

NIGHT SNACKING

Fitness

Night Snacking

A common concern for healthy eaters beginning an exercise routine is the increased appetite that often accompanies increased energy expenditure. You are doing well, but fear that if you start exercising more, you will need more calories or perhaps you are already noticing that since you wake up to start your exercise routine, you are hungry in the evening (a problem hour for many).

Sometimes, the push for fueling exercise properly and eating enough protein is so pervasive that we end up being **overfed but improperly nourished**. Instead of focusing on what you think is necessary, start by listening to your bodies cues and keep health as your primary objective.

If you still struggle with nighttime eating, try these strategies to help curtail the habit:

Fuel your day

It's a common battle, **convenience prevailing over health**; competing obligations taking priority over eating well. At the end of the day, your body is not properly nourished and thus, the cycle of nighttime eating begins.

Don't skip meals. Eat enough at mealtime to properly nourish your body and keep quick and healthy snacks readily available. Try one of the numerous Fresh 180 recommended snacks or keep it simple:

- Fruit with single serving peanut/almond butter
- Hard boiled eggs and fruit
- Single serving of unsweetened dried fruit and raw unsalted nuts
- Plain unsweetened oatmeal with fruit and nuts
- Veggies with hummus
- Plain (unsweetened) lowfat yogurt or greek yogurt or kefir with fresh fruit

If you missed a snack and feel hungry or need to eat a snack for health reasons, stick with a single serving of a recommended snack – avoid the temptation to eat mindlessly.

THE FRESH 180

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Keep your hands occupied

After dinner and cleaning up, engage in an activity that keeps you engaged. Whether coloring, knitting, doing a puzzle or making jewelry, find something that keeps you engaged and away from the kitchen.

Move More

Keep small hand weights, a balance ball and a yoga mat in your bedroom or family room – wherever you spend your evenings. Instead of idly watching a show or internet surfing, stay engaged with your body. Take this time to stretch or do some arm strengthening exercises or try lunges, whatever keeps your body engaged and busy. Sitting on an exercise stability ball keeps abdominal muscles engaged and helps with engaged breathing.

Freshen up

Brush your teeth or prepare a cup of unsweetened mint tea. Even if this is not an immediate cue, over time, train your body to understand that a clean mouth means the kitchen is closed.

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