

# Mindful Eating

Friday, August 20

7:30—8:30 am

\$20, includes Terra Bistro breakfast

Please pre-register at 970/476-7960

Experience the remarkable difference of eating mindfully . . . if you have eaten when you are not hungry, continued to eat after you were full, stopped eating prior to satiety, or allowed guilt to guide your food choices, you have experienced mindless eating. Mindful eating involves bringing more to the table than just hunger. During breakfast, I will invite you to experience food through all senses by paying attention to the sight, smell, taste, sound, and texture of what you're eating. This mindful eating experience can potentially free you from reactive eating patterns and change the way you eat in the future.

## Mary Horn, M.S.

Passionate about helping others adopt healthy lifestyle changes, Mary Horn, M.S. has been in the exercise science and wellness field for more than 25 years. From teaching fitness classes to seniors and cardiac patients, conducting research to enhance athletic performance at the Gatorade Sports Science Institute, to serving as Director of Nutrition and Exercise Science at Miraval Resort Tucson, Mary has made an impact on the industry, but more importantly, on the individuals whose lives she's touched. She now joins the staff of The Vitality Center at Vail Mountain Lodge to lead wellness intensives and conduct nutritional consultations.

Some of Mary's accomplishments include appearing on the Oprah Winfrey Show, Martha Stewart Live, and being interviewed on Martha Stewart Radio. She is an avid runner, cyclist, and Ironman triathlete.



The Vitality Center™

At Vail Mountain Lodge

Go fit. Go well. Go long.

# Nutritional Consultations

August 19—23

By appointment

\$135

To schedule—970/476-7721

The first step to improving your eating habits is improving your awareness. This one-hour consultation will help educate and motivate you to adopt the lifestyle changes that will support your body's well-being. I will create a personalized eating plan that takes into consideration your goals, lifestyle, and current health challenges. You will receive a personalized eating plan which incorporates your food preferences, assessment of proper supplementation, tips on shopping and food preparation, and an evaluation of your current body composition and waist to hip ratio.



Located within the Vail Mountain Lodge & Spa

352 East Meadow Drive, Vail Village

970/476-7721

VailVitalityCenter.com