A New You: Health For Every Body is a curriculum built around the principles of pleasurable and healthful eating, physically active living and respect for body-size diversity. It creates a framework to move people away from diets and excessive exercise to a gentler, non-diet approach to active living in a healthy body. The primary goal is to help participants gain new attitudes and learn new information and skills to live a life focused on health.

The curriculum is designed for ten 1-hour sessions, however, there is flexibility for combining and adding lessons and activities. The curriculum includes scripts, slides, handouts, and additional organizational documents. The interactive lessons utilize a variety of audio/visual media, discussions, and small group processes. Each lesson incorporates a physical activity break to get participants moving. On Your Own Learning activities provide opportunities for participants to practice the concepts taught and to prepare for the upcoming lesson.

Participants receive a notebook for handouts, Intuitive Eating book, journals for self-reflection, Fitting In Fitness book, elastic band for stretching activities, and handouts.

### Overview of Session Objectives

1 - Let’s Begin
   - Increase knowledge about a health-centered approach to living in a healthy body.
   - Increase skills in setting goals to accomplish desired behavior.

2 - Goals and Reflections
   - Increase skills in self-reflection and journaling to improve health.
   - Increase awareness of eating styles and triggers to eating.

3 - Honor Your Hunger
   - Increase awareness of internal signals of hunger and fullness.
   - Practice taking control of food by eating when hungry and stopping when satisfied.

4 – Foods & Moods
   - Increase understanding of dieting risks and of the value of a non-diet approach to healthy weight.
   - Increase awareness of emotional eating triggers.
   - Develop healthy and enjoyable alternatives to eating in response to emotions.

5 - Gentle Nutrition
   - Learn skills to judge portion sizes in relation to moderate or recommended amounts.
   - Increase understanding of important nutrition concepts including moderation, variety and balance.
6 - Make Peace With Food
• Increase knowledge of ways to make eating more satisfying and pleasurable.
• Increase skills in making lifestyle behavior changes that promote healthful eating choices.

7 - Motivators to Move
• Identify barriers to being physically active and ways to overcome these barriers.
• Discover motives to support daily physical activity as a part of a healthy lifestyle.

8 - Fitness for Every Body
• Understand benefits of being physically active.
• Increase awareness of various types of physical activities.
• Explore ways to increase physical activity in daily life.

9 - Mind Over Media
• Understand false images of body perfection are promoted in the media.
• Learn to challenge assumptions about body shapes and sizes.
• Develop skills to be critical of messages that focus on unrealistic body images as symbols of success and happiness.

10 - You Are the Best YOU
• Review principles of body-size acceptance and self-acceptance.
• Understand lifestyle behavior changes that promote wellness as well as appreciation and respect for body-size diversity in others and self.

Supplemental Lesson - Search for the Real
• Appreciate human bodies in terms of artistic shapes and forms.
• Examine body-size diversity issues.
• Begin to challenge personal size-prejudice beliefs.

Includes an educational video Search for the Real. To purchase contact University of Wyoming Family & Consumer Sciences Department at fcs-orders@uwyo.edu.