

**I AM**

**FUELING MY**

**BODY**

**By:**

## What does fueling my body mean?

Fueling your body can be about more than just healthy eating. It is also about where, when and how you eat.

## Why is it important?

Your body needs nourishment and fuel to function at its best. There is a connection between food and mood and when we are nourishing our bodies, we are nourishing our minds as well.

## How can I do this?

- Be mindful of your eating habits (e.g., take time to eat, notice when you're hungry, notice when you're full).
- Prepare foods at home more often and plan what you're going to eat.
- Enjoy your food. Traditions and cultures are a part of healthy eating.
- Eat meals with others (even if it is virtually).