

# Building Healthy Habits

with



Part Two  
Non-Eating Habits



# The mindful food journaling app

Build a path towards your healthiest self yet!



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Unsplash | My Life Journal

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# Disclaimer

We are not medical professionals. Life experiences and stories we share should not be considered as medical advice. If you have a medical condition, please visit a licensed health professional.

The included material has been reviewed by health professionals with their OK on the content provided.

Always remember to take everything with a grain of salt and most importantly remember MODERATION.

We hope you find this informative and a helpful starting point to your health journey!

The Ate team



Unsplash | Cathryn Lavery

## Part 02

# Non-Eating Habits

Building small habits into your everyday

# Non-Eating Habits

If you took a look at our first ebook, “Eating Habits” you will have noticed that we explained different eating habits that you can incorporate into your lifestyle.

As everyone is different this will change from person to person. We wanted to bring you the next ebook that focuses on Non-Eating Habits but are still an important aspect to living your healthiest life.

Non-Eating Habits, focuses on habits that are able to improve your health without fully focusing on food. Of course, food is still an important aspect but your health is put together through your mental health, emotional health, and physical health.

Remember, these are all recommendations. Some of these habits will work for you, some will not. See what does work for you and incorporate them into your day, if they don't work, then go ahead and try something else.



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# Re-Design Your Environment

Do you pay attention to where your food is placed in the fridge? When you get home from the store do you place it where there is room or do you make intentional decisions of where to place it? What about those that don't belong in the fridge? Are they on the kitchen counter or out of sight in the cabinets?

### Where to begin on re-designing?

- In the refrigerator place the fresh produce at eye-height. Be able to see the fruits and vegetables as soon as you open the refrigerator
- If you keep your drinks refrigerated, place the water in the front and the juices/sodas behind. You'll be more inclined to reach for the water first
- If you're refilling your water bottle throughout the day, keep the snacks on the other side of the kitchen than where the sink is. Take out the convenience of reaching for a snack right above the sink

### How else to re-design?

- Put chocolate and cookies either out of sight, or place them in containers that you need to screw off - when you have to "work towards it" you are less likely to snack on it mindlessly
- If you do have these chocolates or cookies on the kitchen counter, put them in jars that you cannot see into
- Place fresh fruits out on the kitchen counter (ex. apples and bananas) to have them be a focal point. Once you see them, you're likely to gravitate towards them as opposed to the chocolate or the cookies
- Make it easy to make the better choice (place healthier alternatives in convenience so you gravitate towards it without having to think more about it)



Unsplash | Sidekix Media



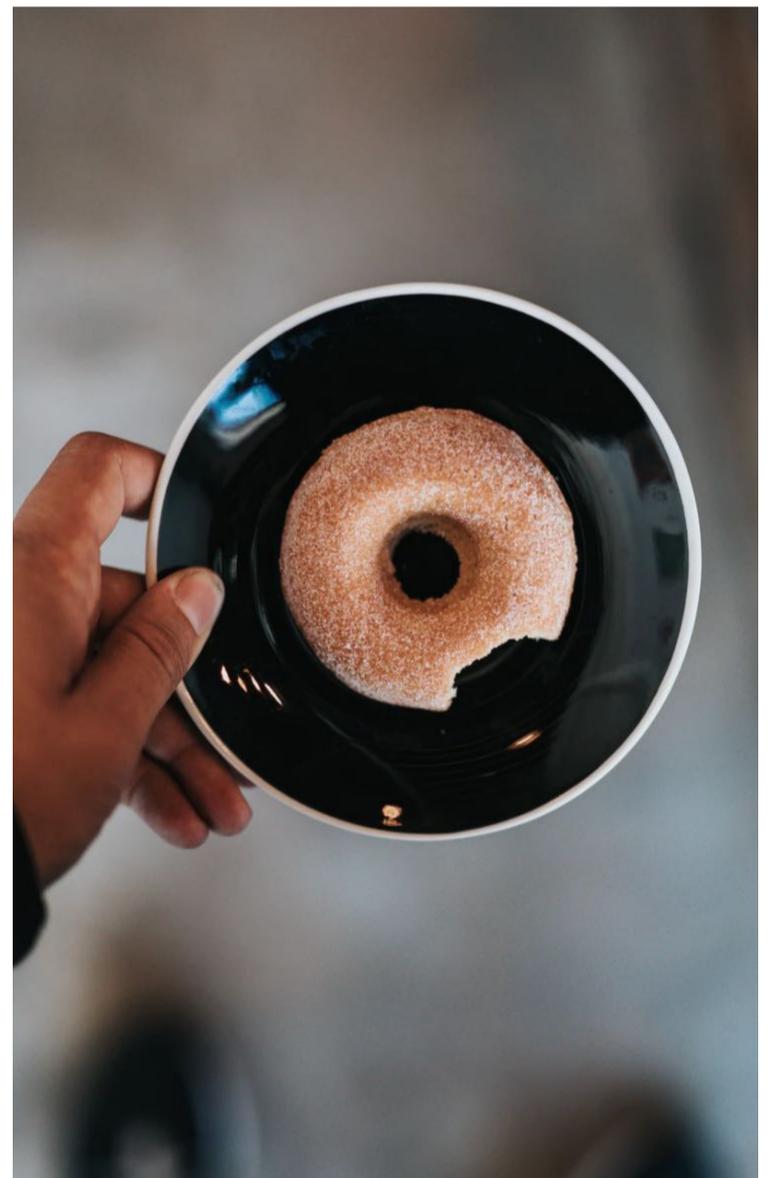
# Use Smaller Plates (when you can)

It is hard to believe that the size of the plate can influence how much you eat. Plate sizes work like optical illusions to the eye. The larger the plate, the more food we put onto the plate because the portion seems to be so minuscule on the large plate, and thus we end up consuming more.

Using a smaller plate is especially important if you are serving yourself because you will think you are eating plenty when the small plate is completely full whereas you are just eating less because of the plate size.

Another interesting fact is that the color of the plate can also influence how much you eat. If the plate and the food have a higher contrast you are likely to serve yourself less food rather than having a smaller contrast. For example, people that serve themselves pasta with tomato sauce on a white plate ate more than those that used a red plate for the same meal.

If possible, eat dark colored foods on light plates and light colored foods on dark plates to help decrease the habit of over eating and eating just the right amount of food that your body needs.



Unsplash | Nathan Dumlao

# Habit Stacking

The ability to increase the likelihood that you'll stick with a habit by stacking it onto a previous habit that you already have. Habit stacking is important because there is a greater chance of having this new habit stick when you already have an old habit to go off of it.

### How to build that new habit:

If you are looking to get moving more often. After a meal, you probably have the habit of washing dishes or placing them in the dishwasher. Build onto that habit. Now when you finish the dishes, put on your shoes and go for a walk in your neighborhood. After a little time you'll get into this new habit as well.

### Personal Tip:

Habit stacking can be small too! For example, I have a terrible sweet tooth and tend to have a little chocolate after my meals. To change out that habit and begin a new habit, I've done the following: When I prepare my meal, I immediately take out the greek yogurt. This way when I finish my meal and I'm looking for the piece of chocolate, I see the greek yogurt in front of me and make that my "sweet snack" as opposed to chocolate. How do I do this? I make it a habit to take it out of the fridge when making my meal along with a bowl to get myself into the habit of eating something that is not wrapped like a piece of chocolate but a healthier alternative that still satisfies my sweet tooth.



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# Be More Active

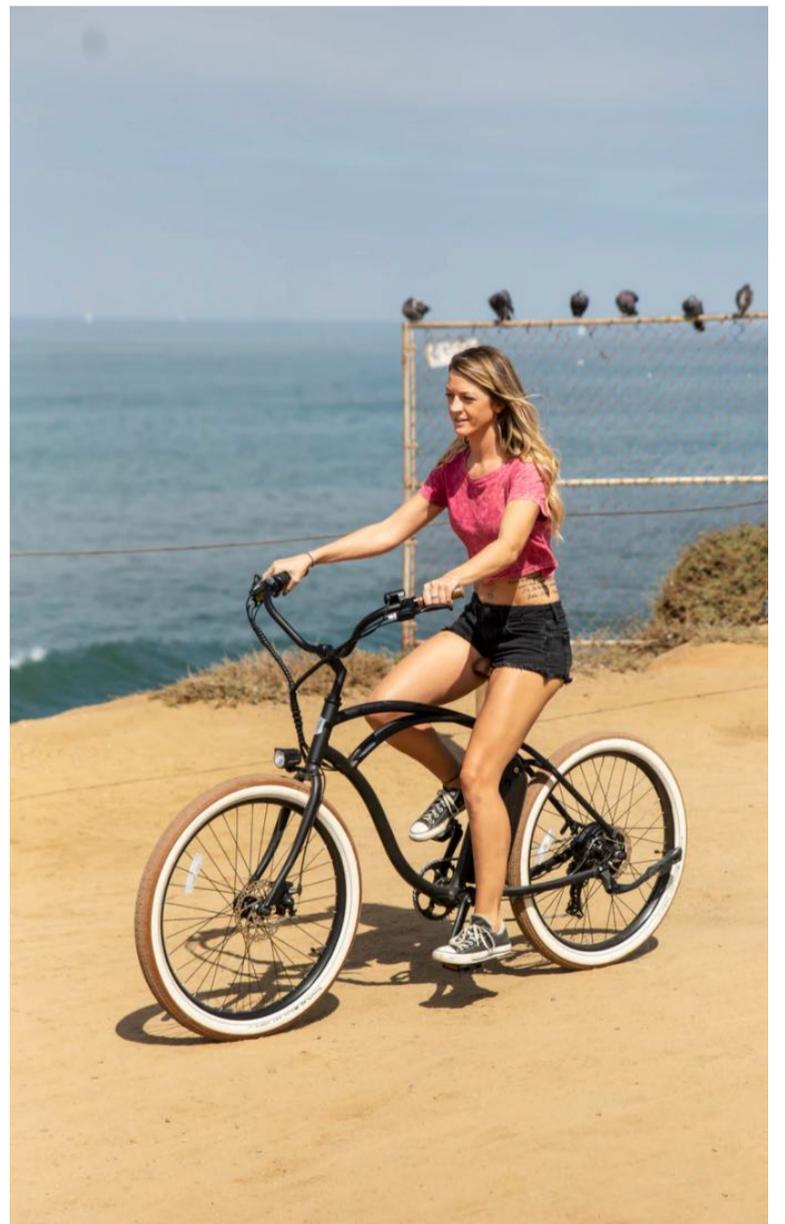
There are many benefits to physical activity! But how can you incorporate more physical activity without having to spend more time at the gym?

### Simple ways to add additional activity to your day:

- Use the stairs
- Park the car farther away from the store
- Walk or ride your bike to the store or to your friends
- Have a call? Take it outside and walk during it
- Clean the house and vacuum
- Instead of using the drive-thru for that quick coffee run in the morning, take a few minutes to park your car, and walk into the coffee shop instead
- Rather than scheduling date night with your significant other or friends at a restaurant, take it outdoors for a hike in a park!

### Why do it?

- It can help keep your body at a healthy weight
- Helps lower the risk of some diseases, including: obesity, type 2 diabetes, and high blood pressure
- Improves your memory
- Improves your posture
- Boosts your confidence, your mood, and makes you overall happier
- A source of stress-relief
- More energy
- Helps you stay On-path



Unsplash | Tower Electric Bikes

# Walk Every Day

It may not seem much but that additional walking each day is important. Even parking farther from the store, or cleaning around the house matters! Those few extra steps add up over the course of the day!

### Health benefits of walking:

- Increased cardiovascular and pulmonary (heart and lung) fitness
- Reduced risk of heart disease and stroke
- Improved management of conditions such as hypertension (high blood pressure), high cholesterol, joint and muscular pain or stiffness, and diabetes
- Stronger bones and improved balance
- Increased muscle strength and endurance
- Reduced body fat



Unsplash | Clarisse Meyer

# Try Yoga

Yoga can help improve your health both mentally and physically. Give it a try!

## Why else try yoga?

- Increase strength
- Increase flexibility
- Reduce symptoms of stress, depression, and anxiety
- Help maintain a balanced metabolism



Unsplash | Katie Bush

# Meditate

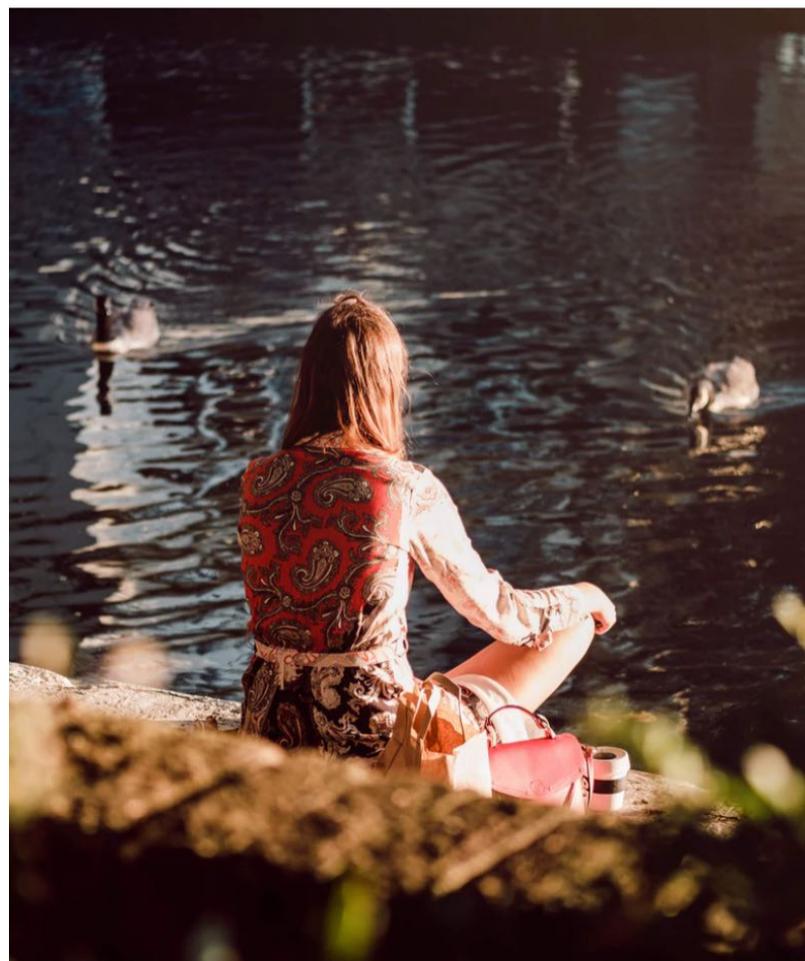
There is a variety of reasons why you should meditate. For instance, if you are a bubbly individual with a hyperactive lifestyle, meditation can help calm your nerves and relax your body.

### How to get started with a meditation routine?

- Start with short sessions
- Plan ahead and make time for your meditation (one of the best times is right in the morning before your mind is running at full steam)
- Find a place that is quiet and comfortable to sit
- If you're just beginning and need guidance, take some time to listen to a meditation guide during this time, slowly advance from their practicing either on your own or with a structured guide.

### How else does daily mediation help?

- Makes you happier
- Helps to manage anxiety, stress and depression
- You don't need to be a religious person to meditate
- Benefits can be immediate
- Helps you fall asleep
- Helps to sharpen your memory



Unsplash | Nikolay Dimitrov

# Lift Weights More Often

Lifting weights can be intimidating when you are just getting started on your health journey! Don't let that get in the way!

## Benefits to lifting weights:

- It elevates the post-workout energy expenditure more so than steady-state cardio due to the metabolic stress it causes
- Sleep better
- Protect your bones
- Boost your mood and energy
- Helps heart health
- Lifting weights helps improve your diet plan
- Productivity increases



Unsplash | Anastase Maragos



Unsplash | Kelly Sikkema

## Reminder for those that are nervous about weight lifting:

- Start small - it does not matter where you begin, its important that you've begun
- It takes time and patience to increase the amount you can lift, so do not expect to be lifting the heaviest weights from day 1
- You are not alone. Everyone started at Day 1

# Sleep

Adequate sleep is a key part of a healthy lifestyle, and can benefit your heart, weight, mind, and more.

### Sleep also helps to...

- Improve memory
- Reduce inflammation
- Spur creativity
- Improve performance
- Improve your grades
- Sharpen attention
- Maintain a healthy weight
- Lower stress

### How to get a good nights sleep?

- Set a nighttime alarm to get to bed on time
- Get into a routine of going to bed at the same time and waking up at the same time
- Avoid too much stimulation before bed (news & intense dramas)
- Practice ways to relax before bed (relaxing music, stretches, yoga, meditate, etc.)
- Practice breathing and relaxation exercises



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# Adhere to the Same Schedule Everyday (even on the weekends)

Although taking a break on the weekend may seem like the right idea, throwing your schedule off track on the weekend can make it harder to get back on track during the week.

## What to do?

- On the weekend wake up similar to the time you do on the weekdays
- Eat similar meals - indulge a little but not for 2 full days



Unsplash | STIL

# Remember to Take Daily Vitamins & Supplements

When you are taking vitamins and supplements make sure that you are first and foremost trying to get the nutrients from the food.

## Important takeaways:

- Vitamins should be used only as supplements to the diet, not substitutes for healthy food
- Take vitamins and supplements with a meal containing fat as that helps aid in the best absorption and will cause the least amount of stomach irritation

## Reminder:

Always consult your doctor before taking any new vitamins!



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# Drink Plenty of Water

It is hard to stress how important water is and the amount that we must consume on a daily basis. Think of water as a liquid nutrient that the body needs to be able to survive. We are made up of 70% of water, but we need more water for our organs and our bodies to function.

### How does water help our bodies?

- Water lubricates our joints and reduces joint pain
- Protects the spinal cord
- Regulates the body temperature
- Skin is vulnerable to small amounts of water – when dehydrated, skin begins to wrinkle and is vulnerable to skin disorders

### Other benefits of water include:

- Reduce kidney stones and kidney failure, helps with overall kidney function
- Reduce the severity of asthma and allergies
- Reduce constipation and heartburn problems
- Helps in fighting fatigue
- Helps prevent headaches

### Reminder:

Save the planet and your body! Do not consume all of your water from plastic containers because this can damage your body in the long-run.

### Why else drink water?

Bodies lose water daily, and it needs to be replaced. It loses water not only through sweating and urinating but also through breathing – and we sure do a lot of breathing! Due to this, we constantly need to replenish our bodies with water to avoid dehydration.

If you make mindful choices in regards to your food, be mindful about your water intake too! To get the most nutrients out of the foods you eat, you need to drink enough water as well.

### How much water?

Most health benefits occur if 2.5–3 liters are consumed daily!



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# Limit Alcohol

Alcohol in moderation can be healthy but more than a drink or two is just additional sugars that our bodies do not need and sometimes you need that break from alcohol, so plan accordingly.

But if you are going to have a drink or two then take a look at some healthier alternatives for your drinks that still do the trick of having alcohol but with a better mixing alternative.

## Best options for drinking alcohol:

- Order a home made lemonade with no sugar with your favorite alcohol
- A seltzer with lime with your go to alcohol
- OR no need for a mixer - ask for the drink on the rocks to keep the additional liquids to a minimum



Unsplash | Mikey Harris



Unsplash | Lindsay Cotter

## Benefits when you limit alcohol:

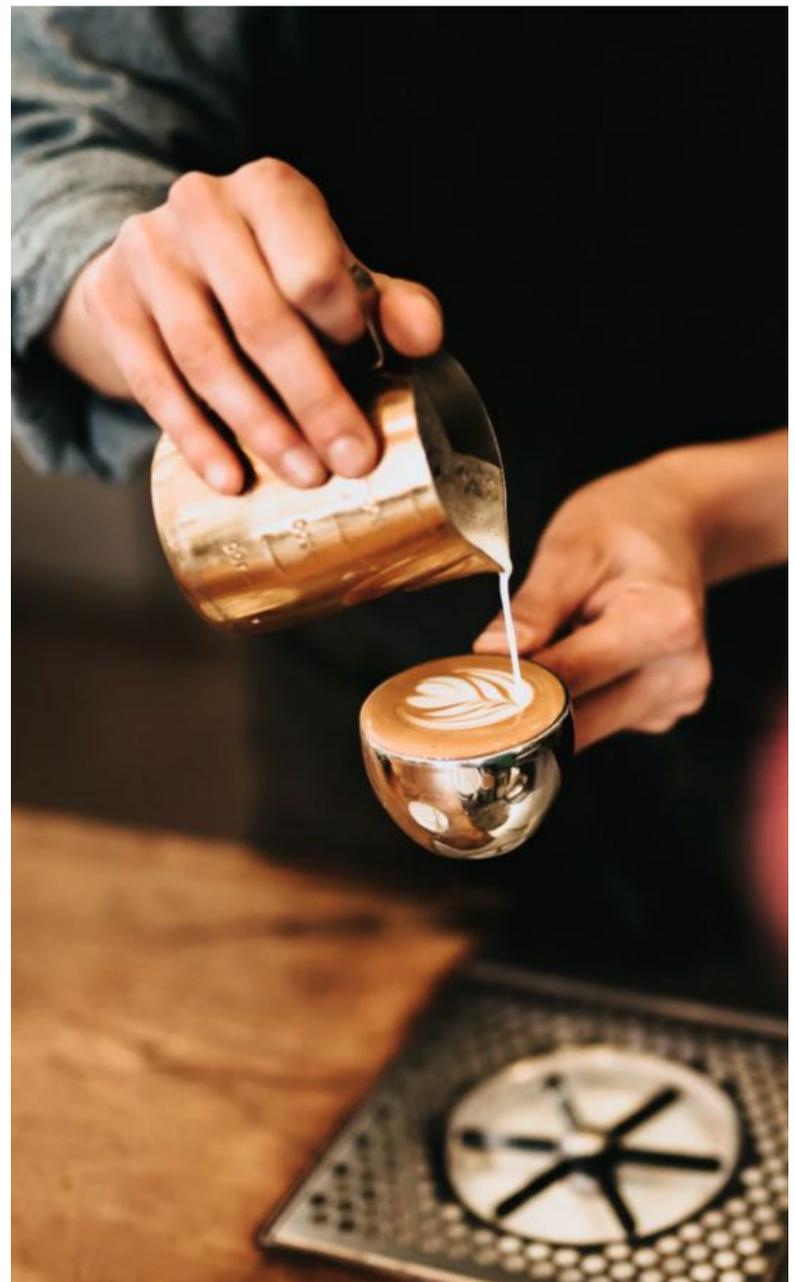
- Feel better the next morning
- Liver and digestive system will thank you as you're reducing the extra acid the body makes when it consumes alcohol
- You'll reduce the empty calories from alcohol
- Cravings for carbohydrates will reduce
- You will be able to rehydrate your body properly because over consuming alcohol dehydrates you

# Reduce Caffeine

Although caffeine can give you that little push of energy whether in the morning or later in the day, it can become addictive. Once your body starts to get accustomed to the regular amount, the need for more caffeine is crucial.

## Benefits of reducing caffeine:

- Helps reduce blood pressure
- Get a better nights sleep
- Be in a better mood - caffeine can alter your mood
- Decreases anxiety
- Fewer headaches
- Healthier teeth
- Less caffeine can aid in weight loss
- Bottled coffees/teas/energy drinks are filled with preservatives, reduce them to live a healthier lifestyle



Unsplash | Tyler Nix

# Don't Fall Into Peer Pressure

Realize why you are setting the goal for yourself. Sometimes you have to go out of your way to reach your goal. Don't let other people's bad habits get in the way of reaching what you've set out to do.

## Important takeaways:

- Learn to say "No"
- Focus on self care and taking time for yourself
- Do what makes YOU happy



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## Reminder:

Take into account what it is others would like you to do, and ask yourself:

- Will this make me happy?
- Will this bring a smile to my face?
- Will I regret doing this?

Once you take a minute to think and reflect how you feel right now, and how you will feel if you go through with it, it will remind you whether to partake or not.

Remember it is OK to be selfish and to focus on what makes you happy and what will help bring you closer towards what you want for yourself.

# How to practice this in the Ate app?

When journaling in Ate, choose one (1) experiment at a time to focus on.

Then, journal all your foods that you eat. If you're able to follow that experiment, mark it On-path. If you're unable to follow the experiment for that meal, then mark it Off-path.

Simply working on your eating habit from one meal to the next in these small increments will help you to start building better eating habits!

Have that experiment down? Then move onto the next experiment! OR if that first experiment just isn't working for you and your lifestyle, try another experiment!

## **Don't forget!**

YOUR food journal is for YOUR eyes only (unless you decide to share)!

Make sure to journal everything to get the best results in becoming YOUR healthiest self!



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# Try an experiment today!

And share this guide with  
others to help them build  
healthier habits too!

Or check us out below

[www.youate.com](http://www.youate.com)

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