



healthy living

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mindful eating

TIPS FOR MAKING SMALL HEALTH CHANGES THAT STICK!

Happy Summer, Twin Creeks Residents!

When is the last time you committed to making a change in your health, only to have the motivation fall off after a few weeks, going back to old habits? Diets may come and go, but for many people, slowly building sustainable lifestyle habits is the key to weight loss, disease prevention, and lasting energy!

Mindful eating is one of those areas that can make a big difference. Here are some mindset shifts that might help. They take practice to become a habit, but that lasting effect is well worth the patience!

- Watch portions – Simply taking ½ of a serving or waiting 10-20 minutes before you grab seconds is a habit that allows you to continue to enjoy your favorites without going overboard
- Avoid after-dinner snacking – Set an intention for a specific activity you will turn to the next time you feel the urge to snack mindlessly or when you know it's just out of habit, boredom or because you finally get to relax for the day and enjoy binging your favorite Netflix show
- Emotional eating – Stop to recognize it and find other ways to fulfill that need to de-stress like taking a walk, calling a

friend or grabbing a yoga mat

- Sweets after each meal? Send a signal to yourself that dinner is over by grabbing a mint or gum...or brushing your teeth

Ditching the fads and working on one habit at a time can truly lead to long-term changes that stick! ***What is one small change you can commit to today?***

For more tips and tricks on nutrition and skincare, follow Kendra @RadiantChickpea on Facebook and Instagram!



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