



**Smart toppings make
for a healthy slice**

Small steps From feeling to action

If you want to feel . . .

Energized



Eat fresh fruit

Satiated



Pair protein and carbs

Nourished



Enjoy a warm
soup or stew

Playful



Try a new food!

Nostalgic



Serve a favorite
childhood meal

Which types of movement bring you joy?



Repeat this mantra today

- I am making peace with food
- I trust that I can feed and nourish my body
- I listen to my internal cues and respect my hunger and satiety levels
- I am learning more about myself every day

