



Mindful Eating for Workplace Wellness

## Empower Your Employees with a Fresh Approach

Tired of the same old corporate wellness programs that just don't work? The Am I Hungry? Mindful Eating Program will empower your employees to take charge of their decisions about eating, physical activity, health, and self-care so they can invest fully in their lives and work.

Delving far beyond the obvious advice of "eat less, exercise more," Am I Hungry? Programs focus on changing beliefs, thoughts, and feelings first, so changes in behaviors will last. The non-diet, weight-neutral approach frees participants from the restrictive and consuming strategies offered in conventional workplace interventions and provides them with a method for rediscovering their expert within. Mindfulness-based strategies guide participants to eat with intention and attention – and to live that way too.



### Am I Hungry? Mindful Eating for Workplace Wellness offers:

- Dynamic, fun, and interactive workshops, webinars, coaching, and online programs
- A comprehensive step-by-step process to increase self-efficacy and build optimal health
- Simple yet powerful internal tools for recognizing when, what, and how much to eat
- Practical nutrition information without confusing, arbitrary rules
- A small steps approach to rediscovering joy and vitality in physical activity
- Meaningful and sustainable changes in attitudes and health behaviors
- Life-management tools to increase long-term success, productivity, and quality of life

# Workplace Wellness Options

Recognizing the diverse needs of employers and employees, Am I Hungry? makes it easy to offer this novel approach in a way that works best for your organization.

**Live Programs:** Live programs are conducted by a licensed Am I Hungry? Facilitator and delivered via an onsite workshop, webinar or teleseminar. These sessions are an engaging combination of interactive discussions and thought-provoking activities delivered in conjunction with print materials and online support tools. To implement this option, you can send your own employee(s) through our online Facilitator Training Program or we'll connect you to licensed Facilitators you can contract with.

**Online Program:** The web-based mindful eating program includes the same great content and materials—and allows participants to progress through this life-changing process at a pace and in a setting that works best for them.

**Mindful Eating Coaching:** Licensed Am I Hungry? Facilitators, who are also certified coaches, provide one-on-one coaching to support employees in the development of mindful eating skills.

**Michelle May, M.D. Live:** Inspire your organization with a keynote, kickoff or mindful eating experience by Am I Hungry? founder and CEO Michelle May, M.D. Michelle is a Certified Speaking Professional who delivers her eye-opening, inspiring message with passion, energy, and humor that transforms the way audiences think about eating, physical activity, health, and self-care.

## Learn more!

Visit [www.AmIHungry.com/workplace-wellness](http://www.AmIHungry.com/workplace-wellness)  
and contact us at [training@amihungry.com](mailto:training@amihungry.com) to set up a call.



## Did you know?

Mindfulness has been proven to positively impact both physical and mental well-being.

Evidence supports mindfulness training as an effective workplace intervention.

For a list of research and articles supporting the benefits of mindfulness and mindful eating, visit

[www.AmIHungry.com/  
resources](http://www.AmIHungry.com/resources)

