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

**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

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