

Health, fitness, lifestyle

TAYLAKFITNESS INTUITIVE EATING GUIDE

Workout because you love your body, not
because you hate it.

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INTRODUCTION

ABOUT TAYLAKFITNESS

Welcome to the TaylaKfitness guide. I am creating this guide to teach people that life gets a lot better when you start seeing fitness as an enjoyable lifestyle and feeling good rather than being a tool for weight loss or a punishment.

What this guide should teach you is that you are able to reach your fitness goals, just by small habit changes and better choices, rather than obsessing over every single calorie you put into your body.

You are capable of such a beautiful life that doesn't involve weighing yourself multiple times a week and avoiding certain foods because you are too scared of the calories.

LIFE IS FOR LIVING.

DISCLAIMER

This guide is not intended as nutritional advice and is not a replacement for support from a registered dietitian, nutritionist, or healthcare professional. As a personal trainer and coach, my guidance is rooted in fitness and lifestyle support — not clinical nutrition. Always consult a qualified practitioner if you have specific dietary needs or health concerns.

A NOTE ON INDIVIDUALITY

Everyone's body is different. Some people may experience stronger hunger cues, emotional triggers, or hormonal shifts than others. That's completely normal. There is no one-size-fits-all approach to intuitive eating — it's about tuning in to what works for you.

INTUITIVE EATING



★ INTRODUCTION TO INTUITIVE EATING

Intuitive Eating is a compassionate, flexible approach to nourishing your body—without food rules, guilt, or strict dieting. It's about reconnecting with your body's natural signals of hunger, fullness, and satisfaction, and learning to trust those cues over external pressures like calorie tracking, fad diets, or the number on the scales.

Rather than focusing on weight loss as the main goal, intuitive eating shifts the spotlight to how you feel—physically, mentally, and emotionally—when you fuel your body with food that truly serves you.

💬 AT ITS CORE, INTUITIVE EATING HELPS YOU:

- Let go of restriction and food guilt
- Eat when you're hungry, stop when you're satisfied
- Honour cravings without spiralling into bingeing
- Choose foods that make you feel energized, nourished, and balanced
- Stop viewing food as "good" or "bad" and instead, focus on variety, moderation, and satisfaction
- Develop a more positive relationship with food, movement, and your body

🚫 INTUITIVE EATING IS NOT ABOUT:

- Following rigid rules or "clean eating" perfectionism
- Ignoring nutrition—it's about learning how to eat in a way that supports both your body and mind
- Using hunger/fullness as a diet in disguise

♥ WHY IT MATTERS:

Most traditional diets disconnect you from your body. Intuitive eating brings you back in tune with it. It builds trust, reduces stress around food, and lays the foundation for long-term wellbeing—not just a short-term fix.

★ Whether your goal is better energy, strength, fat loss, or simply more food freedom, intuitive eating can support your journey in a way that's **sustainable, enjoyable, and empowering.**

10 PRINCIPLES TO INTUITIVE EATING



✦ 10 PRINCIPLES OF INTUITIVE EATING

These principles, developed by dietitians Evelyn Tribole and Elyse Resch, form the foundation of intuitive eating. They support a healthier relationship with food, body, and mind.

1. REJECT THE DIET MENTALITY 🚫

Let go of the idea that you need to follow strict diets or quick-fix plans. Diet culture fuels guilt, shame, and an unhealthy cycle of restriction. Intuitive eating says: no more. You don't need rules—you need reconnection.

2. HONOR YOUR HUNGER 🍴

Learn to recognize and respond to your body's natural hunger cues. Ignoring hunger can lead to overeating later. Nourish your body when it asks, just like you'd fill up a car when it's low on fuel.

3. MAKE PEACE WITH FOOD 🤝

Give yourself permission to eat all foods—yes, even the ones you've labeled “bad.” When no food is off limits, you reduce the power it holds over you. Freedom reduces bingeing and builds balance.

4. CHALLENGE THE FOOD POLICE 🚓

That little voice in your head that tells you “you shouldn't eat that”? That's the food police. It's time to call them out. Food isn't moral—eating a cookie doesn't make you “bad,” just like eating a salad doesn't make you “good.”

5. RESPECT YOUR FULLNESS ●

Slow down and tune in to how you feel as you eat. Pause midway through meals to check in. Stop when you're comfortably full—not stuffed. It takes practice, but your body is constantly communicating with you.

more on next page 📄....

10 PRINCIPLES TO INTUITIVE EATING



6. DISCOVER THE SATISFACTION FACTOR 😊

Eating should be enjoyable! When you take the time to choose foods you love, sit down without distractions, and savour each bite, you'll feel more satisfied—and less likely to overeat later.

7. COPE WITH YOUR EMOTIONS WITH KINDNESS 💬

Food can't fix feelings. Emotional eating is normal sometimes, but it's helpful to find other tools too—journaling, walking, calling a friend, breathwork. Create an emotional toolkit that doesn't depend solely on food.

8. RESPECT YOUR BODY ❤️

Accept your body for where it is right now. You don't have to love every part of it, but you can choose to treat it with care and respect. Body respect leads to body trust—and that's where long-term change begins.

9. MOVEMENT – FEEL THE DIFFERENCE 🏃

Shift your mindset from punishing workouts to joyful movement. Move your body because it feels good, boosts energy, and enhances wellbeing—not just to “burn calories.” Walking, dancing, lifting, stretching—it all counts.

10. HONOR YOUR HEALTH WITH GENTLE NUTRITION 🥦

Nutrition still matters, but not in an obsessive way. Focus on consistency, variety, and what feels good. One snack won't make or break your progress—what matters most is your overall pattern of eating.

BENEFITS TO INTUITIVE EATING



🌱 BENEFITS OF INTUITIVE EATING

- Feel better. Eat freely. Live fully.
- ❤️ Build a Better Relationship with Food
- Say goodbye to food rules and restriction
- Enjoy all foods without guilt
- Stop the binge–restrict cycle
- Feel more relaxed and confident at mealtimes

🌱 RELEASE FOOD GUILT & EMBRACE FREEDOM

- No more “good” or “bad” foods
- Enjoy treats without feeling like you’ve failed
- Ditch the “all or nothing” mindset
- Feel in control, not obsessed

⚡ BOOST ENERGY – PHYSICALLY AND MENTALLY

- Fuel your body properly = better workouts & focus
- Fewer energy dips throughout the day
- Less overthinking = more mental clarity
- Sleep better, recover faster, feel stronger

★ REAL LIFE BENEFITS

- Improved mood and mindset
- Better digestion and appetite regulation
- Greater connection with your body
- More time and energy for what truly matters
- 🎯 **Reminder:** There’s no one “perfect” way to eat. Intuitive eating is about tuning in—not checking out. Trust yourself. Your body knows what it needs. 🌟

PRACTICAL TIPS FOR EATING INTUITIVELY



◆ HONOURING HUNGER & FULLNESS

- Keep snacks on hand—don't wait until you're starving
- Try to eat every 3–5 hours to avoid extreme hunger
- Pause mid-meal and ask: “Am I still enjoying this?”
- Stop eating when you're comfortably full, not stuffed
- Remember: fullness doesn't always mean 'empty plate'

◆ MANAGING EMOTIONAL EATING

- Ask yourself: “Am I hungry or just feeling something?”
- Journal, call a friend, or take a walk before reaching for food
- Create a self-care toolbox: music, yoga, podcasts, art
- Know that sometimes emotional eating is okay—just not your only coping tool
- Be gentle with yourself if it happens—no guilt needed

◆ FINDING SATISFACTION IN FOOD

- Don't skip the foods you love—include them mindfully
- Eat in a calm space, without distractions when possible
- Slow down and savour the flavours—enjoy each bite
- Choose meals that are nourishing and tasty
- Fullness without satisfaction often leads to cravings later

◆ PRACTISING FOOD FREEDOM

- Ditch the labels: no food is “good” or “bad”
- Give yourself unconditional permission to eat
- Notice how different foods make your body feel—not just your mind
- Trust that your cravings will balance out when nothing is off-limits
- Remember: you are allowed to enjoy food without earning or burning it

★ **Tip:** The more you practice, the easier it gets. Food freedom and body trust are skills—not something you master overnight. ♥

MINDFUL EATING PRACTICES



EAT WITH INTENTION, NOURISH WITH ATTENTION.

Mindful eating is about being present with your food—before, during, and after a meal. It helps you reconnect with your body’s cues, slow down, and enjoy food without guilt or distraction. Practicing mindfulness while eating can lead to better digestion, improved energy, and a more balanced relationship with food.

SLOW DOWN

- Take your time with each bite—eating too quickly can lead to overeating.
- Put your fork down between bites and chew thoroughly.
- Aim to take at least 20 minutes to eat your meal—this gives your body time to recognise fullness.

ENGAGE YOUR SENSES

- Notice the smell, texture, colour, and flavour of your food.
- Take a moment to appreciate the meal before diving in—gratitude can enhance satisfaction.
- Ask: What do I see, smell, taste, and feel in this moment?

LIMIT DISTRACTIONS


- Try eating without your phone, TV, or laptop.
- Sit at a table instead of eating while standing or driving.
- Focus on the experience of eating, not multitasking.

TUNE INTO YOUR BODY

- Check in before and after meals: Am I hungry? Am I full?
- Use the hunger/fullness scale (0 = starving, 10 = uncomfortably full).
- Aim to eat when you're around a 3–4 (gently hungry) and stop at a 6–7 (comfortably full).

OBSERVE WITHOUT JUDGEMENT

- If you overeat, notice it without guilt. Ask yourself why, gently.
- Don't label food as “bad” or yourself as “failing.” Every meal is a chance to learn.
- Bring curiosity to your eating habits, not criticism.

 **Mindful eating doesn't need to be perfect—it's about awareness, not rules. Over time, it becomes second nature.**



MYTHS ABOUT INTUITIVE EATING

★ MYTHS ABOUT INTUITIVE EATING (AND THE TRUTH BEHIND THEM)

🍕 **Myth 1: “You’ll eat junk food all day if you listen to your body.”**

Truth: At first, you might crave previously restricted foods — that’s part of the healing process. But over time, those cravings balance out. When you stop labeling foods as “bad,” your body naturally craves variety, including nutritious meals that help you feel good.

🚫 **Myth 2: “It’s just an excuse to eat whatever you want.”**

Truth: Intuitive eating isn’t about giving up — it’s about tuning in. It teaches you to make choices based on how food feels in your body — not based on guilt or rules. You’ll still make mindful choices that support your energy, goals, and satisfaction.

🏋️ **Myth 3: “You can’t reach health or fitness goals with intuitive eating.”**

Truth: You can absolutely work toward fitness goals like fat loss, strength, or improved performance while practicing intuitive eating. Many people find it’s more sustainable long-term because it reduces burnout, food obsession, and emotional eating.

🧠 **Myth 4: “It only works for people who don’t struggle with food.”**

Truth: Intuitive eating was created for people who struggle with dieting, food guilt, or body image issues. It’s a supportive and healing approach that helps rebuild trust with food — no matter your history.

🥗 **Myth 5: “You’ll never eat healthy again.”**

Truth: Intuitive eating includes nutrition — but without pressure or perfection. Once you reconnect with your body’s cues, you’ll naturally want to eat in a way that supports your energy, strength, and health. It’s about nourishment, not restriction.



REACHING YOUR GOALS WHILST INTUITIVE EATING

🎯 REACHING YOUR GOALS WHILST INTUITIVELY EATING

There's a common myth that intuitive eating means letting go of all structure or that it can't support goals like fat loss, strength building, or improved health — but that couldn't be further from the truth.

Intuitive eating is about trusting your body, yes — but it's also about supporting it. You can be mindful of what you're putting into your body without obsessing over every bite or tracking every calorie. And by tuning in instead of checking out, you can make choices that align with your goals while still enjoying food freedom 🍌

🔑 HERE'S HOW INTUITIVE EATING CAN HELP YOU REACH YOUR GOALS:

MINDFUL AWARENESS, NOT OBSESSION

You can be aware of how different foods fuel you — such as focusing on meals rich in protein and fiber, which help you stay fuller longer and support recovery, strength, and performance. You don't need to track macros to do this — simply being intentional with your meals can make a huge difference.

MEAL PREP = SELF-CARE, NOT CONTROL

Preparing meals in advance doesn't mean you're being restrictive — it's a way of supporting yourself. Having balanced, nourishing options ready makes it easier to listen to your body, avoid impulsive choices when you're tired or stressed, and stay consistent.

PORTION GUIDANCE, NOT RULES

Tools like the "plate method" (½ veggies, ¼ protein, ¼ carbs) can help you visualise balanced meals without weighing or measuring. You're still honouring your hunger — just with gentle structure that supports your energy and goals.

HYDRATION = OVERLOOKED MAGIC 💧

Drinking enough water can improve digestion, energy levels, and even reduce unnecessary snacking (as thirst is often mistaken for hunger). A simple habit like having water before meals can help you stay connected to true hunger cues.

MOVEMENT WITH PURPOSE, NOT PUNISHMENT

Whether it's lifting, running, walking, yoga or dancing — intuitive eating encourages joyful movement. You move your body not to "burn off" food, but because it feels good and supports your goals.

REST IS PRODUCTIVE TOO

Progress doesn't come from pushing constantly — it comes from the balance of effort and recovery. Intuitive living helps you tune into when your body needs rest, and gives you permission to take it.

✅ **So yes — you can reach your goals.**

You can support fat loss, build muscle, feel stronger and more energized — all without rigid dieting. By blending intention with intuition, you create habits that are sustainable, empowering, and rooted in self-respect.

Once you start fuelling and moving your body from a place of care, not control, your results will follow — and you'll actually **enjoy the journey** ❤️

NAVIGATING CRAVINGS WITHOUT DEMONISING FOOD



NAVIGATING CRAVINGS WITHOUT DEMONISING FOOD 🍇🍓

Intuitive eating isn't about eating "junk" food all day — it's about listening. And one of the most empowering things you can do is learn the difference between eating for nourishment and eating to numb out, out of habit, or emotion.

The truth is — your body wants to feel good. When you start to tune in, you'll notice that highly processed, sugary or greasy foods don't always support your energy, mood, digestion, or performance. That doesn't mean they're "bad" — it just means they may not serve you all the time.

✨ **Here's how to train your mind (and body) to find the balance:**

NOTICE HOW YOU FEEL AFTER DIFFERENT FOODS

After a balanced meal (with protein, fiber, fats, and carbs), you probably feel energised, clear-headed, and satisfied. After a sugar binge or fast food? You might feel sluggish, bloated, or even irritable. Recognising this is the first step to making empowered choices — not out of guilt, but from experience.

PAUSE BEFORE REACHING FOR SNACKS OR "RUBBISH" FOODS

Ask: Am I actually hungry? Am I tired, bored, stressed, or emotional? Sometimes, that pause is all you need to break an automatic habit and choose something that truly serves you instead.

GIVE YOURSELF FULL PERMISSION — THEN CHOOSE WITH CARE

When all foods are allowed, the "pull" of junk food fades. You're not rebelling anymore. You might still enjoy the chocolate, but you'll also learn when it feels better to reach for something more nourishing. It's not about restriction — it's about choice.

USE THE 80/20 MINDSET

Aim to eat well most of the time — whole foods, protein, fiber, healthy fats, and plenty of water 🥬🍓💧 — and allow yourself the 20% for enjoyment without guilt. A treat now and then is part of a healthy life. But if 20% starts to become 50–70%, your energy and progress may be impacted — and your body will let you know.

RECONNECT FOOD WITH HOW YOU WANT TO FEEL

Eating rubbish all the time doesn't feel good. Neither does obsessively restricting everything. Intuitive eating is about finding the sweet spot — where you eat what makes you feel alive, not deprived or drained.

🧠 IT'S NOT ABOUT PERFECTION — IT'S ABOUT AWARENESS.

Start noticing. Be honest with yourself. And remember: every bite is a chance to check in, reset, and nourish your body with love — not with rules or guilt.

WHAT TO DO AFTER EATING 'BAD' FOOD OR OVEREATING



🧠 WHAT TO DO AFTER EATING 'BAD' FOOD OR OVEREATING

First things first: *you haven't failed*. You're human.

Eating more than usual, or choosing less nutritious food, doesn't undo all your progress or define your worth. One meal — or even a whole day — won't derail your goals unless you let it turn into guilt, shame, and self-sabotage.

Here's how to move forward without beating yourself up:

🧠 **SHIFT YOUR MINDSET:**

- **There's no such thing as "bad" food**

Food isn't moral. You didn't do something wrong. Some foods are more nourishing, others are simply enjoyable. Both can exist in a healthy lifestyle.

- **Zoom out**

One moment doesn't reflect the whole journey. Just like one workout doesn't make you fit, one off-track day doesn't ruin anything. What matters is what you do next — not what you just did.

🌱 **RESPOND WITH KINDNESS:**

- **Check in, don't check out**

Ask: How do I feel right now? Bloating? Sluggish? That's okay. It's not punishment — it's information. Next time, that memory might guide your choices more mindfully.

- **Resist the urge to restrict**

Don't skip meals or punish yourself with intense exercise. That just keeps the cycle going. Instead, return to balanced, nourishing meals and movement that feels good.

- **Speak to yourself the way you'd speak to a friend**

Would you shame someone you love for enjoying food or eating a bit too much? No — you'd encourage them to carry on. Give yourself that same respect.

🌟 **REFLECT & RESET:**

- **What triggered it?**

Was it emotional? Habitual? Just because the food was there? Understanding the why can help you make more intentional decisions in future — without guilt.

- **What's my next best step?**

Go for a walk, drink water, prep your next nourishing meal, journal, rest. You're always one decision away from getting back into alignment.

💛 **REMEMBER:**

You are not "bad" for eating more or eating something indulgent.

Your body is not broken.

Your journey is not over.

Compassion is the key to long-term progress — not restriction.



MEAL PLANNING & PREPPING WITHOUT OBSESSION

MEAL PLANNING & PREPPING WITHOUT OBSESSION

Meal planning doesn't have to feel rigid or overwhelming. In fact, it can support intuitive eating by reducing stress, saving time, and making nutritious choices more accessible. The key is doing it in a way that supports your lifestyle—not controls it.

Here's how to approach meal planning intuitively:

FOCUS ON FLEXIBILITY, NOT PERFECTION

You don't need to prep every single meal or follow a set menu for the week. Instead, plan a loose outline—enough meals to get you through busy days, with room to adjust based on cravings, hunger levels, or social plans.

BUILD BALANCED MEALS

Use the Plate Method as a guide:

- ½ plate: Veggies 🌿
- ¼ plate: Protein (like tofu, chicken, lentils) 🍗
- ¼ plate: Whole grains or starchy veg (rice, sweet potato, quinoa) 🍠

This keeps meals filling and nutrient-dense without needing to track.

BATCH COOK SMART

Pick 2–3 meals to make in bulk (like a curry, stir-fry, or pasta dish) and portion them into containers. Freeze some for busier days, and mix up sauces, toppings, or sides to keep it fresh and interesting.

PREP COMPONENTS, NOT FULL MEALS

If full meal prep feels too much, prep ingredients instead:

- Cook a batch of grains
- Roast a tray of mixed veg
- Wash and chop salad ingredients
- Grill or bake a few protein options

This gives you a fridge full of easy building blocks to create meals on the go.

SNACK & HYDRATION PREP

Keep nourishing snacks like fruit, nuts, or hummus handy. Pre-fill water bottles or keep herbal teas nearby to remind yourself to stay hydrated throughout the day.

LET GO OF THE “ALL OR NOTHING”

If your week doesn't go to plan, that's okay. Eating out, ordering takeaway, or grabbing a quick meal doesn't mean you've failed. Flexible planning means making it easier to nourish yourself, not harder.

PROTEIN & FIBRE AWARENESS (NO TRACKING REQUIRED!)




You don't need to count every gram to make sure you're getting enough protein and fibre — just a little awareness can go a long way. Focusing on how certain foods make you feel (energised, full, satisfied) is a big part of intuitive eating. Both protein and fibre are essential for supporting energy levels, fullness, digestion, and even your fitness goals.

WHY PROTEIN MATTERS

Protein helps with:

- Building and repairing muscle
- Keeping you full for longer
- Supporting your metabolism
- Improving workout recovery

 **Intuitive tip:** Aim to include a protein source in each main meal and most snacks. Notice how much more satisfied you feel when you do.


Examples of protein-rich foods:

- Tofu, tempeh, lentils, chickpeas
- Eggs, Greek yogurt, cottage cheese
- Lean meats (chicken, turkey), fish, seafood
- Protein powders (optional support, not a necessity)

WHY FIBRE MATTERS

Fibre supports:

- Digestive health and regularity
- Blood sugar balance
- Long-lasting fullness
- A healthy gut microbiome


 **Intuitive tip:** Add colour to your plate. Fibre is in many plant-based foods—especially fruits, veggies, beans, and whole grains.

Examples of fibre-rich foods:

- Veggies (broccoli, spinach, carrots)
- Whole grains (quinoa, brown rice, oats)
- Beans, lentils, chickpeas
- Berries, apples, pears, bananas
- Chia seeds, flaxseeds, nuts

SIMPLE WAYS TO GET MORE (WITHOUT OBSESSING)

- Add beans or lentils to salads and soups
- Top porridge or yogurt with nuts and chia seeds
- Swap white rice for quinoa or brown rice now and then
- Choose whole grain wraps, breads, or pasta when you can
- Keep convenient options (like hummus, boiled eggs, protein bars) on hand
- Make smoothies with spinach, oats, or flaxseed blended in

It's not about getting it perfect — just being aware of how nourishing choices help you feel fuller, energised, and supported in your day 

HOW TO MOVE INTUITIVELY (NOT JUST LIFTING – WALKING, YOGA, RUNNING, DANCING)



Movement doesn't have to mean rigid gym routines or punishing workouts. Intuitive movement is about tuning into what your body needs each day – whether that's lifting, walking, running, yoga, dancing, or simply stretching.

It's not lazy. It's smart. It's sustainable.

💡 **WHAT IS INTUITIVE MOVEMENT?**

Intuitive movement is the practice of choosing how to move based on how you feel, not how you think you should move.

That might look like:

- Running on a day when your energy feels high and you want to clear your head
- Walking when you're tired, stiff, or want to be gentle with your body
- Yoga or stretching when you feel tight, anxious, or need calm
- Dancing around your kitchen because it makes you feel alive
- Strength training when you feel powerful, focused, and want to build
- Resting – because recovery is movement, too

🧠 **WHY IT MATTERS**

Moving intuitively:

- Builds body awareness and self-trust
- Supports mental and physical health without burnout
- Helps you stay consistent because it feels good, not forced
- Reminds you that movement isn't punishment – it's permission

❤️ **TRY THIS:**

Ask yourself before you move:

“What kind of movement would feel good for me today?”

Then choose based on how your body feels, your stress levels, your cycle, and your energy — not just the plan on paper.

🧠 **REMEMBER:**

Structure (like strength + cardio goals) is great – but flexibility is power.

You can follow a program and still move intuitively within it. Your body knows more than a schedule ever will.



JOYFUL MOVEMENT VS. PUNISHMENT-BASED EXERCISE

★ JOYFUL MOVEMENT VS. PUNISHMENT-BASED EXERCISE

The way you view exercise can completely change your relationship with movement — and your long-term progress. Shifting from “I have to” to “I get to” makes all the difference.

✗ PUNISHMENT-BASED EXERCISE:

This approach is rooted in guilt, shame, or the desire to “burn off” food. It often sounds like:

- “I ate too much, so I need to work it off.”
- “I have to exercise or I’ll lose progress.”
- “I feel lazy if I don’t train every day.”

While it might seem motivating short-term, this mindset can lead to:

- Exhaustion or burnout
- A strained relationship with your body
- Skipping rest days out of fear
- Resentment toward movement
- Binge/restrict cycles around food and training
-

✓ JOYFUL MOVEMENT:

Joyful movement is about finding activities that feel good, not punishing. It encourages consistency and care for your body.

BENEFITS INCLUDE:

- 🌈 Increased motivation — because you actually enjoy it
- 😊 Better consistency — no guilt, just natural routine
- 🧘 Reduced stress and anxiety
- ❤️ Stronger mind-body connection
- 🔄 Long-term sustainability
- ⭐ Improved energy, mood, and overall well-being

Whether it’s lifting weights, dancing, swimming, hiking, walking, or yoga — joyful movement empowers you to show up for yourself because you care, not because you “have to.”

💬 REMEMBER:

Exercise should never feel like punishment for eating or for your body. **Movement is a celebration of what your body can do — not a way to fix what you think is wrong.**



HOW TO REST WITHOUT GUILT

In a world that glorifies hustle and “doing more,” rest can often feel like laziness. But the truth is, **rest is just as productive as movement** — it’s when your body and mind recover, repair, and grow stronger. Rest isn’t a reward you earn — it’s a non-negotiable part of a healthy, balanced life.

WHY REST MATTERS:

- **Muscle recovery** 🏋️: Growth happens during recovery, not during your workouts.
- **Injury prevention** 🩹: Overtraining increases the risk of injury and burnout.
- **Mental health support** 🧠: Rest improves mood, reduces stress, and protects against fatigue.
- **Long-term sustainability**: Without rest, your motivation and performance can dip hard.

TIPS TO REST GUILT-FREE:

- 📅 **Schedule rest days like workouts** — Plan them in advance and treat them as essential.
- 🧘 **Choose active recovery if you prefer to move** — Stretching, yoga, walking, or light mobility work can help you feel refreshed without strain.
- 📵 **Unplug mentally too** — Mental rest is just as important. Try a day off social media or screens when you need a reset.
- ❤️ **Affirm it to yourself** — “Rest is productive. My body needs this to function at its best.”
- 💧 **Stay in tune with your body** — Learning to honour rest helps build trust with yourself and supports intuitive movement.

Rest is not falling behind — it’s taking care of the body that’s carrying you forward.

Let it be part of the plan, not the pause. 🌿

STAYING CONSISTENT WITHOUT STRICT ROUTINES



Consistency doesn't mean doing the exact same thing every day — **it means showing up for yourself in a sustainable way**, even when life isn't perfect. Rigid plans often backfire, while flexible consistency allows you to stay committed without feeling restricted.

HOW TO STAY CONSISTENT (WITHOUT THE PRESSURE):

- 🚫 **Create structure, not strictness**

Set a loose plan that suits your lifestyle (e.g. “Move my body most days,” “Cook at home 4x this week”) — but allow it to adapt as life changes.

- ☀️ **Work with your energy, not against it**

On low-energy days, go for a walk or stretch. On high-energy days, lift weights, run, or challenge yourself. Movement doesn't have to look the same every time to be effective.

- 🥗 **Choose nourishing habits over rules**

Think: “How can I fuel my body today?” instead of “What should I cut out?”

- 📅 **Plan ahead with flexibility**

Meal prep and workout planning are tools to support you — not restrict you. If life gets in the way, adjust without guilt.

- 🎯 **Focus on habits, not outcomes**

Instead of chasing numbers or strict goals, focus on building daily habits that align with your values. These small actions build up over time.

REMEMBER:

You don't need a perfect plan — you just need a kind one.

Progress isn't about being strict — it's about staying steady. 💪🌟



WEEKLY SELF CHECK IN PROMPTS

WHEN TO CHECK IN

Pick a consistent day each week — like a Sunday evening or Monday morning — and take 5–10 minutes to sit down with a journal or note on your phone.

You don't need perfection, just a moment of honesty and intention.

Some people like to do it:

- After a grocery shop or meal prep session
- At the end of the week to reflect, or the start of the week to reset
- After an emotionally challenging day or week
- Anytime they feel disconnected or stuck

WEEKLY REFLECTION PROMPTS:

MIND & BODY

- How did my body feel this week (energy, sleep, digestion, mood)?
- Did I notice hunger/fullness signals? Did I honour them?
- What helped me feel calm, grounded, or recharged?

FOOD & NOURISHMENT

- What meals made me feel satisfied and energised?
- Did I eat foods I enjoyed and that also nourished me?
- How did I handle cravings, emotional eating, or moments of guilt?

MOVEMENT & REST

- What kind of movement felt good this week?
- Did I rest when my body needed it?
- Was my movement joyful or did it feel like a chore?

MINDSET & GOALS

- What progress did I notice (physical, mental, or emotional)?
- What challenges came up and how did I respond?
- How can I support myself better next week?



FINAL THOUGHTS

Intuitive eating isn't a quick fix — it's a lifelong shift in how you care for yourself. It's about unlearning the pressure to eat perfectly and relearning how to listen, trust, and respond to your body with kindness and curiosity.

You don't have to track every bite.

You don't have to earn your meals.

You don't have to feel guilt for eating foods you love.

And you certainly don't need to follow anyone else's "rules" to be healthy.

Progress in intuitive eating doesn't mean eating "*perfectly clean*" every day — it means noticing when you're hungry, honoring when you're full, and forgiving yourself on the days it feels harder. **It's about balance over extremes, compassion over control, and connection over criticism.**

There's no such thing as failing at intuitive eating — only learning. Be gentle with yourself. Celebrate small wins. Let your body guide the way.

And remember: you're not broken. You're human. And your body knows what it's doing.

✨ Listening to your body is the most powerful tool you have. Trust it. Nurture it. Respect it.

YOU'VE GOT THIS – AND YOU'RE NEVER ALONE ON THE JOURNEY  