention to the food you are about to eat puts you in a position to make conscious food choices, enjoy the food as it is eaten, and be aware of the hunger and satiety messages your body communicates as food is eaten and digested.

3. Experience Your Food

We can feel more satisfied when we take time to really experience the foods we eat.

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5. Find Your Bite Size

Becoming aware of the size of food bites that is right for you increases your level of awareness and control when eating.

6. Count Your Chewing

Consciously chewing foods to a desirable texture allows you to be more aware of the food you are eating.



7. Clearing Between Bites

Drinking a sip of water between bites cleanses the mouth so you can experience every bite of food as if it were the first taste.

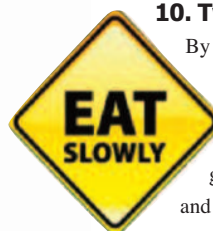


8. Put Your Silverware Down

Putting silverware down between food bites, allows you to focus your attention on the food in your mouth.

9. Pause Between Bites

Creating a momentary pause between mouthfuls allows you to focus on your food and body messages. It also promotes greater control, by slowing down your eating pace.



10. Twenty-Minute Meal

By consciously extending meal times to 20 minutes slows down the pace of eating, allowing for greater food enjoyment, and recognition of the satiety messages.

11. The 50-80 Rule

Leaving half of your plate empty with your first serving, and then leaving 80% of your plate empty with each additional serving or dessert, gives you time to get comfortable with smaller portion sizes and determine when you feel satisfied.

12. The Rule of 20

Before getting more to eat, wait 20 minutes after finishing a plate of food. This allows your body to begin sensing food in your digestive tract and sending of satiety messages to your brain.



Health & Wellness

Weight Loss Support & Education

Educational events are free and open to the public. No need to register to attend. Please call 507.331-5063 with questions. Offered by District One Hospital Health & Wellness.

Email for details: jkath@districtonehospital.com

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Monday	3/17/14	Call in team weight to: 507.384.0520	or e-mail: dhansen@ci.faribault.mn.us
Tuesday	3/18/14 5:30 - 6:30p	Weight Maintenance	District One Hospital
Monday	3/31/14 3:00 - 7:00p	Weigh-out	Faribault Park & Rec



March 3rd

SlimDown Results

Slimdown 2014		TEAM WEIGHT			
TEAM NAME	6-Jan	3-Mar	LOSS	% LOSS	
3 Chicks & 1 Big Dude	773.6	736.1	37.5	4.85%	
3 Plump Chickens & a Stuffed Jalapeno	901.6	848	53.6	5.94%	
4 Pack D.C.	945.6	887.6	58	6.13%	
Badunkadunk Busters	1062.2	995	67.2	6.33%	
Calorie Killers	748.8	721.5	27.3	3.65%	
Can't Beat Jiggling Tummies	869	837.5	31.5	3.62%	
Cellulite Delights	774	732	42	5.43%	
Chafing the Dream	979	937	42	4.29%	
Challenge Accepted	720.2	653.6	66.6	9.25%	
Correcting Our Weights at the DOC	706	690	16	2.27%	
Deafcilious Gals 2	868.4	860.3	8.1	0.93%	
Defying Gravity	876.4	828.3	48.1	5.49%	
DOH-NUTS	735	700.1	34.9	4.75%	
Dohnuts	886.8	862.2	24.6	2.77%	
Drop It Like It's Hot	732.8	714	18.8	2.57%	
Dude! Where's My Gut	857	810	47	5.48%	
Excess Baggage	794	721.9	72.1	9.08%	
Family Courage	1196.6	1163	33.6	2.81%	
Faribault's Flab Four	800.4	764	36.4	4.55%	
Fat and the Furious	1252.4	1189	63.4	5.06%	
Fat 2 Fit	815.4	792.4	23	2.82%	
Flabless Four	1074.8	1010	64.8	6.03%	
Flab-U-Less	813.2	762.6	50.6	6.22%	
Flab-U-Less	753.6	737.1	16.5	2.19%	
Foxy Fab Four	738.8	714	24.8	3.36%	
Frozen Tundras	775.4	740.6	34.8	4.49%	
Girlz in the Hood	632.8	620	12.8	2.02%	
Girth Bustin' Cowgirls	978.6	930	48.6	4.97%	
Great Disappearing Act	691	668.2	22.8	3.30%	
Gummy Tummies	797.4	770.4	27	3.39%	
Gut Busters	1005.6	957	48.6	4.83%	
In It to Thin It	966.4	886.4	80	8.28%	
Keeping up with the Fatassians	680.6	632.4	48.2	7.08%	
Keeping up with the Karskinians	916.2	850	66.2	7.23%	
Kookies	814.8	792.8	22	2.70%	
Lucky Losers	852	785.2	66.8	7.84%	
Luscious Ladies	808	785.1	22.9	2.83%	
Muffin Top Droppers	719.4	663	56.4	7.84%	
Muffin Top Stoppers	842.6	786.4	56.2	6.67%	
My Big Fat Friends' Wedding	932.6	857.4	75.2	8.06%	
No Excuses!	872	849.2	22.8	2.61%	
No More Donuts	1070.8	1070.8	0	0.00%	
Perpetual Motion Squad	911.6	876.4	35.2	3.86%	
Polar Bears	837.1	820	17.1	2.04%	
Pudgy Bunnies	649	621.5	27.5	4.24%	
Quattro Shrinko	797	741	56	7.03%	
Rosie Cheese-puff	752.6	728	24.6	3.27%	
Shrinky Dinks	690.8	670.5	20.3	2.94%	
Slenderellas & the Coachman	691	667	24	3.47%	
Slim Ones	702.6	663	39.6	5.64%	
Slimsons	1020	994	26	2.55%	
Sparks	978	954	24	2.45%	
Sthealthy Losers	1032.4	988.4	44	4.26%	
Team McSlim	632	600.6	31.4	4.97%	
The 4 of Us	878.2	818.2	60	6.83%	
Un-Chunk Bohunks	740.6	733.6	7	0.95%	
United to Lose	728.2	711.8	16.4	2.25%	
Unrepentant Thinners	752.4	724.4	28	3.72%	
VOIMA	758	729	29	3.83%	
Walking Fed Dietpocalypse	1044.8	995.8	49	4.69%	
Weight Loss Busters	1130	1113.2	16.8	1.49%	
Who Ate Alice?	840.6	818	22.6	2.69%	
Winning Losers	796	768.1	27.9	3.51%	
Totals	53394.7	51048.6	2346.1		

**Next Call In Date:
March 17**

**Weigh-Out
March 31, 3-7pm**