

## Coffee with the Coach 8/9/2023

### Intuitive Eating

UNC Wellness Centers

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### Journaling Questions

**Dieting Awareness tool** – Based on your responses, how interested, on a scale of 1-10, are you in trying a new approach to food?

- **Intuitive Eating** –
  - How would your life be different if you established intuitive eating?
  - Where else would you put your time and energy if it wasn't spent towards dieting/food focus?
  
- **Diet Cycle**- What would you have to let go of if you were to exit this cycle?
  
- **Relationship to Movement**- How would you describe your relationship to movement/exercise?
  - I also mentioned that understanding your fitness personality is another tool to uncover more enjoyment of moving your body.
    - Some of us do better if we make it **fun!** Saffrons, Silvers, Reds, Greens. Eg. Games, social, dancing, exploring.
    - Others do better if we focus on it like a **job.** Blues, Golds, Purples, Whites. Eg. Create a plan, check it off, experience good feelings because of the accomplishment
    - Visit [8colorsoffitness.com](https://8colorsoffitness.com) to take the free quiz. Learn about your type to enhance your experience of movement.
  
- **What is your next small step?**

Contact Sarah Sterling, MSW, LCSW, LCAS at [ssterling@threeoaksbehavioralhealth.com](mailto:ssterling@threeoaksbehavioralhealth.com) for any questions about working with a Certified Intuitive Eating Counselor.

Learn more about Rex Nutrition Services at <https://www.rexhealth.com/rh/wellness-centers/services/nutrition-consultations/>