

Celebrate Health at Any Size

ENJOY LIVING ACTIVELY

- Be active your way, every day
- Move for the sheer joy and power of it, for time spent with family, friends, nature
- Celebrate activity as a natural part of your life; fitness feels good
- Be creative — enjoy movement throughout the day
- Enjoy the benefits — increase your energy, relieve stress, sleep better, strengthen bones, improve health and resistance to illness
- Help your body regulate — when you're active it's easier to know when you're hungry and when you're full
- Fitness not weight is the key to longevity
- Add years to your life, and life to your years. Take time to care for yourself
- Share the benefits with family and friends. Have more fun!

ENJOY EATING WELL

- Take pleasure in eating. Think of food as a friend — celebrate, enjoy, taste, savor
- Emphasize regular meals and include the foods you like
- Listen to your body — go to the table hungry, eat till you're full
- Enjoy a balance of the 5 food groups: grains, fruits, vegetables, meat and alternates, milk (see the Food Guide Pyramid)
- Meet your body's energy and nutrient needs
- Learn to like new foods — enjoy variety
- Maintain a stable, diet-free lifestyle
- Tailor your taste toward foods moderate in fat, sugars, salt
- All foods can fit — there are no bad foods
- Trust your body to make up for “mistakes”
- Enjoy family meals and home cooking

ACCEPT AND RESPECT YOURSELF AND OTHERS

~ Celebrate and enjoy your unique self ~ Identify your strengths, talents, interests and build on your assets ~ Nurture yourself. Take time for yourself every day ~ Relax and relieve stress in your life ~ Trust yourself ~ Make peace with your genetic blueprint ~ Like yourself regardless of imperfections ~ Wear clothes that fit comfortably and look and feel good now ~ Accept that there is no ideal body size ~ Recognize that each person is responsible for taking care of his or her own body ~ Trust your ability to make choices for better health ~ To improve habits, if you choose, make small changes over time you can live with ~ Take what works for you, leave the rest ~ Stay in tune with your body ~ Be flexible, go with the flow ~ Focus on quality of life, health and well-being ~ Use positive language, think of joy, self-discovery, acceptance, respect, self-care, healing, freedom, fun, celebrate

~ Beauty, health and strength come in all sizes ~ Accept, respect and celebrate diversity in size, shape, age, ethnicity, talent and ability ~ People of all sizes have healthy lifestyles and unlimited horizons ~ Size prejudice hurts everyone ~ Think critically of media messages that portray unrealistic standards and suggest happiness is based on appearance ~ Help people feel good about their bodies and about who they are ~ Emphasize the positives in thought and action — you'll help others when you listen, accept, respect, heal, empower, encourage, motivate, inspire, counsel, guide, validate, appreciate, laugh, share, have fun together

“I can if I choose”

Developed by Frances M. Berg with adaptations from Vitality, Health Canada, and Linda Omichinski's HUGS programs, and credits to dietitians Ellyn Satter, Dayle Hayes, Nancy King, Karin Kratina and Gail Marchessault. Reprinted from Women Afraid to Eat. Copyright 2000 by Frances M. Berg, All rights reserved.

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