



### Eating Patterns for Weight Gain

Meal timing and eating patterns can impact our total calories and ultimately our weight. It *seems* reasonable to eat lightly during the day and to save the bulk of the calories for dinner, but generally it doesn't work. It's a common pattern that I see in people with excess weight and high blood sugar.

When you eat lightly during the day, you tend to be *very* hungry by dinner. The evening may start with a cocktail hour or right-before-dinner snack, then move into a medium or large meal. Often the pattern continues with snacking throughout the evening. When you are *really* hungry, it is hard to make good food choices, and it is hard to stop when you are full. It is a set-up to overeat.

A safer approach for good health and weight maintenance is to spread out your food intake more evenly throughout the day. This keeps your blood sugar more consistent, and avoids having to process large quantities of food all at once. Eat reasonable amounts at breakfast and lunch, enough to keep you satisfied for a few hours. Plan on snacks between meals that are more than 3-5 hours apart. Fruit is a good snack.

### Beauty Here and Now

Why is it so hard to see our own beauty? It doesn't help that the advertising we are deluged with each day features models that are young and thin - often to an extreme. We are given an impossible standard, but we don't have to buy in to it. There *are* encouraging developments: Dove soap is featuring older models and aren't they beautiful!



It is surprising how few women like their bodies. We assume that if we were younger or thinner, we'd be happier with it. But many women who *are* young and thin, still don't like their body. It is as if we have been taught that it is never good enough. How can that kind of thinking possibly serve us?

Expand your definition of beauty. Think of the people you know and love, and with a generous heart, look for beauty. It is everywhere when you look for it. It may not be beauty in a classic sense, but maybe there is a twinkle in their eye, or a smile that lights up the room. The color of their skin. Kindness. When you look, it is easy to find beauty in others.

Now bring it home. With that same generous heart, what is beautiful about you? See if you can begin to appreciate what is there. Shutting out our gifts is a form of poverty. Celebrating our gifts generates abundance. Can you stay open to more of your own light and your own beauty? If it's hard, use your breath to help settle in. Can you see how beautiful you truly are, here and now?!

### Salads Tips

Experiment with different types of salads. Spinach salads contain even more fiber than traditional lettuce-type salads. Use winter vegetables (for example, celery sliced very thin), and try adding chopped up oranges! Cabbage makes a good salad base because it keeps so long. I think of it as a chopped salad. It has a different texture than a lettuce-type salad, but I add a variety of vegetables, fruits and nuts, and it's delicious. Next month I'll offer recipes for bean salads.

### Walking

Spring is an excellent time to tune up (or start!) your exercise program. A brisk, 30-minute walk most days of the week can dramatically reduce your risk of disease. It also improves your mental state. Part of a successful walking program is to build it in to your schedule. This winter I have really enjoyed walking mid-afternoon for maximum sun and warmth. It is a good way to take a break and let all the ideas tumbling around in my head settle. By the time I get back, I'm refreshed and more productive for the rest of the afternoon.

Start slow. Expecting too much can be overwhelming and puts you at risk for giving up. If you don't get much exercise now, start with just 10 or 15 minutes each day. It's a small time commitment, and allows you to get used to the routine. Each week or two you can lengthen it a little until you reach 30 minutes. Another approach I often recommend is to start with 30 minutes, 2 times a week, and slowly add more days.

### Are You Using the Right Fuel? 3 Teleclasses:

#### The Food: What to Eat!

2 Tuesdays, 5-6 pm, 3/13 and 3/20; \$40

*Learn the latest concepts, there is so much that's new!*

#### Eating Well: Making it Work!

3 Tuesdays 5-6 pm, 3/27, 4/3, 4/10; \$60

*Put it all together in a way that works for you*

#### When It's Not About the Food: How to Stop Eating

4 Tuesdays 11-12 noon, 3/27, 4/3, 4/10, 4/17; \$80

*Physical vs emotional hunger: how to tell, what to do*

Details on website: [www.healthyhabitscoach.com](http://www.healthyhabitscoach.com)

### New Name and Website

My initial business name was Healthy Habits Coach, and I've come full circle to use it again. I also have a new website with new information available and more to come:

[www.healthyhabitscoach.com](http://www.healthyhabitscoach.com)

### Kathy Nichols: Life Coach & Registered Dietitian

Health and Wellness Coaching and Nutrition Consulting. Transform the challenges of stress eating.

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(707) 431-7524 or [kathy@healthyhabitscoach.com](mailto:kathy@healthyhabitscoach.com)

