



*Dr. Susan Albers*  
Eat, Drink & Be Mindful™

# Yoga for Mindful Eating & Weight Loss



Did you know that yoga is one of the most effective activities you can do to lose weight and eat healthier?

## The Secret?

According to studies in the Journal of the Academy of Nutrition and Dietetics, yoga increases body awareness—your sensitivity and responsiveness to red flags of hunger and fullness. You can hear your body say, “STOP eating” and know when emotions like boredom, stress and anxiety are pushing you to eat.

## 5 Ways to Start Eating Mindfully

### 1) Be Radically Present.

Check your “to do” list at the door. Adopt this mindset for yoga but also while sitting at the table. Remember: you can eat an entire plate of food and not taste one bite. When you enjoy food more, you eat less. Don’t multitask while you eat!

### 2) Shift Out of Autopilot.

Do you sit in the same seat at the kitchen table? Do you eat the same foods each day? Consciously and purposefully do something different to shake up old habits. Eat a new fruit. Sit in a different location. Eat with your non-dominant hand—which has been shown to reduce the amount you eat by 30%.

### 4) Swap in Yoga.

Feeling the urge to comfort eat? Choose your favorite yoga pose and set your timer for 5 minutes. When you don’t immediately respond to the urge to eat, it often passes. Use yoga to help pass the time. Try the Warrior Pose. Imagine fighting off comfort eating.

### 5) Breathe Deep.

Yoga fans have the good fortune of knowing how to slow down and control their breathing. This is helpful in reducing stress eating. Deep breathing reduces your cortisol level, the stress hormone that makes you crave sugary, fatty, and salty foods. Before taking a bite, inhale and exhale slowly while counting to 10.

### 3) Put Away the Mirror.

Mirrors increase judgment and distract from paying close attention to how your body is positioned. Listening to your body is the same skill you need to know when you are approaching, but haven’t passed, the “satisfied, but not too full” point! Need practice? When your phone rings use it as a reminder to do a mini-body check. Tune in. Ask yourself: Are you in pain? Tired? Relaxed?

