

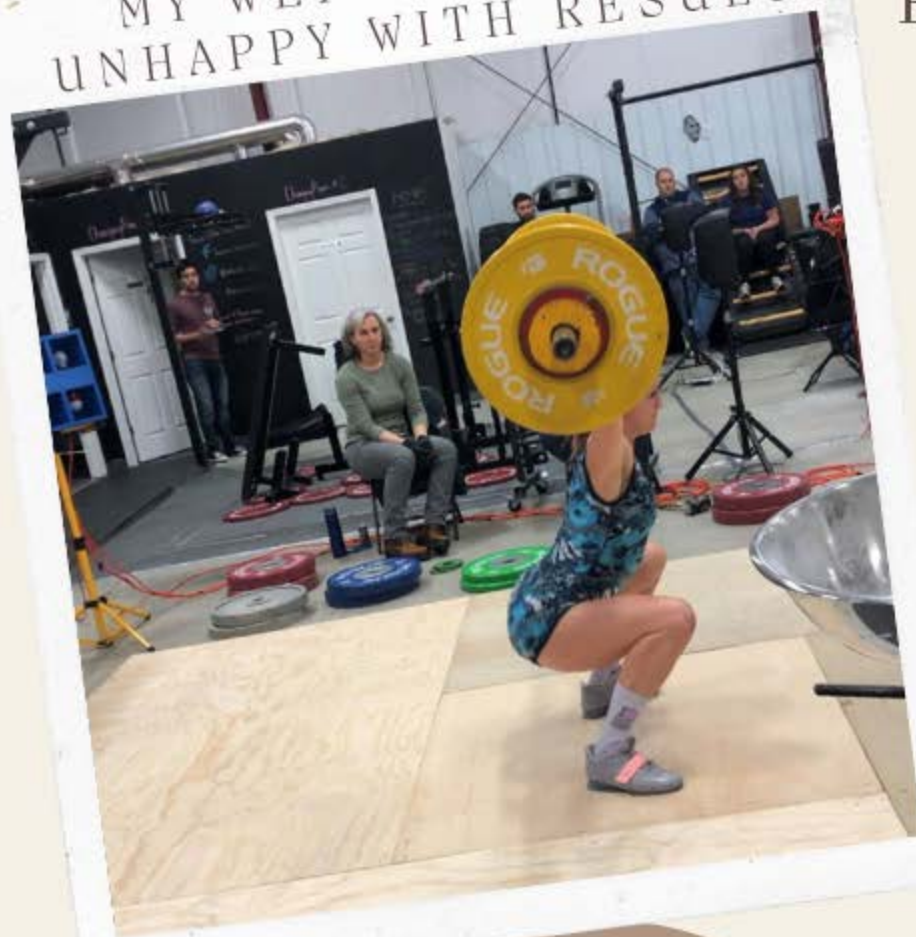
Food as Fuel for Fitness

Although these pictures look similar, *the mindset* of the person in them is different!

BEFORE

- *Weighed and measured every morsel*
- *Skipped social activities with food*
- *Never ate candy, processed food or baked goods*
- *Tracked each workout alongside each meal*
- *Lifted super heavy but wanted to do more*

2019 OBSESSING OVER
MY WEIGHT CLASS &
UNHAPPY WITH RESULTS



MY UNHEALTHY RELATIONSHIP WITH FOOD:

- I would get anxious whenever I went to events where I couldn't bring my own food (concert, sports, museums, etc.)
- I got on the scale first thing every morning and sometimes that would set a bad mood for the day
- I constantly compared other people's plates to my own, judging them & me
- I dedicated 6 hours a week to food prep
- I was rigid and wouldn't go out to eat & refused food my friends cooked

Lisa Nichols, Olympic Weightlifter & Lifestyle Counselor

Center for Community Health & Prevention

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AFTER

- *Eat regularly with the goal of whole foods and a balanced plate*
- *Enjoy food at restaurants and with friends*
- *Occasionally eat candy and treats*
- *Lift super heavy and appreciate what each session brings*

MY HEALTHY RELATIONSHIP WITH FOOD:

- I go out to eat and think about ordering a balanced meal but do not count calories
- I cook regularly with my family & consume home cooked meals with friends
- Sometimes I pay more attention to portion sizes when I'm closer to meets, but I do not restrict or measure
- I occasionally have judgmental thoughts about food or my body, but I quickly refocus on joy, fitness ability and gratitude



Lisa Nichols, Olympic Weightlifter & Lifestyle Counselor
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OBSESSING OVER MY
WEIGHT CLASS &
UNHAPPY



FOCUSED ON HEALTH
AND HEADED TO
NATIONALS ON 3/18



Lisa Nichols, Lifestyle Counselor
Center for Community Health & Prevention