



Health Advice, 16 Appetite Turn Off

Feasting in front of the TV can lead to overeating after the credits roll.

People who chewed and viewed during the day **took in more daily calories** than those who didn't, although all had identical lunches.

Distracted diners may not recall how much they munched, **making them likely to eat extra later.**

To your health! Anima Sana in Corpore Sano (a healthy mind in a healthy body)

Ruth Badraun, BRF Wellness, 727-687-2737 www.brfwellness.com