

A New You

Health for Every Body



Issue 6

Principles of Intuitive Eating

“Roads to good health are wide enough for everyone.”

-Dr. Glenn Gaesser

1. **Reject the diet mentality** – Lingering hopes that a new and better diet is lurking around the corner will prevent you from being free to discover intuitive eating.



2. **Honor your hunger** – Learning to honor those first biological hunger signals helps rebuild trust with yourself and food.

3. **Make peace with food** – If you ban a certain food, intense feelings of deprivation can build to uncontrollable cravings. Stop the food fight!



4. **Challenge the food police** – Say “no” to those thoughts in your head that say you are “good” or “bad” based on your food choices.

5. **Feel your fullness** – Listen to the body signals that tell you when you are no longer hungry. Pause during eating to assess your fullness and ask if the food still tastes good.



6. **Discover the satisfaction factor** – When you eat what you really want, in an inviting environment, the pleasure you feel will help you feel satisfied and content.

7. **Cope with your emotions without food** – Comfort, nurture, distract, and resolve issues without food. Food won’t solve the problem.



8. **Respect your body** – Respect your body so you can feel better about who you are.

9. **Exercise and feel the difference** – Shift your focus to how it feels to move your body – energizing and invigorating.



10. **Honor your health with gentle nutrition** – Progress, not perfection, is the goal. It is what you eat consistently over time that matters.



UNIVERSITY
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Source: *Intuitive Eating - A Revolutionary Program that Works*, Tribole and Resche, St. Martin's Paperbacks, 1995.



Enjoy Being Active

Remember how you used to run outside to play as a child? When we grow up, we tend to forget how much fun it is to be active. But every body is meant to move. You're never too young, too old, or too large to start. Being active gives you zest and vitality. It helps you cope with stress and also helps you to sleep better. As you become more active, you may begin to feel more self-confident. You may also find that the more you move, the more your body wants to move, and the more ways of moving you enjoy!

Try different physical activities – why not try racquetball, ball room dancing, ice skating....

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

Afraid you'll overdo it with being physically active?

Try the talking test – if you can talk while you're moving, you're doing fine. If you can't, slow down.

Here's a new definition of "spectator sports" -

when 22,000 fans in need of physical activity watch 22 athletes in need of rest.



Time for a Little Stretching

Clasp hands behind head.
Try to touch elbows in front of you.
Hold 5 seconds.
Repeat.

The Truth about Your Weight and Your Health

- When it comes to weight and health, Americans have been deceived. A large woman dreads going to see the doctor, and switching doctors doesn't help. The message is always the same: lose weight. And so the woman diets, loses weight, gains it back, and the cycle continues. The cycle almost always ends in defeat, and the woman becomes "less of a person every day."
- Dr. Gaesser argues that the "roads to good health are wide enough for everyone." Our focus should be on physical activity and healthy eating, not on weight. The research evidence cited in the book suggests to Dr. Gaesser that each person's natural healthy weight is unique to him or her and will not be found in any table.
- Fear of fat has more to do with vanity than it does with health. Most people want to lose weight because they view body fat as unsightly.
- The average American is fatter now than at any other time in history. Based on CDC data, Americans lose roughly one billion pounds a year. Unfortunately, the total weight gain each year is about a billion pounds - and then some. The evidence is clear, even if often ignored; dieting is not the answer. The only real winner in this battle is the weight-loss industry.
- Continued emphasis on BMI and weight tables may be having some harmful and unwanted consequences. People who fall within normal weight categories may continue unhealthy lifestyles out of a false sense of security.
- There can be no meaningful statement about health and body fat unless the location of the body fat is taken into account. Even then, body shape and placement of body fat appear to take a back seat to lifestyle.



“He who distinguishes the true savor of his food can never be a glutton; he who does not cannot be otherwise.”

-Henry David Thoreau

Big Fat Lies - The Truth about Your Weight and Your Health, updated edition. Glenn A. Gaesser. Carlsbad, CA. Gurze Books, 2002.

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