



Body Weight

A New Way of Thinking

Are you sick of feeling unhappy about your weight? Have you lost track of the number of diets you've tried that haven't worked? Are you tired of worrying about how to lose that last 10 pounds?

It's time to try a new way of thinking about your weight!

For many years, body fat has been seen as "bad". It is assumed that everyone can be thin; if a person is not thin, there must be something wrong with them. Fatness is seen as something to be fixed, regardless of the cost. People who are fat are often stigmatized as being lazy and weak, with no willpower to control their eating.

People come in different shapes and sizes. While it is true that body fat can increase the risk of diseases such as heart disease and some cancers, it does not mean that being fat is unhealthy. Better health is better at any body size.

You are encouraged to learn to accept and understand your body. Instead of strict diet and exercise plans designed to cause weight loss, the focus is on "non-diet thinking" based on learning information and skills that will enable you to feel better and to improve the quality of your life.

	Diet Thinking	Non-Diet Thinking
Goal is...	weight loss	confidence to make choices for better health
Making Progress is...	any weight loss	gradual life-style changes
Success is...	goal weight achieved	energetic daily living, increased self-esteem
Self acceptance is...	only after weight loss is achieved	starts the natural self-nurturing cycle
Food is...	the enemy; feeling deprived; something to control	a friend; delicious; enjoyable
Exercise is...	no pain, no gain	getting hooked on being active; fun and having more energy
The question is...	Should I have it? Do I need it?	Do I want it?
Thinking...	"I can have it all or nothing at all"	"I can have it if I really want it"
The attitude is...	feeling like a failure if you don't succeed	flexible and proud of small achievements
The choice is...	no choice	what and when to eat
Hunger is...	based on psychological not physical cues	based on internal physical cues

How can you change your thinking?

Be realistic about your body. Recognize that your body size is, to some extent, dependent on your genes. It is part of your family heritage! Take a close look at your extended family (grandparents, aunts, uncles, cousins) to see what body shapes and sizes are realistic for you.

Be good to yourself. Learn to accept yourself for who you are. View yourself from many perspectives. Emphasize your strengths and beauties, be objective about your weaknesses and limitations. Celebrate the unique body and self that is you!

Challenge the current values of our culture.

Accept all body sizes as good. Don't be sucked in by the media myth that only thin people can be happy, successful and fulfilled. Look for and create role models that are a better reflection of reality.

Change your viewpoint.

Instead of asking "How can I get thin?", ask yourself "What can I do to be healthier and happier?" Your weight is not necessarily something you can change. The way you live your life is.

Choose your own path

or direction. Don't let others tell you what you need to do to make your life better. Explore your options and make the choices that are right for you.



Get in touch with your

body. Learn to recognize your internal signals of hunger and fullness. Listen to your body when it says "I need more" or "I've had enough". Work with your body, not against it, to maintain a balance between the amount of food you eat and the amount of energy you use.

Eat for the right reasons.

Learn to identify when you are eating to meet emotional needs or social pressures instead of physical hunger. Find more appropriate and satisfying ways to meet these needs and to respond to these pressures.

Make good food choices. Choose foods that will nourish you and make you healthy and strong, not foods that might help you lose weight. Recognize that foods are not "good" or "bad". Any food can fit into a healthy eating style, if eaten in moderation and as one of a wide variety of foods.

Get Active. Find forms of physical activity that you can do and that you enjoy. Forget all the rules and the "shoulds" about exercise and have fun! Try a variety of different activities until you find the ones that really "move" you!

The healthiest size is your natural one.

