

Tina Kucera

C.O.P.E. Certified Health Coach
Phone #402.980.5362
tinak.gethealthy@gmail.com

tinak.iChooseOptimalHealth.com



Results Vary. Typical results 2-5lbs. per week for the first two weeks, 1-2lbs. per week thereafter.

Emotional Eating

If you are an emotional eater, you are not alone. Many people find themselves turning to food as a means of comfort, stress relief, or even celebration. The trouble with emotional eating is that it doesn't alleviate our emotional needs and often leaves us feeling guilty or possibly even sick to our stomach. Learning what your emotional eating "triggers" are can help you recognize the difference between emotional and physical hunger and therefore allow you to break free from emotional eating.

To stop emotional eating you must first recognize when you do it. Emotional eating occurs when you eat because of circumstance instead of hunger. When you go looking for food, ask yourself if you're about to eat to fuel your body or because you are stressed, sad, anxious, lonely, overtired, or bored. Be mindful of what your body needs and what your emotions need. If you find yourself reaching for food when you are "emotionally hungry", try satisfying your needs through activities such walking, reading, taking a bath, dancing, or talking to a trusted friend. Remember - Stop. Challenge. Choose.

HUNGER

| <i>Physical</i> | vs. | <i>Emotional</i> |
|---|-----|---|
| <ul style="list-style-type: none"> • Is gradual • Open to all different foods • Based in the stomach • Is patient • Occurs out of physical need • Involves deliberate choices & awareness of eating • Stops eating when full • Realizes eating is necessary | | <ul style="list-style-type: none"> • Is sudden • Is usually for a specific food • "Above the neck" • Is urgent • Paired with an upsetting emotion • Involves automatic or absent-minded eating • Does not stop when full • Feels guilty |



Adapted from Roger Gould, M.D., "Shrink Yourself"

Health Transformation



The smile on Jaelyn's face is inspirational!! Her happiness and energy are contagious. Here Jaelyn shares how amazing she feels:

"These bags of sugar represent a total of 85 pounds GONE FOREVER! This year has been an amazing transformation in my health, going from tired, unmotivated and lacking confidence, to now being ENERGIZED, CONFIDENT and MOTIVATED each and every day! For those of you who feel like it's not possible, I promise you that it is! You can have the healthy life you desire!"

Results vary: Typical results are 2-5 pounds per week for the first 2 weeks and 1-2 pounds per week thereafter.



It's not selfish to love
yourself, take care of
yourself, & to make
your *Happiness* a
priority. It's necessary.

— *Mandy Hale*

Crockpot Chili

Ingredients:

- * 25 oz cooked 93% lean ground beef
- * 2 cans (14.5 oz each) Great Value Italian diced tomatoes
- * 1/2 cup Great Value natural tomato sauce
- * 1/2 cup water
- * 1/2 cup green peppers, diced
- * 1/2 tsp garlic powder
- * 1 1/2 tbsp. chili powder
- * 1 tsp cumin
- * 1/2 tsp black pepper
- * 3/4 tsp salt
- * 1 packet splenda or stevia - optional

**Directions:**

Combine all ingredients in a crock pot. Cook on LOW for 8 hours.

5 Servings with 1 Lean, 2 Greens, 3.2 Condiments and no Healthy Fat required

What is one thing you are doing this week to make you and your health a priority? If you are in need of some support, I would love to brainstorm with you and walk along side you as you work toward optimal health!

Better Together,
Tina



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