

# MORE WAIT, LESS WEIGHT

Eating for pleasure is a common response when we're feeling like a little comfort and self-indulgence. Unfortunately, the longer term consequences end up outweighing (pardon the pun) the short term soothing it brings us. The key to shifting this reflex is to slow down just long enough to change it from an unconscious habit to a conscious choice. By changing your food focus from *quantity* to *quality*, you'll enjoy food but reduce the number of times the hand goes to the mouth. Master the *Stop, Scan, Select, Savour* drill and say goodbye to emotional eating forever!

## STOP!



### Pause before eating out of reflex.

Wait till the third temptation hits, postpone by 5 minutes or a track on the radio.

## SCAN



### Check—are you actually hungry?

Eat when you're a little hungry, but not starving. Your body knows when it needs to fuel up, so learn to listen to and respect it.

## SELECT



### Take control of your behaviour.

Be conscious about choosing whether to eat or not. Have other distractions at the ready (eg a short walk, Sudoku in your pocket, chew some gum, return calls or emails).

## SAVOUR



### Enjoy and appreciate what you eat.

If you're not mindlessly overeating, you'll be satisfied—and faster.