



Overview and Implementation Options

Am I Hungry? is a non-diet, weight-neutral, mindfulness-based approach that empowers individuals to take charge of their decisions about eating, physical activity, health, and self-care. Delving far beyond the traditional advice to “eat less and exercise more”, Am I Hungry? focuses on changing ineffective beliefs, thoughts, and feelings first, so changes in behaviors will last.

Option 1: Live Workshops

Am I Hungry? Mindful Eating Workshops are led by trained and licensed facilitators live onsite or via webinar. Workshops are typically 60 minutes once a week for eight weeks, though program and session length are flexible. Each participant in a live workshop receives:

- A copy of the *Am I Hungry? Mindful Eating Program Workbook and Awareness Journal*
- A copy of the award-winning book, *Eat What You Love, Love What You Eat* by Michelle May MD
- Access to the secure Am I Hungry? Member Portal, which includes a private forum, an online journal, a virtual coach, and much more
- Email support tools including a Daily Mindful Moment email and a Weekly Workshop Summary for the duration of the program

ViDL will work with your organization to ensure a smooth promotion and implementation process including customizable marketing materials and administrative support at no additional charge.



Option 2: Online Program

The Am I Hungry? Online Mindful Eating Program includes the same great workshops and resources that participants would have in a live program—and allows them to progress through this life-changing process at a pace and in a setting that is best for them.

The Am I Hungry? Online Mindful Eating Program includes:

- **Eight Online Interactive Modules** — Accessible online anywhere, anytime as long as an internet connection is available.
- **Mindful Eating Virtual Coach** — An innovative tool designed to guide participants through the decision making process about when, what, how, and how much to eat.
- **Supplemental Tools and Resources** — Including printable workshop summaries and action plans, an Awareness Journal, downloadable chapters from the award-winning book *Eat What You Love, Love What You Eat**, and more.
- **Mindful Moments** — 8 weeks of brief daily emails to keep participants inspired and focused.

Option 3: Mindful Eating Coaching

Many people who are struggling with eating, sedentary lifestyle or self-care will need and benefit from personalized attention in order to more fully implement the mindful eating principles. To meet this need, ViDL offers access to a trained a network of trained Mindful Eating Coaches who can help participants personalize and more consistently apply what they have learned in a live or online program. Or, coaching can be offered as a stand-alone service, even for participants who have not participated in a live or online program.

Mindful eating coaching is generally offered by telephone or video conference, although onsite coaching options are available. Coaching programs can be structured so that session frequency and length meet the needs of your employees and your budget.