

The importance of breakfast and having regular meals throughout the day!

You may remember your mother saying “breakfast is the most important meal of the day!” – she was right! There is solid evidence that people who skip meals are much more likely to be overweight. This is particularly true for people who skip breakfast, the meal many experts consider to be the most important meal of the day. When we don’t eat breakfast, our hunger becomes greater as the day goes on – for some, it can become out of control causing cravings and overeating.

Think about this, when you get up in the morning, you’ve already fasted for the hours you were sleeping. Postponing the first meal of the day is sure to set off the starvation alarm to save fuel and store fat. This is why it’s important to constantly keep fuel in your body. By eating a good nutritious breakfast, you are kick-starting your metabolism and shifting gears to start burning fuel for increased energy, alertness and a body that burns calories even at rest.

This is why skipping meals is something that is not to be taken lightly. This doesn’t mean sitting down to a sumptuous 3 course meal each time we eat. Healthy eating can be accomplished in a variety of ways. The ideal is to eat by the clock and not by your stomach. Research by the Creating Wellness team of health professionals concludes that you should eat nutritious food at specific intervals of 2 1/2 to 3 hours throughout the day.

Here’s a goal to consider this week: Begin to develop a new habit if you routinely skip breakfast and/or don’t eat on a regular schedule. The idea here is to spread your food throughout the day every 2 1/2 to 3 hours and use tasty and healthy snacks between traditional meal times to reach that goal.

You can improve all 3 dimensions of your health and wellness by guaranteeing that you get frequent nutrition throughout the day. And remember, eating well supports your body’s physical demands and helps to keep your thinking sharp and clear! Next week, we’ll share ideas about healthy snacks and simple meals for busy people – don’t miss it!

We can help you reach your goals with Creating Wellness! Do you know how well you are? The absence of illness or discomfort does not necessarily mean we are healthy and well. A Creating Wellness assessment can help identify the areas of your life that, if improved, will allow you to live life with vitality and energy! Ask us about how you can create more wellness in your life!

We thank Doug Caporrino of the Creating Wellness team for his input into this weeks’ wellness tip.

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