

Step #2: Learning to Love Eating Healthy

What is eating “Healthy”?

Eating healthy is two things:

1. Eating the nutrition needed for the level of health desired.
2. Eating the amount of calories for the level of bodyweight desired.

Pretty simple, the more nutritiously you eat, the healthier will be your body. The fewer calories you eat, the less fat will be stored on your body.

Eating for health and a healthy weight are the same—most of the time.

Luckily, foods that maximize your health are also low in calories. Eating fruits and vegetables is healthier for your body and fewer calories than eating hamburgers and sweet rolls. It’s the fat and sugar in foods that is unhealthy and high in calories. However, some healthy foods like juice, nuts, cheese and milk are “healthy” foods, but are also higher in calories and thus must be limited.



“Just give me a diet to follow!”

I’ve found this to be a common request when people hire a trainer to help them with weight loss. Or they’ll ask: “*what do YOU eat?*” and they’re usually disappointed to know that it’s nothing “secret” or outside of what they already know. This is because most blame their ability to choose the “correct” foods as why their past weight loss attempts have failed. Thus they lose confidence in their ability to choose healthy foods in the amounts that also cause weight loss. They come to believe that the reason for their weight loss failures was from not knowing the “secret” foods or ways to eat. This is simply not true in most cases. What causes weight loss success isn’t knowing what to eat, it’s eating what you know—It’s choosing the apple rather than the chips!

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Your reason for eating

Your goal is to switch your thinking from “*I need to eat certain foods to lose weight*” to “*I love to eat healthy because _____!*” From this mindset, you will eat healthy foods that are also lower in calories and weight loss will be automatic.

I love to eat healthy because:

Write down your top 10 reasons you WANT to eat healthy. (example: makes me feel healthy, I have more energy, I feel proud of myself when I eat healthy, etc.)

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.



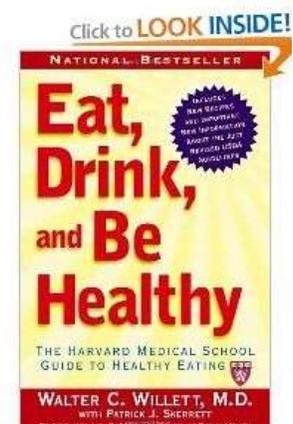
Teaching yourself to Love healthy eating

Based on the above reasons, you can see that eating healthy is pretty darn important! Here's what I find interesting about us humans: *We are experts in things that entertain us, but poorly skilled when it comes to the things that are important to us!* For example, a mom with kids having difficulty in school knows every Survivor winner since season #1, but can't name a single good book on parenting! Or a Dad can know everything there is to know about fishing, yet have a heart attack out on the lake because he knew little about eating healthy and exercise.

Here's a simple rule to follow for success in life:

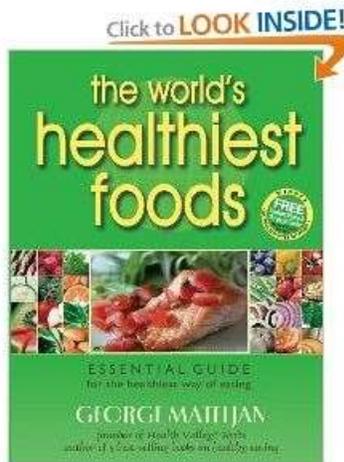
If it's important to you, learn more about it.

- If your kids are important to you, read books about parenting
- If having a happy marriage is important to you, read books about relationships
- **If eating healthy is important to you, read books about eating healthy!**



Information world

Books are my favorite means of getting educated in any particular area. You can become an expert in any subject if you make reading a part of your daily routine. Reading is also an activity that takes your mind off stressful thoughts and away from eating. Going to bed early to read allows me to avoid my brain possibly pulling me toward the kitchen for a snack! Once in bed and focused on the book, my brain is no longer “hungry” and I’ll get sleepy from reading and fall asleep easily. I also enjoy getting up early on weekends to read with a nice hot cup of coffee.



My favorite source of books is **Amazon.com**. You can buy nice used books delivered to your mailbox for \$5!

Go to Amazon, buy 3-4 books and soon you’ll be “into” eating healthy and loving learning!



Internet

Today the internet has made information easy to acquire. There is an infinite amount of information on healthy eating on the internet. Videos on YouTube are a great source of healthy eating learning. You can just go to YouTube and type in any subject like “cooking healthy hamburgers” and find several videos that fit under that subject.



What is “Healthy”?

100 years ago before packaging technology and refrigeration, foods grown were either consumed shortly after harvesting them or canned for future use. Animals like chickens or beef were killed and their meat salted to extend their life. Today, modern chemistry has given us scores of chemicals to preserve food, make it taste better and even provide addictive



qualities. **The food industry has really changed what “food” is!** Recently though, we are seeing a growing movement back to those days of food purity in the popularity of organic food.

Today’s technology is not all bad. It does allow for a much greater variety of foods and better nutrition. For example, air travel means I can have fresh bananas from South America, strawberries from Mexico or oranges from Florida all year long, which was not available just a few generations ago.

Whole food vs. processed foods

The appeal of processed foods is their price, taste and ease of use. Open a box or can and eat. What could be easier? Using whole foods usually requires some cooking and preparation time. Processed foods are also typically highly salted and flavored often making whole foods seem less appealing to your tongue in comparison. Many people also believe that the chemicals found in processed foods are the reason we are seeing increasing rates of disease like cancer and Alzheimer’s, and diseases that baffle physicians like fibromyalgia and strange skin disorders.

Trading up to more whole foods and fewer processed foods will without a doubt improve your health. But trying to switch over too much too quickly will backfire. Using the law of reinforcement, you’ll want to trade up one food at a time to eventually develop a healthier whole food-centered diet.



YOUR ASSIGNMENT:

Go purchase 3 books about healthy eating and list them here:

| Title | where did you buy? |
|-------|--------------------|
| 1. | |
| 2. | |
| 3. | |

I will start a routine of reading in my life by reading daily _____
and also _____

Watch one YouTube video on a healthy cooking or eating subject of your choice. Write down what you learned and how you plan to implement it into your life:



Title of video: _____

What I learned:

