A New You: Health for Every Body

Lesson 10 – You Are The Best YOU

Goals and Objectives:
1. Review principles of body-size acceptance and self-acceptance.
2. Understand lifestyle behavior changes that promote wellness as well as appreciation and respect for body-size diversity in others and self.

Handouts:
- Audience Notes (create from Lesson 10 Slides)
- Self Talk (handout 10:1)
- Sweet Snack Dips (handout 10:2)
- Congratulations Flags (handout 10:3)
- OYOL Labels (Lesson 10 handouts folder)
- Quick Thoughts (Lesson 10 handouts folder)
- Post & Follow-Up Questionnaire (evaluations folder)

Materials:
- Sign-in Sheet
- Name Tags
- Whole fruit with Congratulation Flags (flags taped to toothpicks and inserted into fruit, one per participant)
- Fruit Snack
  - Cut fresh fruit and angel food cake
  - Dips (see handout 10:2)
  - Napkins, toothpicks, paper plates
- Reimbursements for participants (if you set up your class this way)
- Portable stereo and music
- Flip chart or board and markers or chalk (optional: write the WOW on board)
- Computer, Projector, Screen
- Extension Cords
- Feedback sheets from previous lesson

Outline:
- 5 minutes – Refreshments, Welcome and Review
- 15 minutes – Size Acceptance and Journaling
- 5 minutes – Physical Activity Break: You Can Do Anything
- 15 minutes – Self-Acceptance
- 10 minutes – Nourish Yourself
- 2 minutes – Wrap-up

Words of Wisdom: WOW

“I feel blessed to be able to stand up and look in the mirror and have [a body that] functions and I think it’s great. I have a good loving family, friends. What [more] could you want?”

Male, in his 50’s
Let their voices be heard ©
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<tr>
<th>Facilitator Notes</th>
<th>Facilitator’s Message</th>
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<tr>
<td><strong>Sign-In</strong></td>
<td>As participants arrive, have them sign in and pick up their name tags and <strong>Audience Notes</strong>. Play some nice background music and let participants enjoy a plate of refreshments.</td>
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| **Slide 1: Welcome and Review** | This is our final lesson for A New You: Health for Every Body. Does anyone have any comments or questions? *(Address any concerns, confusion or comments from previous session evaluations.)*  
During the week, you watched for size diversity on television or at the movies. What did you see?  
We will refer to worksheet from your OYOL (On Your Own Learning) later in this session.  
Today, we are going to review some of the guiding principles from Wellness IN the Rockies related to size acceptance and self-acceptance. Please turn to a partner and share one thing you or someone else could do to promote size acceptance. |
Accept and value every body, whatever size and shape.

People with healthy lifestyles come in many different sizes, as do people with unhealthy habits. Most of us know someone who eats large amounts of food, but stays slender. Isn’t it possible for someone else to eat very moderate amounts of food, but be heavy?

As we look at the animal kingdom, we quickly see animals come in a wide variety of sizes and shapes. Some animals have tremendous amounts of body fat (note the elephant seal in the bottom left corner).

Even if we look at just one specific type of animal – dogs – there is a great variety of body types. Humans also come in a variety of sizes.
Help people feel good about their bodies and about who they are.

Feeling good about your body can be a challenge. We see and hear messages every day about the “ideal body type.” According to artist and size-acceptance advocate Larry Kirkwood, the beauty industry promotes anxiety so we will want to buy their product – and body hatred is a lucrative business.

In the late 1800's, the definition of the “ideal female body type” was drastically different than it is today. Look at these before and after sketches from a weight gain product advertised in the 1890's. A large female body was considered robust and healthy. On the other hand, a thin body was described with the word “poor.”

Now look at the typical weight loss ad we see today. Fat is seen as useless and unattractive. It seems the “ideal body type” is a moving target. For men, our culture currently emphasizes the v-shaped muscular body shape.

Words of Wisdom: WOW

“I’ve got pictures of [me at] all sizes and I did look better when I was slimmer, [but] I can’t say that I was a happier person.”

Female, early 60’s

Let their voices be heard ©
Recognize that people of all sizes and shapes can reduce their risk of poor health by adopting a healthy lifestyle.

Several studies have confirmed that teenage girls are beginning to smoke in alarming numbers. Why? The common reason given is to stay thin or lose weight. Girls are willing to smoke to lose weight even though they know the expense, the addictive nature, and the health consequences of their choice. This is an example of how powerful body image messages can be.

Our goal through this program is to send a message of hope when it comes to body image – I can have a healthy body, or at least I can have a healthier body.

Journaling

Part of this process of health improvement includes helping others to create supportive environments. With that in mind, take out your journal and jot down the name of at least one person who you think may like to hear this message of hope. Include how could you share this message with him or her.

*(Play some soothing background music and allow about 3 mintues for journaling.)*

**Words of Wisdom: WOW**

“No one can make you feel inferior without your permission.”

Eleanor Roosevelt
Slide 11 and Slide 12: Size Acceptance

Challenge your own size-prejudice beliefs.

Acceptance of size diversity is a journey or process that begins with each of us. One phase might be to pledge not to tell fat or skinny jokes anymore. Another step of the journey might be to quit watching television shows that promote size stereotypes. Or find friends who are not overly concerned with weight or appearance.

People come with unique talents, personalities, and skills. When we judge others based on body size and body type, we often miss the uniqueness and special gifts each person offers. We need to demonstrate respect for men and women who possess body types that do not meet the cultural standard for masculinity or femininity. Perhaps we need to expand our idea of what is masculine or feminine. For example, masculinity can include sensitivity, cooperation, caring, patience, having feelings, and being artistic.

Slide 13: Physical Activity Break – You Can Do Anything

There are many different types of physical activity. Today we are going to try several of them as we listen to this catchy tune.

(Demonstrate actions as group follows along.)

First pretend you are climbing up a ladder with rungs that are quite far apart.

Now, pretend you are a pitcher in a baseball game, throw a fast pitch! Next you are the batter and you are going to swing, hit the ball and run in place to first base.

Let’s move to a lake for a nice rowing adventure. Try rowing a little faster.

Now you are flying a big kite, don’t let it get away. Feel it pulling as the wind picks up?

Let’s wind down with a little gardening. Bend over and pull up some weeds. Now use the hoe to break up the soil.

You don’t have to own a boat or play baseball to be active – pretending can be fun too.
Slide 14 and Slide 15: Self-Acceptance

Value yourself regardless of your size or shape.

One way to increase self acceptance is to change your body assessment tools.

- Consider getting rid of the bathroom scale. Does the scale keep you focused on your weight instead of your good health?

- Avoid tight clothing. Find clothes that fit well and make you feel good. Wear your favorite colors.

- Quit the body check game. Stop comparing your body to other peoples' bodies.

- Stop body bashing – use positive self-talk. For example, instead of saying, “I hate my heavy thighs.” Try saying, “I am thankful for my legs that allow me to walk.” Focus on how your body serves you and enables you to participate fully in life.

Next time you have a negative thought about your body, try saying this “Self Talk” to yourself. Please read along, either silently or aloud, as I read. (Read the self-talk aloud.)

Remember that everyone is hurt by body bashing. Even if you think you are just bashing your own body, you send a message to others particularly to children.
Identify your strengths and abilities and build on your assets.

Most of us can rattle off our weaknesses much more easily than we can describe our strengths. Please refer to your handout from the OYOL (On Your Own Learning) called Your Identity – More Than Your Looks. Did anyone add some items to the sections? What did you learn about yourself? Give yourself a pat on the back for your many assets, strengths and interests.

Here is a unique perspective on size differences – your body is part of your genetic heritage. Not just your height, but your proportions – long legs, short waist, etc. – and even the way fat is distributed on your body. Make peace with your genetic blueprint. Think of some of your relatives. Do you see similarities?

Be critical of messages that focus on unrealistic body images as symbols of success and happiness.

In our last session, we looked at some of the unrealistic body images in the media and learned how they are often altered and enhanced to look a certain way and create bodies that do not really exist.

Another image in American culture that has defined a narrow ideal for women is the Barbie™ doll. Thanks to computer technology, we can determine that if Barbie were a real person, she would be approximately 6'9" tall, have a 41" bust and 20" waist.

How about a male image? If the modern-day GI Joe™ were a real person, he would be approximately 5'10" tall, have 27" biceps, and a 55" chest. Although Barbie’s™ measurements have remained fairly constant over the years, this is not true of GI Joe™. The 1964 action figure had the equivalent of 12" biceps and 44" chest.
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<th>Slide 21, Slide 22, and Slide 23: Nourish Yourself</th>
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<td>As we come to the end of our final session, I would like to leave you with some ways to nourish yourself. This is your final OYOL – On Your Own Learning – for the rest of your life!</td>
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<td>* Enjoy healthful and pleasurable eating by respecting your hunger and feeling your fullness. Enjoy a variety of foods and remember to savor every bite.</td>
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<td>* Enjoy being physically active – your way, every day.</td>
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<td>* Enjoy the benefits of self-acceptance. After all, you are the most important person in your life.</td>
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<td>* Respect body-size differences – because healthy bodies come in many sizes and shapes.</td>
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<td>* Value health – not weight or a certain body size or shape.</td>
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Distribute evaluations.

Thank you for participating in A New You: Health for Every Body

Distribute one piece of whole fruit with a congratulations flag to each participant. Invite them to enjoy the refreshments again.

**Slide 24 and Slide 25: Wrap-Up**

I would like to close this class the way be began. Would anyone like to share an expectation they met through this class or something new they learned?

*(Explain any additional items such as follow up classes, reunions, newsletters, reimbursements for attendance, and evaluations.)*

Thank you for joining our class. It has been a better, richer experience for all of us because of the participation by each of you.

*(Distribute fruit with congratulations flags.)*

Before you leave, please complete the evaluations. Also, please remember to leave your name tags as we will use them for future classes.
References and Additional Resources:


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A New You: Health for Every Body
Wellness IN the Rockies • [www.uwyo.edu/wintherockies](http://www.uwyo.edu/wintherockies)
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