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Mindful Eating

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Abstract

Background: During these unprecedented times, 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.

Objective: To initiate positive behavior change, mindfulness 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:

Why do we eat when we are not truly hungry? Stress and overwhelm can top the list, especially during these unprecedented times. But, there are many more reasons that drive us to grab for food when we don't need it. Come discover:

- how to be in charge of your eating habits
- tools to tune in to hunger and satisfaction cues
- strategies to manage emotional eating
- how to eat your favorite foods without overeating or guilt

But, more importantly, explore ways to truly enjoy life with optimum health, vitality, and happiness.

Keywords: Mindful Eating, weight gain, obesity, health, wellness

Biography

1. Michelle Sugiyama, MS, NBC-HWC, MCHC, CC

2. Summary: Michelle Sugiyama | mindful eating expert | founder of Mindful Eating | nationally board-certified health and wellness coach | 2X #1 international bestselling author | international speaker | certified chef - Le Cordon Bleu | former interim lecturer - UC Berkeley Food Science | M.S. in Chemistry - Ohio State University

Michelle Sugiyama is a mindful eating expert, the founder of Mindful Eating, a nationally board-certified health and wellness coach, and master certified health coach. As a two-time #1 international bestselling author and international speaker, she has been the highlight at numerous employee wellness programs and other venues with captivating seminars, webinars, and culinary demonstrations. Michelle was named most inspirational health & wellness coach and excellence in wellness education by Global Health & Pharma in 2020. She also holds a culinary certification from Le Cordon Bleu and a master's in organic chemistry from The Ohio State University.

For over 18 years, Michelle has been bridging the gap between "knowing you should be healthy and actually doing it". She is extremely passionate about engaging, inspiring, and empowering high achievers, leaders, and employees move toward their best self for optimum and sustainable productivity, health, and happiness.