

BODY TRUTHS

BODY TRUTH #1 - BODIES COME IN ALL SHAPES & SIZES

- Media, society, and cultural influences have lead you to believe that something is wrong with your body and that it needs to be “fixed” if it looks/performs differently
- Weight stigma, fat phobia and discrimination of individuals for looking different has lead to worsening of health outcomes (stressor)
- More money is spent on weight loss than our national defense - companies want you to dislike your body so you will buy their products
- Body dissatisfaction results in worse health outcomes, even at a “normal” weight
- Celebrate the fact that all bodies are different
- Be kind to yourself & others - all human beings deserve love and respect
- Steer away from comments about other people’s bodies
- Notice if you’re comparing your body to another

BODY TRUTH #2 - MORE TO HEALTH THAN JUST DIET & FITNESS

- Socioeconomic status has the #1 impact health
- Stress management
- Mental and emotional health
- Relationships and environments
- Sleep, rest, play, creative expression
- Is your way of eating and moving fulfilling and sustainable?
- Motivation from a place of self care and respect for yourself
- Are any of these components sacrificed for the sake of weight loss?

BODY TRUTH #3 - HEALTH IS MORE THAN JUST YOUR WEIGHT

- BMI is not an accurate measurement of health
- Being thin does not guarantee that you’re healthy (or happy)
- Being in a larger body does not automatically mean you’re unhealthy
- 5lb “underweight” increased health risks compared to 75lbs “overweight”
- Individuals who engage in health promoting behaviors have better health outcomes even if they are at a higher weight or have no change in weight

BODY TRUTH #4 - YOU DESERVE TO ENJOY LIFE IN THE BODY YOU HAVE RIGHT NOW

- You do not have to wait until your body changes to appreciate or experience happiness in the body you have now
- Dieting promises happiness and “health” once we lose the weight, but we end up living in a never ending cycle of shame and putting our happiness off in the future
- Diets fail, not you.
- No diet has ever been proven effective for long term weight loss
- Body likes to maintain a “set point” weight: 5-10lbs range (up to 20lbs for some)
- Dieting raises the body’s set point weight over time due to stress on the body

RESPECTING YOUR BODY

- Non-Scale Victories
 - How you feel in your body vs how it looks
 - Body attunement and rebuilding trust with your body
 - Goals not revolved around weight or other numbers
 - i.e. run first 5K, travel adventures, sports, hobbies, hikes, etc
- Gratitude
 - Invite in appreciation for all that your body does right for you each and every moment to keep you alive
 - Acknowledge what your body can do vs what you think it can’t
- Enjoy life in the body you have now!
 - Clothes that fit well and make you feel good
 - Travel adventures
 - Hobbies
 - Releasing the need to be perfect
 - You are enough and worthy of love and respect exactly as you are

RESOURCES

- The Body of Truth by Harriet Brown
- Body Kindness by Rebecca Scritchfield
- Body Respect by Linda Bacon and Lucy Aphramor