

Food is Fuel.

That doesn't sound like a revelation, does it? I mean, we all know food is fuel, it's what keeps us going through the day, builds muscles, powers our brains.

But think of it again. 'Food is Fuel.' If that's all that food is, why do we obsess about it? Why do we eat too much of it? Why do we put in types of fuel that our body neither wants nor needs?



Imagine if you did that to your car - can you picture yourself at the petrol station, filling up, and then when the tank is full, you just keep on pumping, so that it flows out all over the place. People would think you were crazy.

Or imagine taking your nice shiny car out to a farm and filling it up with thick, sludgy farm diesel - it would ruin the engine. Yet, that is what we do to our bodies when we overeat, we cram in *junk food* with no nutritional value!

Over the past 100 years our attitude towards food has been profoundly changed, mostly by the advertising industry. It is estimated that the average person is bombarded with up to 1,500 food related ads per day, each of which is dedicated to the message that food is so much more than fuel.

Food is now a lifestyle choice, a status symbol, a reward, a pleasure, a comfort, a celebration, and, above anything else, an emotional experience.

So what would happen, if you went back to believing that food is fuel?

Two consequences run from that.

- The first is that you will *naturally* stop overeating.
- The second is that the quality of the food that you're going to *choose* will naturally improve.

Overeating is something that we have learned. Long ago we forgot that food was fuel, and just like our petrol tank, we need to stop before we overfill it. Thus we learned to clear out plate, regardless of how we felt, we learned to eat our lunch quickly, because we were in a hurry. We learned to sit and stuff our faces while watching TV, because that's what everyone else does.

But when you realize once again that food is primarily fuel for your body, you start to ask different questions - such as what are the *best foods* that are going to *fuel your body and give you energy?* and *how much* of them should you eat?

Are the foods you are eating giving you the energy that you deserve? The energy that you need to live the life that you want to lead?

When looked at in this light, you start to make very different decisions about food.

- It's NOT about what you have to give up or do without, it's now about what do you CHOOSE to eat, to be the person you want to be.

So when you begin thinking about food as fuel, you won't be beating yourself up over the things you have to stop eating, you'll be *making new decisions* about

- How good you want to feel?
- How much energy you want to experience?
- How alive you want to be?

When this happens, you'll find yourself naturally eating more vegetables, or drinking more water, because that's what you want to do in order to live the life you want to live.

What your mind believes, your body will achieve! Ref: J.Katsoulis

To learn more and to discover how to skyrocket your motivation and help you form healthy habits and fat loss that will last a lifetime contact Vicki Turner, Life & Business Coach.

Vicki is a Coach who loves seeing her clients move forward to gain a new sense of control over issues. Vicki says, 'People come to me for many reasons including clarity about life decisions, career and business issues and dealing with change.'



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