

A New You

Health for Every Body



Issue 3

Be proud
to be
the best
YOU
you can be

Breaking Free in Today's Weight-Obsessed World



Below are some great concepts from Frances Berg's book *Women Afraid to Eat: Breaking Free in Today's Weight-Obsessed World**:

- When it comes to losing weight, controlling weight and decreasing the obesity epidemic, it is time to admit we don't know the answers; otherwise we will continue to go from one failed miracle cure to the next.
- Stable weight appears to be the healthiest course for people of all ages. The medical community is just now beginning to understand that weight loss attempts have risks, and dieting usually results in weight cycling.
- Honoring the gift of food includes marveling at the abundance and variety of food available, as well as respecting the hard-working people who produce the food.
- One of the advantages of the Internet is that communication counts and appearance is irrelevant.
- Females should strive to be strong, capable, generous, and loving; not weak, vulnerable, and self-absorbed.



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*Published by Healthy Weight Network, Hettinger, ND, 2000.

Source: WIN Wyoming Thought Bullets, July 2002. Compiled by Betty Holmes, Regional Project Coordinator, WIN the Rockies.

Americans' Attitudes Towards Walking



In October of 2002, the Robert Wood Johnson Foundation funded the research firm of Belden, Russonello and Stewart to conduct a telephone survey of 800 randomly selected households in the United States. The survey asked people their attitudes about walking and their opinions about spending more national transportation dollars on creating safer walking environments. The results of the poll were released in April of 2003. It has often been said that Americans have a *love affair* with their vehicles, so the results from this poll may surprise you.



- The survey found the majority of Americans would like to walk more than they are currently, but they are held back by communities that are designed for vehicles traveling at a high rate of speed. Additionally, most intersections are designed for safety of vehicles, not safety of pedestrians.
- Poll results found that when given a choice between walking more and driving more, 55% of adults would prefer to walk more.
- Specific policies that people supported to create better walking communities included designing streets for slower traffic, using more federal dollars towards walking transportation systems, and creating walk-friendly routes to school for children.



Source: WIN Wyoming Thought Bullets, June 2003. Compiled by Betty Holmes, Regional Project Coordinator, WIN the Rockies.

If you treated your vehicle like you do your body, what would it be?

A race car?
Or a clunker?



-Alice Henneman, Extension Educator, Nebraska Cooperative Extension

“There will always be tall, skinny people and short, stocky people. That’s out of our control. What we can do is exercise regularly, follow good health practices, and live life to the fullest.”

-Steven Blair, PED,
Director of Research at the
Cooper Institute for Aerobics
Research, Dallas, Texas

Time for a Little Stretching

Grasp fingers tightly in
front of you.

Try to pull apart.

Hold 5 seconds and repeat.

Appreciate Yourself!

If you believe what you see and hear, you may think your size is the most important thing about you. Billboards, TV, magazines, sometimes even family and friends, all seem to say that the only good body is a thin body. But you don't have to accept this picture or put your life on hold until you're thin. You can choose to make your own well-being more important than what anyone says about you. When you accept and appreciate yourself, you want to do things that make you feel good.



You are more than your size!

When you think of the people you care for or admire, you probably don't think about their size first. Yet you may judge yourself first by your size. Many people - especially women - don't like what they see in the mirror or become critical of themselves. But why not accept that no one body type is the best? Every body - including yours - deserves respect. And everyone deserves to enjoy life. If you have negative feelings about your body and yourself, you can change your picture of yourself.

Source: *Living in a Healthy Body: A New Look at Health & Weight*, The Stay Well Company, 1995.

**Goals can be
deceptive.
The un-aimed
arrow never hits
the bull's eye.**