For every woman who looks like a super model, there are millions (and even billions) who don’t.

Making Peace with Food

1. **Give yourself unconditional permission to eat.** This means desserts, chocolate, bread, pasta, rice, beans, fruit — all foods! At first, this may seem to conflict with the idea of gentle nutrition. However, this approach puts trust in yourself to eat all the foods you like while listening to cues of hunger and fullness. If food is not forbidden cravings, binge eating and overeating can decrease.

2. **There are no good or bad foods.** All foods can fit in a day of healthful eating.

3. **Eat what you really want, not what a diet says you should.** This can be a scary thought. A common fear is that you won’t stop eating. Some people find they eat more of some foods at first. As they listen to their body and pay attention to internal hunger and fullness signals, the food cravings subside. In fact, some people find they don’t really like some of the foods they once craved.

4. **Forget about food “deals.”** Have you ever promised yourself you will exercise more or skip a meal in exchange for a food that is off limits? Can you really enjoy the special treat if you have to make a deal to have it?
Activities that run in the family

Why not get out and get moving as a family or group of friends? There are all sorts of fun, active things to do together.

- Go bowling
- Plant a garden
- Visit an amusement park
- Go roller skating
- Go ice skating
- Rent a canoe
- Go for a swim
- Ride bikes
- Take a hike
- Go square dancing

When it comes to a commitment to good health practices every day, remember the advice you receive every time you fly: “Put on your oxygen mask before assisting others.”

One of the biggest reasons for giving up on physical activity is doing too much too soon.

Time for a Little Stretching

Lift shoulders towards ears.
Hold 5 seconds.
Start Living Life NOW

Disliking the way you look can keep you from doing the things you’d really like to do now. Why wait? Life is so much more than a number on a scale. Ask yourself if negative feelings are keeping you from being good to yourself. Try thinking of things you could do to change these feelings. Here are some ideas to help you get started.

What I feel now:

“I’m just too fat”

What I can do now:

Every time I start to criticize my body, I can stop and tell myself that people come in all sizes. I can make a list of the good qualities about me and all the things I do well.

What I feel now:

“All the diet ads on TV and in magazines make me feel that thin people are better.”

What I can do now:

Turn off the sound or flip the page and remind myself that the ads are selling something that’s not right for me.

Source: Intuitive Eating - A Revolutionary Program that Works, Tribole and Resch, St. Martin’s Paperbacks, 1995.