

Overeating

Audri: Can we talk for a moment now about overeating and what that feels like to people?

Terri: Yes. It feels different to each of us. We typically have a strong physical reaction. It could be a pain; our stomach hurts. Our pants get tight. Certainly, it's uncomfortable. Or it could be a feeling of guilt or heaviness.

I know that when I'm overeating, I will feel fatter. Your stomach feels stretched holding all that food.

So we all have some physiological and some psychological response when we overeat. If we tune in and become aware of what that feels like, we can usually label what that is in our own body. Really tune in — physically and psychologically — and ask, “What does it feel like for me?”

Audri: You mentioned that sometimes you *choose* to overeat. What do you mean by that?

Terri: Choosing is the key word. I used to overeat because I was eating without any intention. I was completely unconscious of it. It was an impulse. Eat, eat, eat.

And then I'd eat to the point where, very often, I'd feel those sicknesses or ailments of overeating.

Now, I'm always tuning in and asking myself, “Do you want more, are you still hungry, what do you want to eat?”

Sometimes, I'll get the answer, “I am pretty full, but I really want to have more.”

Then I make the choice. I ask myself, do I choose to have more, or do I choose to say, “No more today.”

Sometimes, it just feels good, and I'll say, “You know what, I want more of that,” and I have it.

Here's an example. I just came back from a wonderful vacation in Florida, home of the Key Lime Pie. I love it; it's not something I can eat regularly in my part of the country. I

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was dining out and was very full after having a wonderful dinner.

The waiter came over and said, “We have homemade Key Lime Pie.” I asked my body, “Do you want more?” and my body said, “No, we’ve clearly had enough.” But I thought, “Wow! It’s my only chance to have Key Lime Pie.” So I made a choice — a choice to overeat, knowing that I was going to feel uncomfortable and it wouldn’t feel so good.

It’s a very different strategy than mindlessly eating and then feeling guilty. And, I’m glad I made that choice.



Intentional Eating

Audri: You just led in to one of my favorite topics, which is what you call intentional eating. Tell us what you mean by that.

Terri: Intentional eating is tuning in to become fully conscious and present of your eating experience, of being in touch with what your body is feeling, what you're choosing, and what you want to eat. And it is what you experience in the taste, aroma, and texture. It is being very present, deliberate, and in control of the entire experience of eating, and eating by choice.

The best way to do this is through a dominant intention.

A dominant intention is having an overall thought about your eating every single day. Something very easy — what is it that you want to experience today in your eating?

Maybe it's that today you only want to eat healthy foods. Or maybe it's that you want to feel full. Or maybe it's that you want to try some new foods, or you want to eat slower.

For me, my intention today is that I want to really enjoy my meals. This is my dominant intention.

A dominant intention immediately gets you present when you're eating. Every time you have the opportunity to eat, you go back to your dominant intention.

Audri: Now let's say that your desire is to lose weight. Would the same kind of dominant intentions be present?

Terri: Absolutely. When I was in weight loss mode, my dominant intentions were things like "I intend to eat things that are healthy and that satisfy me." Or "I intend to make healthier choices. I intend to eat more fruits, vegetables and grains."

Maybe your intentions are that you want to have less dessert, or eat more whole fruit.

Audri: So you have one dominant intention throughout the day. What about when you're having specific meals — do you do anything there?

Terri: Yes. That’s when I do something called “segmented intentions.” This is an important piece that supports the dominant intention.

Have your overall dominant intention for the day, and then, at each eating experience, before you just dig in and pick up the fork, ask yourself, “What is your intention for this particular meal?”

It could be that your intention is to slow down, to enjoy food, or to notice the flavor. Immediately, before you engage in that meal, you’re letting yourself become back in tune with your body.

Segment your intentions every time you’re ready to have something to eat.

Audri: How often do you do this each day? You’ve said every day and every meal, but do you do it several times during the meal, or do you do it once?

Terri: I’ll do the segmented intentions right before I start eating, and sometimes, I may have another intention as the meal goes on.

For example, I was at a wonderful restaurant and I really wanted to take it all in. My intention was to really enjoy the atmosphere and ambience of the dining experience. At about halfway through the meal, I noticed that I was eating extremely fast, so I set another intention, which was to slow down and savor my food.

I might have intentions arise at different segments of the meal. One segment, for example, may be “Do I want to have something at the close of the meal? Do I want to have fruit or dessert?” And I’ll attach my intention around the closure of the meal.

Audri: Do you do this just for eating, or for other parts of your life too?

Terri: I do it in all areas of life. I segment my intentions in every experience. Before I have a phone call with someone, I ask what my intention is for that phone call; before I drive my car,

what's my intention for my driving experience, and so on. It always allows me to be fully present and intentional, and in the moment.

I was using dominant intentions and segmented intentions in just about every life area, until it dawned on me to do the same thing around eating.

Audri: I think, for many people, dessert is really a big deal.

Give us some examples of dominant and segmented intentions for different meals if our goal is to create an ideal body, lose weight, and have more energy and eat in a healthy way.

Terri: If losing weight is important to you, make that your dominant intention. It might be something like "I intend to eat in a way that will support my weight loss." Or "I intend to make healthy choices." Or "I intend to eat items that are lower in fat and calories." Set that overall intention into motion.

Now, when you get down to the segments of your day, and you're making your choices at every meal, go back to something that supports the dominant intention.

So, a segmented intention might be "Well, I'm in a restaurant, I have a choice between salad, soup, or a sandwich. I intend to make the healthiest choice and something I would still enjoy eating."

It might be "I intend to eat a lighter main course, so I can have room for dessert." Or "I intend to have a small piece of dessert." Or "I intend to have dessert, but it will be sugar-free."

Break it down into a smaller scale for each eating experience.

And, by the way, I can't leave this out... I lost my weight eating ice cream, which I love, three to five times per week! I never, ever deprived myself of it. I just asked myself the question, "Do I feel like eating it?" If the answer was yes, (which it quite often was!) I ate it. Not a gallon or a pint, but a scoop or a cone.



Audri: What you're saying is that you can let your body tell you what you want and still enjoy even the things that you "shouldn't" have?

Terri: Absolutely, because there are no rules. I can and should have whatever my body chooses. I'm allowed. No one tells me what or when to eat — my body tells me.

Audri: You mentioned a lot of people have a fear that there are no rules, that they're creating intentions, and that they'll get out of control. Can you give us advice on how your clients have dealt with that?

Terri: It's natural and to be expected that we'll have the fear that we won't be able to stop eating. "If you give me permission to eat — put me at a buffet — I'll be there for three days — I'll be out of control — I'll gain 50 pounds. I'm afraid to try that."

If your intention is "I'm going to eat whatever I want, eat wildly, and if I gain weight, who cares?" then you're right; you'll probably gain a lot of weight and be out of control.

If your intention is "I'll be in touch with my body. I'll be listening. I'll respect my body and know that it will give me the right signals. At first, I may overeat because I haven't listened to the signals, and initially I may gain weight as I'm getting more in touch with my body," that's OK too. Don't feel guilty.

It goes back to an intention where you allow yourself to get reconnected to your body.

It's like a baby. If a baby is getting ready to walk and he stands up and then falls down, we say it's OK, it's not a problem; he's just going to keep trying. We don't get too concerned about it.

It's the same thing. We're going to make some mistakes, we're going to fall down, but we keep going. It's a journey.

Audri: So, it's not like if you do it once and you don't get it perfectly, that's the end?

Terri: Absolutely, because there is no “perfect.” Even in natural eating, there are times when someone observing me would think, “Holy Cow, does she have an appetite!” And I’d say, “Yes, I do,” and chances are tomorrow you’d say, “Wow, she hardly ate anything.”

You can’t just set the intention “I’m going to eat a way that’s thin and healthy” and then forget it. It’s being present to that intention. You will not continue to eat at the buffet table if you get back to your intention.

I have thoroughly enjoyed the 12-week Ideal Body program. Finding myself in the worst shape I have ever been in, I decided I needed to do something. Not one more diet — because I have been on them all — but a healthier lifestyle. During the program I found a new way of looking at my eating habits and, through the course, came to a new understanding of myself. Being 30 pounds heavier than I have ever been, in the middle of my divorce, I realized that it was not so much how much weight I have lost or gained or what the scales told me I weighed, but how I felt about my body and myself.

I have not lost much weight during this process yet but have arrived at a new understanding and place in my life where I know my body needs the weight for protection and security at this time (the divorce and other issues) and that it is OK that I weigh the weight that I do right now. I can enjoy the foods I like and not feel guilty or beat myself up because I know that my intentions have been set and that my body will adjust and I will eat as much or little of what my body wants or requires to be sustained and fulfilled.

I have changed my thoughts about myself and can love my body just the way it is right now, cellulite and all, and I have learned to appreciate just how wonderfully my body does take care of me! I am so grateful to be a part of this community of like-minded people and to be able to work with others struggling in the same areas as I. I hope this new paradigm shift around the areas of weight loss continue to spread to increase the awareness that there is a better way to have a healthier lifestyle and that it does not have to be a struggle.

— Sheri Rowland

Step #1: Extraordinary Self-Care

Audri: Let's now talk about the three steps to intentional eating. The first one seems a bit like a change in gears. It's what you call "extraordinary self-care." Tell us about this and why it's important.

Terri: This is one of the most precious things I've learned over the past five years and is the first step on the way to intentional eating.

Extraordinary self-care means being in balance, being whole. It's slowing your life down, taking the time to enjoy your life and making *you* the number one priority. It's making changes in all aspects and areas of your life and feeling good about you in a comprehensive way — physically, spiritually, and emotionally. It's doing things that are way above normal.

If you would normally get a massage — that's not extraordinary. How about two massages? How about ten? How about a facial, a pedicure, and a massage?

Extraordinary self-care could involve more quiet time. It could be nurturing, it could be playing with a pet. It's doing things that are extraordinary that you have not made a priority before.

Audri: And why is it important to take extraordinary care of yourself?

Terri: Our lives are busier than ever. Everyone is feeling more stress, more push with less time to do things that feel important to them. People feel out of control.

If we take extraordinary care of ourselves, we're putting the priorities back in order. We're slowing down, taking care of our health, being in control, being in the moment. And we're back to creating feelings of love and extraordinary care for ourselves. As soon as that happens, we're on top of our agenda.



We have the ability to make our own choices, to live our own lives now. If we're doing that, then we can make the same choices about our health and our eating.

Audri: How do you do this? Everyone I know feels rushed, busy with a million things to do.

Terri: First is by intention. Having the intention of extraordinary self-care. Setting a healthy lifestyle — it's a choice.

Take 10 minutes a day of quiet time. I don't care who you are or how busy you are, and I don't care if you have to get up at 4:00 a.m. to get that 10 minutes. Take those 10 minutes of white space — of quiet time. Create nurturing relationships, social relationships, things that support you.

You have to do things for yourself, create activities that allow you to feel peace, balance, and harmony.

You have to find a way to make yourself a priority. It starts with an intention.

Audri: OK, so what is the next step in intentional eating?

Step #2: Being in Touch

Terri: The next step is being in touch *all the time*. Questioning yourself all the time — How am I feeling, what do I want, what would nurture me, what would support me, what do I choose to eat, what would feel good, what do I choose not to eat, what can I eat less of?

Step two is using the process of being intentional on a regular basis. It's consistently asking yourself, "What is my intention here?"

What is my intention for this meal? What is my intention for the hunger signals that I'm getting? What is my intention for eating healthy?

It's being in touch all the time and asking your body what it wants.



Roadblocks to Intentional Eating

Audri: Can you tell us about some of the things that get in the way of being intentional and checking in with how we're feeling?

Terri: The thing that gets in the way most frequently is that people don't eat as an isolated activity.

Think about your meals in the last day or so. Did you pick things that made you say, "Wow! I love this; this is going to be really wonderful; this is going to be an extraordinary meal." And then, did you focus on all aspects of the dining — what it looked like, what it tasted like, how you arranged the food on the plate?

Or were you thinking about what you had to do after dinner, when were the dishes going to get cleaned, was the phone ringing, etc.? That's typically where we get hung up. We're not focusing.

Accept that you have time to eat and just focus on your meal. You don't have time NOT to do that. Make this a priority.

People get caught up in beliefs, or stories, they've had throughout their lives. It could be rules drilled into them from childhood by parents, their culture, friends, family, teachers, etc.

I came from a family where the story was you had to clean your plate to get dessert because "children were starving." Of course I wanted dessert — don't all kids want dessert? — so I would force myself to clean my plate. It taught me to overeat. It's a story I carried into adulthood.

I want people to surface up what some of *their* stories are. What are some of the attitudes you might be carrying around? Don't beat yourself up when you notice them.

It's OK if you've got that story. Just notice it and now observe it. Detach yourself a bit so you can witness it, and decide if you still want to carry the story.

If someone says, "You have to eat everything on your plate because kids are starving," notice the story and say, "Oh, that's interesting."

Take a look at it. Where did it come from? I remember, my mom, my aunt, my cousin, and now I witness it. I'm hearing the story and now I'm going to make a decision. Do I choose to carry that around anymore? I decided, "You know what, my eating the food isn't serving those kids," and so, I don't carry that story around anymore.

Audri: How did you get past that? Of all the stories, that's probably the biggie, right?

Terri: It is perhaps the biggest for many people.

I used humor. When I looked at it for the first time in my life, at age 40, I realized that my eating the food didn't help those kids. I thought it was silly and found some humor in it. That was the first thing.

The second thing is that I didn't get angry with the people who gave me the story. I really believed they were coming from a good place so I flowed a lot of love and appreciation toward my family members; they thought they were doing the best they could and that story made sense to them.

The third step was allowing myself to be aware of when that story began to play and to choose whether I wanted to acknowledge it or not. So sometimes, while I'm eating, I do think, "I need to finish everything on my plate," and I give myself the chance to decide if I want a new story.

The point I want to make is find a way to notice the story, observe it, witness it, and allow yourself to come from an intentional place of choosing. You might choose "Well, today, I want to eat all the food." Fine. Eat it. But not because someone told you children in other countries are starving.

Audri: You mentioned to me that you had an old way of dealing with this story originally, and that was to make a contribution to some hunger organization that fed children. Then you decided that there are even better ways to deal with it.

Terri: That is correct. The decision I made was that instead of finishing the food on my plate, making myself fat, which wasn't

serving those kids, I would contribute to the hunger bank in my local community.

So, every time I thought, “I’ve got to eat all the food on my plate,” I’d say, “No, I choose to make a donation instead.” Then I would go to my pantry and pull out a can; that would be my offering to the hunger bank.

Now I don’t do that as much. I still make financial contributions, because I choose to do that, but I notice that I got myself out of the pattern and realized that eating all my food wasn’t making a contribution. It felt much better to physically deliver the food.

Audri: How about other stories that people carry around?

Terri: Another common story is that you’re not allowed to make mistakes, and you’ve got to be perfect. So, if you blow it, or go off the diet one day, you may as well keep on eating because it’s over.

That whole story about perfection and being a perfectionist contributes a lot to our feelings of guilt, our sense of deprivation, and our failure. So look at the story and decide how to shift it.

I don’t expect perfection from myself or anybody else. It’s not possible. But I do expect that there will be some form of progress.

So allow for the errors, the mistakes, the bad days, and for the times when you forget to be intentional. I do that — all of a sudden, I’ll eat something and think, “Why did I even eat that?” But it’s OK — no big deal — it happens. Allow yourself to not be a perfectionist. Allow yourself to be natural and normal.

Another common story is that once you’re off the track, you can’t get back on. In other words, once you blow it, you will be out of control and won’t be able to “fix” yourself.

So, if you were really good on a diet for three months, but then one day you got off it, it’s all over.

I ask people to shift to a position of “Well, what did work about that? What was working?” And get back to noticing and observing all the great things you were doing. That eating event is a non-issue.

If you forgot to wash your face tonight because you were too tired, would you never wash your face again?

Change the story. People can surface up their own stories; it’s important for us to do that without judgment.

I loved Terri Levine’s Ideal Body program, and have learned so much about my eating habits and ways to refocus myself and my eating patterns! I found that much of my eating has been unconscious, and that intentional eating could have amazing effects! Learning how to place my full attention on what is most important about eating (enjoyment, fulfillment) instead of on shaming, guilt-inducing or resisting foods I love reframes the entire dining experience. I’ve taken several other classes from Terri, and was looking forward very much to applying her principles in this area — I wasn’t disappointed!!

What makes Terri such a special teleclass leader is not only her incredible enthusiasm and passion for her work and for this particular topic, but also her humanness and practical “been there, done that” approach and applications! While she’s a “petite flower” herself (I saw her at the ICF conference, and can tell you she’s just a little bit of a thing!) and has maintained her weight for years (due to this approach), she has not forgotten what it’s like to live with the innate desire for great tasting foods every day. Because her body make-up and love for food is such that she, too, continues to search out new ways to apply the program principles every day, she lives the program right along with us as we’re learning it, and gets as excited as we do about a new idea to apply! In my experience, it doesn’t get any better than that! Thanks so much for such an enlightening and comforting teleclass!

— Karen Christopherson, Grand Rapids, MI

Step #3: Being Present

Audri: And what is the third step of intentional eating?

Terri: It is being *present*. Being completely intentional. Noticing and being aware. Stop that multi-tasking process of eating while thinking about something else: going through the mail, talking to the kids, writing out checks, watching TV or whatever you're doing.

Notice the food — appreciate it. Relax and be fully and wonderfully present to the eating experience. It's a great experience. Enjoy it.

Audri: Great advice. Terri, can you tell us what it sounds like in your head when you're eating?

Terri: It sounds something like this. "My intention is to fully enjoy this meal and to be thankful that I have the opportunity to have a great meal and that I can chew it, swallow it, and enjoy it."

Then, I'll ask myself a question like "What do I really feel like eating here? What would satisfy me the most?" And then if I begin to eat, it will be "What are the things I can taste? What are the flavors I'm experiencing here? How does that feel in my body?"

Then it might be "Does my body want more of this, or is it in the mood for something else?"

And then, "Have I had enough? Is there anything else that would add to this meal or experience that would allow me to be more focused?"

And then, at the conclusion, it might be something like "How did I do at being intentional during this meal?"

While this might sound like a whole lot of chatter, we do have self-talk going on all the time. Now you're controlling the self-talk, versus letting the self-talk control you. It's very powerful.

Beginning the Process...

Audri: What do you recommend our readers start doing now?

Terri: Create a healthy eating plan. Notice I didn't say "diet" or "rules"!

Then, set a dominant intention. What do they want to feel or experience — their overall essence — their feeling in their eating?

The second thing I want them to do is to segment their intentions at each meal. Set their intention of how they want to experience that meal or that snack — even if they're drinking a can of soda, how do they want to enjoy that.

I was leading an ideal body group and asked the group what had been most significant for them so far on their journey. They shared two concepts.

The first is that they felt tremendous relief and release about being able to eat what they chose to eat.

I want to remind people that is the essence of what we're talking about.

The second thing was that they were really starting to get the concept that this is about having a *well body*, not a thin body. They really understood that for the first time in their lives, it might not be about being at their thinnest, but being at their best. "Skinny" does not look as good as it sounds!

----- **Light Bites...**

The next time you reach for a mid-afternoon snack, opt for low calorie fare like carrot sticks or fresh fruit. Crave more substance? Try a handful of protein-packed nuts or some cottage cheese.

Be Playful

Audri: Let's talk now about being playful.

Terri: I believe we go through life with self-talk that, generally, is very judgmental and negative. It's about what's wrong with us, the world, why we're failing, why things aren't going to work out, what the problems are, etc.



As soon as we can allow ourselves to take control of intention and self-talk, change the channel and self-chatter, and set an intention that we're going to focus on what's working or want to have happen, then we change our life experience.

The play part comes from lightening up. Loosening up. We're not sent to this planet to have a tremendous struggle.

We're here to have playful, wonderful fun — nothing is all that serious. It's all a game. If we can lighten up and just go with the flow, we'll be a lot less stressed, a lot happier, and a lot healthier.

Audri: Any thoughts about how to do this? Especially with something like weight loss and being healthy — these are typically serious topics.

Terri: Use reminders. Little hooks that bring you back to “It's not that serious.” It could be a cartoon or a comic. I have all kinds of toys in my office — a talking Furby, some dolls, Mickey Mouse ears — it just brings me back to the reminder that it doesn't have to be this serious.

I even have reminders in my kitchen. I've got fun magnets on the fridge and a really interesting plant on the table that bring me back to “Nothing has to be perfect, it isn't that serious.”

It's all about visual reminders.

Another is setting an intention. Set the intention to have fun in this experience. When you find yourself getting too serious, don't try to turn it off. Just notice that you're doing it and

change the channel by saying, “What is something I could say to feel a little bit lighter?”

Audri: When you’re asking your body what it wants, what do you do if it’s something that isn’t in the house, or isn’t nearby?

Terri: I ask my body several questions. The first is, “Could I get it?” For example, one day last week I knew just what I wanted for lunch. I could see it, taste it, and smell it. But we didn’t have that in the house.

My body knew I wanted it. I asked myself, “Do I have time to go get it? Could I pick it up from the store, or take it out from a restaurant?” If the answer is yes, I’d go do it. I serve my body.

If the answer is no, I ask what could be a good substitute. “What could I have that would still give me some pleasure and allow me to know that I could have this some other time?”

It’s all about intending.



Intentional Movement: Move Your Body!

Audri: In your tele-seminar, I learned that you discourage a standard exercising regimen. That ought to thrill a lot of our readers.
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Why do you want to get away from the concept of exercise?

Terri: The word “exercise” is one of those heavy words to me. It’s a “should,” something we “have to do.” Human beings don’t enjoy “shoulds.” We don’t enjoy pain and sweating. And we’re not really inspired to exercise.

So, if we’re talking about health and wellness, I want people to forget that exercise as a word even exists.

Movement comes from a sense of our bodies wanting to play.

When we play, we see more beauty and joy in the world. Incorporating movement into our everyday busy schedules — fun and playful movement — energizes us in a way that standard exercise doesn’t.

Audri: So, you’re saying simple movement is actually more important than exercise as we know it?

Terri: Yes. It’s critical because by moving our bodies we’ll get to see and experience more. We’ll get to see more trees and flowers and plants and nature, and maybe other people. To me, that’s a benefit. It’s very holistic and nurturing to the soul.

People who move their bodies more actually need less sleep. They’re able to think more clearly. They get their work done more efficiently. They are more productive. The more you move your body, the less fatigued your body feels. And the more you move your body, the more you give your body an outlet for managing stress.

So, not only is your body becoming more fit, mentally you’re also giving yourself more energy, health, and well-being.

Everyone can find his or her own personal reasons to move their bodies everyday.

Audri: Why do you like to move?

Terri: I love to move because I love to see the outdoors. One of my favorite activities is walking. Walking just for the fun of walking — not because I've got to walk a certain amount of miles. I just walk because it's so neat to see what flowers are growing, who has added what to their house this year — I love the experience.

Another reason I love to move is that within me there's always been this body that wants to get out and dance. If you put music on, my toes are twitching and my feet are tapping. The more I move the happier I feel— almost childlike. It allows me to be more playful.

Audri: In terms of your clients, can you give us some other examples of why other people might like to move?

Terri: When I was talking about movement with one of my clients, she was thinking that she had to join a gym or get fancy equipment in her home.



As I helped her shift to playfulness, her movement became Ballroom Dancing. Now, on her website she has pictures of herself ballroom dancing. She's elegant and beautiful.

I look at her and I see several things happening. One, she found a hobby she's passionate about. Two, she moves her body more. And three, she's also possibly found her next partner in life.

That's a recreational activity that allowed her incredible ways to grow.

I have another client who decided to take a break at lunch. He said all he could do was take a walk in the parking lot. He's been walking in the parking lot for two months and now a whole group at work is walking with him. They talk about everything but work.

He's found it to be a great time away. He's more connected with the people he works with. When he comes back to the office, even though they haven't talked about work, he's got inspired actions at work that surfaced from being quiet and moving his body.

Audri: Do you have any recommendation in terms of how our readers can think about movement from their perspectives?

Terri: Stop focusing on losing weight!

Incorporate more activity to let your body have fun. Think about what you enjoyed as a child. What were some of those activities? Was it playing basketball, swinging on a swing, running, playing with the dog, playing catch? Let those activities you enjoyed come back to you.

Think about your body and how little it moves today, and think about how much it can move tomorrow.

Notice where you're at now. Notice where you were at as a child, and start thinking of some baby steps to move your body a little more tomorrow. What would be fun, easy, and effortless?

Audri: Well, this is quite different from all the research on how to exercise. What do you think about that research?

Terri: I think it's overwhelming. One theory says "20 minutes a day, five days a week." Another one says "60 minutes for seven days a week." Yet another says "It has to be consecutive."

There are hundreds of different "experts" telling you how it should be done!

I'm asking readers to forget all of that, just let it go. You are your own expert. You don't need a scientist, a book, or someone on a television show telling you how to exercise.

You probably won't stick with that kind of program. And most of you have already figured that out. Your body knows how it wants to move. So forget the research.

Get intentional and allow your body to tell you how it wants to move.

Incorporate Movement into Daily Activities

Audri: Many people don't exercise because they feel their schedules are too hectic. How do you incorporate movement into your daily activities without spending a lot of time?

Terri: You do it through your intentions. Over time, I've developed various forms and planning sheets to use with Ideal Body to make it easier to visualize your progress. It's so much easier to stick with a plan when you write it down!

Use the *Movement Planning Sheet* to list your intentions and plans to incorporate movement into your daily activities and to capture your ideas to add more movement in a joyful, easy way.

For example, let's say you drive in your car a lot during the day. You might ask the question, "How can I move my body more in the car?" Maybe you can tap your hand on the steering wheel while you're listening to music, or tap your toes. Or maybe at every red light, wiggle a little bit or flex some unused muscles!

Instead of sitting at your desk when you're on the phone, stand up, walk, or pace while you're talking.

I didn't change the structure of my day. I don't get up at 4:00 a.m. or think about how to fit in an exercise program when I'm so tired and have no time. I just look at my daily experience and ask how I can move my body all day long while it's still doing what it likes to do.



In fact, this morning, I noticed when I was brushing my teeth that I was being intentional about moving a lot, because I hadn't the day before. When I was brushing my teeth, I reminded myself that this was my intention. As a result, I was dancing and walking all over the bathroom. I enjoyed the whole experience more. I thought, "Why don't I always move when I brush my teeth? Who says you have to stand still?"