

# ESHCA 35-Day Mindful Eating Program

(\$50 Incentive)

**“80% of Chronic Disease can be Prevented, Managed, or Cured through Nutrition and Exercise!”**

- 1) This challenge will be done through email.
- 2) Please register by 1/18/24, email me at [pflaherty@eshca.org](mailto:pflaherty@eshca.org)
  - Confirm the email address you want to use if it is different from the one used to register.
  - Both the member and member-spouse are eligible for the incentive (\$50). Additional family members and friends are welcome to participate, however, they are not eligible to receive the incentive.
  - Don't use email? Call me at 315-895-5303, we will come up with a way for you to participate!
- 3) The Challenge will start on 1/21 and end on 2/24. (The initial email will be sent 1/18 with instructions and materials for week #1).
- 4) Format:
  - What will you get from me?
    - 2 emails per week (also going to try linking to a PowerPoint “video”):
      1. Tuesday – recap the previous week!
      2. Thursday – set goals and strategies (coaching) for the upcoming week!
        - The first email, “coaching” week #1, will go out on Thursday 1/18
  - You will be encouraged to focus on and record 1 nutrition goal per week:
    - Week #1 – drink 66-99 oz. of water/day!
    - Week #2 – eat 2+ fruits/day!
    - Week #3 – eat 3+ vegetables/day!
    - Week #4 – proteins!
    - Week #5 – complex carbohydrates!
    - Note: Healthy fats will be incorporated each week rather than assigning them their own week.
  - What will you need to do to receive the \$50 incentive?
    - Read the 2 short emails each week.
    - Complete 5 Food Logs (3-7 days/week), recording only the weekly objective.
      1. If unable to print the log, make your own, I will take it!
        - Yes, you can use your nutrition app
        - I will also be taking logs via text (cellphone picture)!
        - I am flexible, any way you can demonstrate to me you are participating, will work!
      2. Logs should be returned to me no later than Monday morning of the following week, for example, I should receive the Week #1 log on or before Monday 1/29.
- 5) Do not hesitate to participate! This program is flexible to meet the needs of all, including those using other nutrition programs (vegetarian, Keto, Adkins, Weight Watchers, etc.). If there is a goal you do not want to participate in, for example, you are on a low or no carb diet; we will provide an alternative goal for that week. There are benefits to all nutrition programs (with-the-exception of the “Twinkie Diet”), taking a few weeks to reflect and record your nutrition habits is a worthy exercise and there is a \$50 incentive as well!