A New You: Health for Every Body

A New Approach

Weight-centered approach

Dieting
- Rigidly restrictive eating
- Counting calories
- Prescriptive diets
- Weight cycling (yo-yo dieting)
- Eating disorders
- Deprivation, punishment

Healthy Eating
- Take pleasure in eating a variety of foods
- Enjoy lower fat, higher fiber foods more often
- Meet energy and nutrient needs through a lifetime of healthy enjoyable eating
- Take control by listening to hunger and fullness cues

Exercise
- No pain, no gain
- Prescriptive guidelines for time, frequency and intensity
- Goal is to burn calories
- High attrition rates for vigorous programs

Active Living
- Value and practice moderate and fun activities
- Be active your way, every day
- Participate for the joy of feeling your body move
- Enjoy physical activities as part of your daily lifestyle

Dissatisfaction with Self
- Unrealistic goals for body size and shape
- Obsession, preoccupation with weight
- Fat phobia, discrimination against overweight people
- Striving to be a perfect “10” and maintain an impossible “ideal” body size
- Accept the emphasis on thinness from the fashion, diet and tobacco industries

Positive Self/Body Image
- Accept and recognize that healthy bodies come in a range of weights, shapes and sizes
- Be tolerant of a wide range of body sizes and shapes
- Relax and enjoy the unique characteristics you have to offer
- Be critical of messages that focus on unrealistic images as symbols of success and happiness