"As AMWA President and chair/founder of our Preventive Medicine Task Force(PMTF), it is my pleasure to introduce Katie Hoff. Katie is a triple Olympic medalist and an avid healthy lifestyle enthusiast. Katie accepted the challenge to join AMWA’s PMTF as we advocate for national disease prevention and healthy, balanced living. Support the "Healthy, Humble and Hungry" campaign today to reap exponential lifetime benefits." Farzanna S. Haffizulla MD FACP, AMWA President, PMTF chair/founder.

No matter what, hunger CANNOT be helped or resisted! So why try? Of course, swimming up to 4 hours a day vastly increased the intensity and frequency of my hunger but even when I took a year away from the pool, my hunger persisted and I learned a lot.

What did I learn? Sensibly satisfying that hunger is what really separates fit, happy people from those who are constantly searching for the perfect diet formula and healthy lifestyle. Everyone craves food that is for lack of a better word, junk! Anyone who tells you otherwise is not realistic! This kind of pressure is what causes people to binge on food or just "give up."

I am not perfect! I cannot resist the calling of delicious pizza, a delectable brunch or gelato for more than a week. I strive to be mindful of the nutrition content of particular foods. I use “give and take” in my diet to allow the flexibility to enjoy life without a feeling of deprivation.

My Tips for Your Success
Food awareness- Understanding what’s going in your mouth and how it is used in your body.
Empowerment- Deliberately plan out when your moments of weakness will occur throughout a week. Junk food is an occasional positive reward, NOT a guilty negative habit that happens because of something sad or unnerving.
Accountability- A coach, friend or significant other helps a lot because they are by your side holding you to your goals. Voice your plan so there is continued motivation.
Fitness Awareness- Finding a daily exercise that challenges and motivates you to keep going.

It’s YOUR turn! Take my challenge to live healthy today!