

FAQs: Am I hungry? © Mindful Eating Program

What is the program about?

The Am I Hungry? © Mindful Eating Program helps you reconnect with your body and become in charge of your eating habits. If you are feeling out of control around food, if you have been dieting for years and still feel unhappy with your body, this program is for you. The program runs in a group setting (face to face or online) over 8 weekly workshops. The program will help you be in charge of eating habits and in the process improve your overall health and wellbeing. Overall you receive the tools you need to become the expert in YOU.

How will the program help me?

The Am I Hungry? Mindful Eating Program will help you:

- ✓ Finally understand why diets don't (and won't) work for you or most other people.
- ✓ Discover simple yet powerful methods for knowing when, what, and how much to eat without restriction.
- ✓ End mindless and emotional eating.
- ✓ Consistently eat the foods you love without guilt – and without binging.
- ✓ Learn the truth about nutrition without confusing, arbitrary rules.
- ✓ Never again exercise to earn food or punish yourself for eating.
- ✓ Nourish your body, mind, and spirit to build your health, energy, and joy.

What is the program structure?

The Am I Hungry? Mindful Eating Program is an interactive course where the numerous decisions we make each day surrounding food and eating are explored in depth.

The program consists of 8 weekly workshops each one running for 90 minutes. Workshops are organized into eight sessions that each focus on one of the decision points around food: *Why do I eat, when do I eat, what do I eat, how do I eat, how much do I eat and where do I invest my energy from the food I have eaten?*

Workshop 1 In Charge, Not in Control (Why?)

Workshop 2 Trust Your Body Wisdom (When?)

- Workshop 3 It's Not About the Food (When?)
- Workshop 4 What Am I Really Hungry For? (When?)
- Workshop 5 Fearless Eating (What?)
- Workshop 6 Mindful Eating (How?)
- Workshop 7 Just Right (How Much?)
- Workshop 8 Self-Care Buffer Zone (Where do I invest the energy I've consumed?)

Each workshop covers three topics: Think, Nourish, and Live.

1. **Think** (Increase awareness and consciousness around eating patterns and learn how to create positive lifestyle habits)
2. **Nourish** (Learn about nutrition basics and how to use it as tool not a weapon)
3. **Live** (Find ways to move that feel good, enjoyable and based on your needs).

Is there a discount for seniors/concessions?

Unfortunately no discounts or concessions are available for this program at this stage.

I have private health, can I receive rebate for this program?

Yes, the program is delivered by an Accredited Practicing Dietitian. Private health rebates may be available depending on your insurance company and level of cover. Get in touch with your private health insurance and enquire whether dietetic services are included.

Am I able to pay in installments?

Unfortunately, payment in installments is not available. The program fee is to be paid in full prior to commencing the program. There is a new program starting roughly every 2 months, you are able to save your spot in advance and pay once you are ready.

Can I bring my partner along to the program?

Due to the structure and space restrictions of the program we expect that only participants choosing to go on this journey are present at each workshop.

What if I miss one of the workshops?

We are happy to offer you the opportunity to attend a missed workshop at a later time. For example, if you enrol for the March Program and due to an unforeseen reason are unable to make it to the week 6 workshop, you can attend the week 6 workshop of the May or July



program. Alternatively, you may want to book a private consultation through the Stay Nourished program facilitator to go through what you've missed on a one-on-one setting.

Can I get a refund if I discontinue the program half way?

No refund is available should you choose to discontinue the program after week 2 of the program. We can discuss the reasons behind choosing to discontinue and together discuss the best course of action for you (attending a future program, an online program or individual consultations).

Is the program helpful for someone with an eating disorder?

The Am I hungry? © Mindful Eating Program can be useful for anyone looking to improve their relationship with food and body including those with struggling with disordered eating such as binge eating, overeating, bulimia, or EDNOS. The program is not suitable for anyone diagnosed with Anorexia Nervosa, during their recovery phase. It is advisable that you consult with the program facilitator to discuss whether the program would be the right step for you.

Do you run Mindful Eating Programs in a corporate setting?

Yes! Contact us today to organise the Mindful Eating Program for your employees or colleagues. The non-diet approach or mindful eating approach has been linked to a reduction in incidence of chronic diseases including type 2 diabetes and heart disease. It has also been linked to increased productivity, reduced sick leave, decreased body dissatisfaction and improved mental health. This not another 'weight loss' program, it delves deeper and provides your team with tools that will help them physically, mentally and spiritually.