

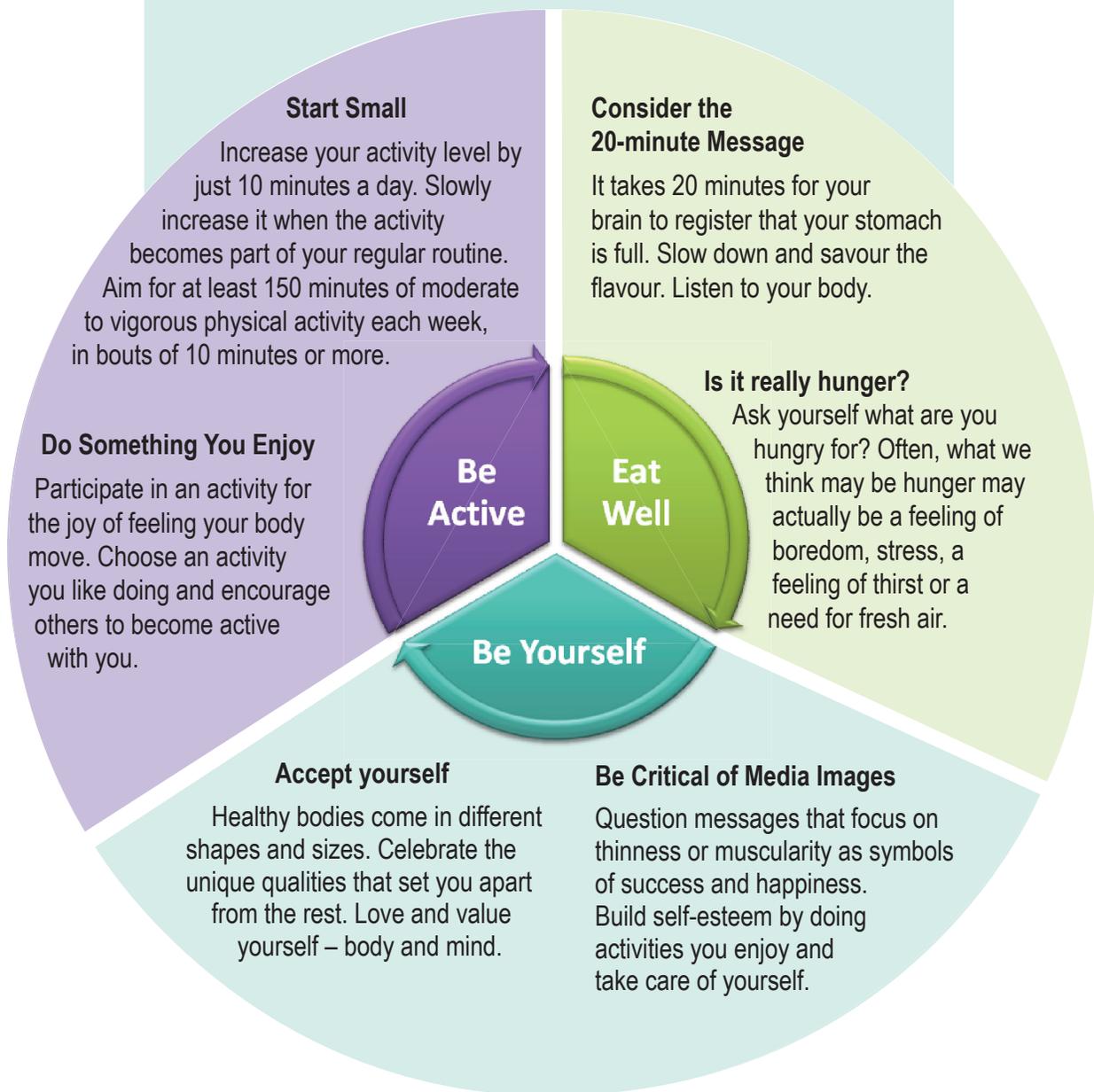
The Balanced Approach

The Balanced Approach is a healthy way of living. Its aim is to create your personal balance among physical, emotional, mental and spiritual factors. These factors can play an important role in shaping your overall health.

The Balanced Approach does not focus on body measurements. However, for good health some individuals may benefit from weight loss. Keep in mind, your success is not measured by how much weight is lost. Instead, rate yourself by how balanced your life is in terms of being active, eating well, and being yourself.

The Balanced Approach highlights the importance of accepting yourself on your own terms.

How can I use the Balanced Approach?



Balanced Approach *VS* Weight Centred Approach

Balanced Approach “New Concept”

Being Active

Participate for the joy of feeling your body move.

Value the many health benefits of being active.

Be active your way every day (e.g. walk the dog, garden, take the stairs).

Eating Well

Take pleasure in eating.

Realize that all foods can be part of healthy eating.

Respond to cues of hunger and satiety.

Being Yourself

Question messages that focus on thinness or muscularity as symbols of success and happiness.

Relax and enjoy the unique characteristics that you and others have to offer.

Enhance your self-esteem by healthier eating and increased physical activity.

VS

Weight Centred Approach “Old Concept”

Exercise

Believe “no pain, no gain”.

Focus on being active to change body weight or shape.

Feel like you “should” or “have to” be active.

VS

Dieting

Follow a restrictive boring eating plan.

Eliminate foods.

Ignore hunger and satiety cues.

VS

Being Someone Else

Accept the fashion and diet industries’ definition of the “ideal body”.

Be fat phobic and discriminate against overweight people.

Think that self-esteem and body acceptance will improve with weight loss.

