**Healthy Habits Support Intuitive Eating**

People eat for many reasons: hunger, socializing, stress relief, or out of habit (like cleaning your plate). By paying attention to your body’s signals, you can develop a healthy habit of eating when hungry and stopping when full. This is called intuitive eating and helps maintain a healthy mindset and a healthy body weight.

**Exercise**

Regular moderate physical activity (more beneficial than occasional intense workouts) helps maintain overall health. Exercising 3 – 5 days per week is enough. Remember, body size and shape depend on many factors, like genetics, metabolic rate, diet, and exercise. Exercise doesn’t guarantee a certain physique, but it helps support physical and mental health. Get great exercise by walking to class and other activities!

**EAT SEAT JOURNAL**

1. Take time to sit down for meals.
   - **Why?**
     Get well-deserved breaks from your busy day, enjoy your food, and notice when you are full.
   - **How?**
     - Incorporate meals and snacks when planning daily activities.
     - Eat without distractions like TV, texting, or schoolwork. Meals make a great break!
     - Savor each bite. Eat slowly so you can notice when you are getting full.

2. For a colorful, balanced meal, make your plate:
   - 25% grains, beans, or eggs
   - 50% fruit and vegetables
   - 25% meat, beans, or eggs
   - ...and don’t forget your pie!

3. If drinking alcohol, remember to drink water and eat before and while drinking to help manage your BAC.

4. Eat several small meals and snacks daily.
   - **Why?**
     Get consistent energy and nutrients, plus manage your appetite.
   - **How?**
     - Expect to be hungry every 3 – 5 hours. Eating before you are famished can help you notice when you are getting full.
     - Eat within an hour of getting up.
     - Avoid fasting, skipping meals, or greatly restricting calories. These habits slow metabolism, which is counterproductive to healthy weight management.

5. Celebrate Every Body Week February 22-26
   - Body positive events, plus a chance to donate your outfits!

**Resources for Food, Fitness, and Health**

**IM-Rec Sports** (434) 924-3791
Intramural games, group exercise classes, fitness assessments, and personal training.

**Office of Health Promotion** (434) 922-1509
Nutrition education and counseling. Call to make an appointment with a dietician or with trained Peer Health Educators (PHEs).

**Counseling and Psychological Services (CAPS)** (434) 293-5150
Screening and counseling related to eating or exercise concerns. Call to see how CAPS can best support you or a friend.

**Maxine Platzer Lynn Women’s Center** (434) 982-2361
Body positive education, advocacy, and support services, as well as eating disorder screenings.

**UVa Dining** (434) 982-3117
Nutrition consultation related to meal plans, food accommodations, and eating at on-Grounds dining locations.