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?

Start Small

Increase your activity level by just 10 minutes a day. Slowly increase it when the activity becomes part of your regular routine.

Aim for at least 150 minutes of moderate to vigorous physical activity each week, in bouts of 10 minutes or more.

Do Something You Enjoy

Participate in an activity for the joy of feeling your body move. Choose an activity you like doing and encourage others to become active with you. Be Active

Consider the 20-minute Message

It takes 20 minutes for your brain to register that your stomach is full. Slow down and savour the flavour. Listen to your body.

Is it really hunger?

Ask yourself what are you hungry for? Often, what we think may be hunger may actually be a feeling of boredom, stress, a feeling of thirst or a need for fresh air.

Be Yourself

Eat

Well

Accept yourself

Healthy bodies come in different shapes and sizes. Celebrate the unique qualities that set you apart from the rest. Love and value yourself – body and mind.

Be Critical of Media Images

Question messages that focus on thinness or muscularity as symbols of success and happiness. Build self-esteem by doing activities you enjoy and take care of yourself.

Balanced Approach (//) Weight Centred Approach

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Balanced Approach "New Concept"

Weight Centred Approach "Old Concept"

Focus on being active to change body weight

Feel like you "should" or "have to" be active.

Believe "no pain, no gain".

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).

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Eating Well

Take pleasure in eating.

Realize that all foods can be part of healthy eating.

Respond to cues of hunger and satiety.

US

Dieting

Exercise

or shape.

Follow a restrictive boring eating plan.

Eliminate foods.

Ignore hunger and satiety cues.

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.

US

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.

