

International E-Conference on

NUTRITION AND FOOD SCIENCE

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Mindful Eating During Covid and Beyond

During this unprecedented time, many people find themselves stressed-out, eating more, and moving less. This unhealthy combination can lead to weight gain, depression, and an increased risk of conditions like obesity, cardiovascular disease, and diabetes. To initiate positive behavior change, awareness is key. This presentation explores mindful eating and some of the reasons why we eat when we're not physiologically hungry. Most importantly, attendees discover easy and practical tools they can implement into their busy lifestyles.

Presentation Description:

Does the snack cabinet have your number? Especially during this unprecedented time when we're working from home, it's getting colder, and the kids are at home 24/7! Come discover why we eat when we're not truly hungry and ways to avoid or reverse "Quarantine 15". But, more importantly, to explore ways to truly enjoy life with optimum health and vitality.

Keywords: Mindful Eating, weight gain, obesity, Covid-19

Biography:

Michelle Sugiyama is the Founder and President of Mindful Eating. She is a Master Certified Health Coach, #1 International Bestselling Author, International Speaker and Educator, professionally trained chef, and holds a M.S. in Chemistry. She was also an Interim Lecturer at UC Berkeley for Food Science.