

Based on the AM I HUNGRY? Workshops

EAT WHAT YOU LOVE LOVE WHAT YOU EAT

How to Break Your Eat-Repent-Repeat Cycle



Michelle May, M.D.

In view of the complex, individual nature of health and fitness issues, this book and the ideas, programs, procedures, and suggestions are not intended to replace the advice of trained medical professionals. All matters regarding one's health require medical supervision.

The author's role is strictly educational in the context of these materials. The author is not providing any medical assessment, individualized therapeutic interventions, or personal medical advice. Seek medical advice from your personal health care provider regarding your personal risks and benefits insofar as adopting the recommendations of this program.

The author disclaims any liability arising directly or indirectly from the use of this book or program.

Published by Am I Hungry? Publishing
P.O. Box 93686
Phoenix, AZ 85070-3686

Copyright ©2011 Michelle May, M.D.

All rights reserved under all copyright conventions.

No part of this book may be reproduced, stored in a retrieval system, or transmitted by any means, electronic, mechanical, photocopying, recording, or otherwise, without written permission from the publisher.

Distributed by Am I Hungry? PLLC

For ordering information or special discounts for bulk purchases, please contact Am I Hungry? PLLC at PO Box 93686, Phoenix, AZ 85070, 480.704.7811 or orders@AmIHungry.com.

Design and composition by Greenleaf Book Group LLC
Cover design by Greenleaf Book Group LLC

Am I Hungry?® is a registered trademark of Am I Hungry?, P.L.L.C.
Eat Mindfully Live Vibrantly™, Eat Repent Repeat™, and Mindful Eating Cycle™ are trademarks of Am I Hungry?, P.L.L.C.

Am I Hungry?®
P.O. Box 93686
Phoenix, AZ 85070-3686
Visit www.AmIHungry.com for more resources.

Publisher's Cataloging-In-Publication Data
(Prepared by The Donohue Group, Inc.)
May, Michelle Lee.

Eat what you love : love what you eat : how to break your eat-repent-repeat cycle / Michelle May. -- 1st ed.

p. : ill. ; cm.

Based on Am I Hungry? Mindful Eating Workshops.
Includes bibliographical references and index.
ISBN: 978-1-934076-24-8

1. Food habits. 2. Nutrition. 3. Health. 4. Exercise. I. Title.

RM222.2 .M3965 2010

613.2/5

2011905992

Part of the Tree Neutral® program, which offsets the number of trees consumed in the production and printing of this book by taking proactive steps, such as planting trees in direct proportion to the number of trees used: www.treeneutral.com



Printed in the United States of America on acid-free paper

11 12 13 14 10 9 8 7 6 5 4 3 2 1

First Edition

CONTENTS

Acknowledgments ix

Introduction 1

PART 1: THINK

Chapter 1 In Charge, Not in Control 9

Chapter 2 Trust Your Body Wisdom 29

Chapter 3 It's Not About the Food 47

Chapter 4 What Am I Really Hungry For? 63

Chapter 5 Fearless Eating 91

Chapter 6 Mindful Eating 109

Chapter 7 Just Right 121

Chapter 8 Self-Care Buffer Zone 135

PART 2: NOURISH

Chapter 9 Diets Don't Work 151

Chapter 10 Rediscover Food 161

Chapter 11 Drink and Be Merry 169

Chapter 12 Clearing Carb Confusion 177

Chapter 13 Fat Facts 191

Chapter 14 Protein Power 203

Chapter 15 It's the Little Things 211

Chapter 16 A Flexible Approach to Self-Care 217

PART 3: LIVE

Chapter 17	Born to Move	227
Chapter 18	Change Your Mind	239
Chapter 19	Lay Your Foundation	251
Chapter 20	Increase Your Stamina	259
Chapter 21	Increase Your Flexibility	269
Chapter 22	Increase Your Strength	283
Chapter 23	Challenge Your Body	295
Chapter 24	On Your Terms	305

PART 4: EAT

Chapter 25	<i>I Am Hungry!</i>	319
Menu	Sunday Brunch	320
Menu	Rustic Grilled Pizza Party	322
Menu	Fiesta Night	327
Menu	The Healthy Grill	331
Menu	Family Night Pasta	334
Menu	Orient Express	337
Menu	One Pot Southwestern Stew	340
Menu	Light Dinner by the Fire	341
Menu	Mediterranean Small Bites Party	344
Menu	Celebration Dinner	348
Menu	Better than Fast Food	353
Menu	Main Dish Salads	357
Appendix	Health Notes	359
References		379
About the Author		397
Index		399

DO WHAT YOU LOVE, LOVE WHAT YOU DO

Just as it is essential to balance eating for nourishment with eating for enjoyment, you must choose activities that you find both challenging and enjoyable. Moving mindfully—in other words, choosing and doing physical activity with *intention* and *attention*—will help you with this.

Move with intention. Be purposeful when you choose your activities.

- Choose activities that suit your personality and mood.
- Choose activities that meet your body's needs.
- Move with the goal of feeling *better* when you're finished.

Move with attention. Be attentive during your activities.

- Become aware of your surroundings, physical sensations, thoughts, and feelings.
- Listen to your body's cues of intensity, discomfort, and fatigue.
- Appreciate your body's stamina, flexibility, and strength.

When you move with the intention of caring for yourself, you'll choose activities that you find challenging and enjoyable. When you're attentive, you'll appreciate your body's capacity to become stronger and healthier.

MOVING WITH INTENTION

As you learned to be in charge of what you eat, you asked yourself three questions: What do I want? What do I need? and What do I have? These questions can also help you choose the best physical activity at any given time.

- What do I want to do? What do I feel like doing (if anything)?
Am I in the mood to be more active or in the mood for structured exercise? Do I want to do housework, work in my garden, walk my



MINDFUL MOMENT: When you discover physical activity you enjoy, exercise will never feel like work again.

dog, or play with my kids? What does my body feel like doing right now—cardio, strength training, or stretching?

- What do I need to do? What have I been doing this week? Am I due for a rest or do I need to get moving somehow today? Have I met the goals I set for my personal fitness prescription? What's missing from my program recently? Does my physical activity reflect balance, variety, and moderation?
- What do I have to do? What are my options for activity? What equipment, classes, or other activities are available to me? What does my time and scheduling allow? What's the weather like? Do I want to go to the gym, be outside, or do something at home? Is there someone I could exercise with?

Your Exercise Personality Quiz

Before you join another gym, drag out your stationary bike, or buy new walking shoes, maximize the likelihood that you're choosing the right activities for your personality. To identify your unique exercise personality traits, circle the answers below that best describe you. This information will help you decide what types of physical activity you're most likely to enjoy and stick with.

Why?

1. My main motivation for exercising is to:
 - a. look better
 - b. feel better
 - c. be healthier
 - d. lose weight
 - e. other:
2. I am motivated by rewards like:
 - a. visual graphs and numbers
 - b. money or prizes
 - c. intangibles like increased energy or better sleep

It's important to identify your reason(s) for exercising. Write your fitness goals using positive, powerful, measurable terms to keep yourself focused and inspired. Be specific about the results you want and the rewards you'll receive when you achieve your goals. For example, if you're motivated to become healthier and you like to see tangible results, you could make a graph that tracks your resting heart rate and blood pressure. If looking better or losing weight are your goals but take a while to see, you could pay yourself a dollar every time you work out to save up in order to buy yourself a CD or clothing. Even if you enjoy less tangible rewards, be specific about the results you're looking for.

How?

3. Time for exercise:
 - a. is not a problem
 - b. is a challenge but can be arranged when I make it a priority
 - c. is last on my list
4. I'd exercise more if it wasn't for:
 - a. the time it takes to get to the gym and back
 - b. family commitments
 - c. work
 - d. the cost of a gym membership or equipment
5. I stay on track best when:
 - a. I set a goal to work out most days of the week but stay flexible about when
 - b. I write my workout schedule in my appointment calendar
 - c. I know someone else is expecting me to be there
6. When I decide to do something:
 - a. I have a hard time getting started
 - b. I stick with it unless it becomes inconvenient
 - c. I make it happen no matter what

The reality is that making the commitment to invest time, money, and energy in becoming more active is never easy. When you know what makes it

easier for you and anticipate what could get in your way, you can plan to work around those challenges. For example, if you're concerned about taking time away from your family, you could involve them in your workouts, exercise during your workday, or decide that the time it takes will pay off because you're healthier and less stressed.

When?

7. I feel most energetic and alert in the:
 - a. morning
 - b. afternoon
 - c. evening
8. In the past, exercise has worked best:
 - a. when I do it early in the day before other things get in my way
 - b. when I do it at work during my breaks or lunch hour
 - c. when I stop in at the gym on my way home so I don't have to go back out again
 - d. when I do it after dinner to unwind or when I have help with the kids

Plan your workouts during your peak energy times when you're most likely to do it. Make it easier on yourself by scheduling a time when it's most convenient.

Where?

9. I love to be:
 - a. at home
 - b. outdoors
 - c. in an exercise environment
10. When people look at me:
 - a. I'm self-conscious and embarrassed
 - b. I just ignore them
 - c. I'm flattered

If you enjoy being at home, use exercise videos or websites, a treadmill, a stationary bike, or a home gym. If you're more of an outdoors type, you'll enjoy walking, hiking, bike riding, or sports. If you need a designated exercise space and don't mind having other people around, join a gym or studio.

Who?

11. I prefer to be:
 - a. by myself
 - b. with a friend or partner
 - c. in a group where I know everyone
 - d. anonymous in a crowd
12. I need:
 - a. to exercise at my own pace
 - b. the support of a friend or partner
 - c. the accountability of showing up to a class or lesson
 - d. to be pushed by a trainer or teacher

If you prefer to be alone, choose activities like walking, biking, or exercise videos. If you enjoy being with one or two others, invite someone to walk, hike, play tennis, or go to the gym with you. If you enjoy socializing while you exercise, consider joining a sports team, signing up for a class, or arranging classes at church or at work. If you prefer to work out with strangers, join a large gym for weight training, spin classes, or other group exercise. If you need accountability and support, sign up for a class or get a workout buddy or personal trainer to come to your home or meet you at the gym. Mix it up depending on your mood.

What?

13. I am:
 - a. easily bored
 - b. a creature of habit
14. I really like:
 - a. technical gadgets like monitors and tracking programs

- b. a really challenging workout so I don't have to think about anything
 - c. creative or artistic expression
15. When it comes to competition, I
- a. feel stressed
 - b. like to challenge myself
 - c. think a little is healthy and fun
 - d. am very competitive

There are many different forms of physical activity, so your challenge is to find several types that suit your preferences. If you're a gadget guru, you might like a fancy pedometer or gyms equipped with high-tech monitors to track your progress on all the machines. If you enjoy artistic expression, you may enjoy dance or yoga. If you thrive on competition, look for team sports or competitive events like races; you can also challenge competitive friends to play racquetball, tennis, or other sports. If you enjoy challenging yourself, set goals and monitor incremental improvements. If you don't like competition, but like to be with others, look for classes and gyms with a supportive environment.

No matter what your personal exercise traits are, get out there and try different activities until you find things that you enjoy.

MOVING WITH ATTENTION

There may be times when you feel like watching television while you do floor exercises or reading a magazine while you work out on a stationary bike. Distracting yourself or multitasking may have its place, but it can also diminish your ability to have a complete mind-body experience. Choosing to move more mindfully increases your awareness of your body, which decreases your risk of injury and boredom and increases your enjoyment and ability to optimize the time you invest. Further, mindfulness during activity has a calming, meditative effect that carries over into other aspects of your life.