



MOXIFIT™

Preparing for a meal

Relax

Be aware of yourself and your surroundings. Make sure you are comfortable and present.

Breathe

When sitting down for a meal, or even a snack, make sure you have taken several deep breaths before your first bite. This will slow you down and make you aware of the food you are about to eat.

Slow Down

Take a moment to comprehend what you are about to eat and whom you may be sharing your meal with.

Feel Nourished

While you are eating, take a moment to recognize how that meal or particular food will feed your body. Be appreciative for all it has to offer you and how it may even heal you.

Be Present

It is important to be present at all times. Become a conscious eater; know what you are eating and how often you are eating it. Know the combination of foods you are eating and how they will impact your digestion, health, and weight.

Be Satisfied

Take pleasure in the idea of how you are taking care of yourself and feeding yourself for better health and quality of life.

Celebrate

Honor the food and the company you have surrounding you.