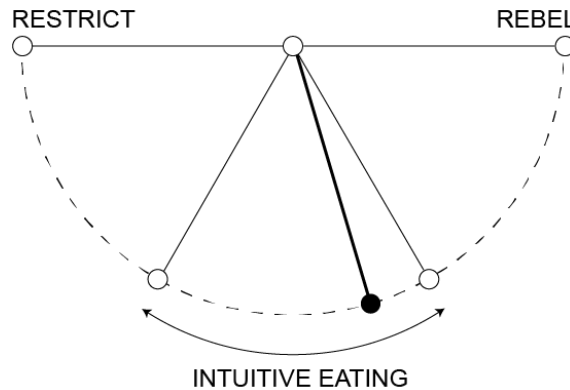


Nutrition Redefined

Poor Traditional Messaging vs. What We Know Now

- **The Convenience Factor** - As humans, we are wired for quick and easy. Today, food has become overly abundant and convenient. **Cooking** - Spending time by making meals from scratch can allow one to eat nutrient-dense foods and feel better.
- **Restriction & Deprivation** - This can easily cause more harm than good if practiced. **Honor Personal Needs** - One's basal metabolic rate, activity level, underlying health conditions and more are important factors when determining needs.
- **Thin = Healthy** - Health variables such as blood pressure, lipid profile, mental health and more isn't "caused" by fatness or thinness. **Health at Every Size** - A paradigm shift as it supports all shapes and sizes as well as all areas of health.
- **Pursuing Weight Loss** - Weight is not the problem. Weight gain or weight loss is the symptom of numerous variables such as sleep, food, movement, stress, medications and more. **Pursue Self-Care** - Oftentimes, weight gain begins when self-care practices diminish. Consider rethinking "how" to lose weight by honoring self-care behaviors.
- **Good vs. Bad** - It is easy to label food as good or bad. This can cultivate a negative perception towards food and seeing oneself as "bad." **Nutrient Density** - Some foods are more nutrient dense than others as some foods have more micronutrients.

The Eating Pendulum



Intuitive Eating

We are born with the ability to intuitively eat. Intuitive eating represents rejecting diet mentality, finding satisfaction from food, dissociating feelings from food, honor hunger, exploring fullness and more. Skyterra encourages most guests to explore the intuitive eating process by integrating more mindfulness and rejecting the irrational rules of dieting.

Your next moves...

1. Integrate a mindful eating practice. Each day or week I will slow down by...

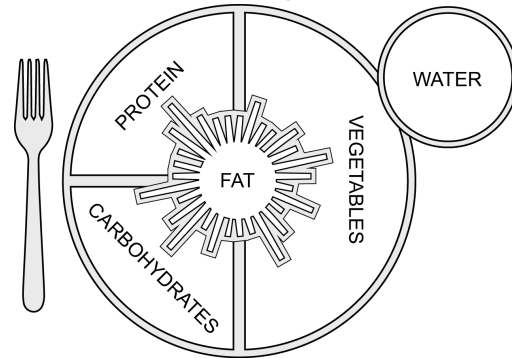
2. Eat more foods that make you *feel* your best. Each week I will try and eat more of...

3. Map out your weekly eating plan. Choose a food focus for each meal.

Meal	Time	Food Focus
Breakfast		
Lunch		
Dinner		
Snack(s)		

Keep in Mind - The Skyterra Plate (honor twice per day)

- 4-7 oz. protein
- ¼ cup to 1 cup cooked carbohydrates
- Load up on vegetables
- Eat fat at every meal
- Stay hydrated



Recommendations

Skyterra at Home

“In Defense of Food” by Michael Pollan

Health at Every Size ® - www.sizediversityandhealth.org

“Intuitive Eating” by Evelyn Tribole and Elyse Resch