



Eat when you are hungry

Sounds simple enough, right? However, with our busy distracted lives we are not always good at listening to our bodies. The messages it sends us can easily get drowned out by all the other information we process each day.

This month the challenge is to really listen to your body. If it is truly telling you it needs fuel, then you need to feed it. However, if you are just eating out of habit, boredom or some other non-hunger related reason, then food really isn't going to help. In fact, eating when you don't really need the sustenance can lead to a variety of health-related issues.

It's easy to assume that if "I feel hungry, I must need food". While this may very well be the case, it is not always true. There are many reasons that we may think we are hungry and need food when we really don't, such as:

- Boredom - Being bored can leave you feeling like you want food just for something to do.
- Habit – If you always eat your meals at about the same time, you may find yourself feeling like you need food because the clock says it's time to eat.
- Emotions – If your upset, stressed, unhappy etc... it is easy to turn to food as a way to calm and comfort yourself.
- Proximity – It's easy to feel like we need to eat food when we see it. We may not be hungry, but just seeing it triggers us into thinking we need to eat.
- Tired – If your body is sleep deprived you may not produce the proper levels of the hormones that work to control your appetite. Thus leaving your feeling hungry when what you really need is sleep.
- Eating after we are no longer hungry – This is particularly common if you eat quickly. It can take up to 20 minutes for your body to tell your brain "That's enough" when eating.
- Thirsty – The symptoms of being slightly dehydrated (headache, fatigue, lightheadedness and difficulty concentrating) can be the same symptoms many of us associate with being hungry.

As you can see from the list above, feeling like you need food may not always be what is really going on. This month listen to your body and see if food is what you really need. If it is, then choose a healthy food option and eat until you are satisfied (not full). However, if you find that you are bored, upset, tired or thirsty attend to those needs rather than reaching for something to eat.

Name _____

Month Completed _____

Harker School Wellness Program / Eat When Hungry Challenge

Focus on eating only when hungry. Answer the following questions each day: Did you feel hungry today when it was really something else? Did you focus on eating today only when you were actually hungry? Submit completed log to HR to earn 10 wellness points. (100 points max in this category)

Week 1

Day 1 _____
Day 2 _____
Day 3 _____
Day 4 _____
Day 5 _____
Day 6 _____
Day 7 _____

Week 3

Day 15 _____
Day 16 _____
Day 17 _____
Day 18 _____
Day 19 _____
Day 20 _____
Day 21 _____

Week 2

Day 8 _____
Day 9 _____
Day 10 _____
Day 11 _____
Day 12 _____
Day 13 _____
Day 14 _____

Week 4

Day 22 _____
Day 23 _____
Day 24 _____
Day 25 _____
Day 26 _____
Day 27 _____
Day 28 _____

Signature _____ Date _____

I, the employee named above, guarantee that the information contained in this verification is true and accurate and I understand that HR may verify any forms submitted for the purpose of obtaining a wellness discount. I understand that any inaccurate and/or false statements on this form may lead to the loss of all or a portion of my wellness discount.

To receive credit, this form must be submitted to HR within 30 days of completion and no later than December 5, 2019.