

Health At Any Size

What's Health At Any Size? It's an approach to health and well-being that celebrates natural diversity in body size, encouraging people to stop focusing on weight (or any numbers on a scale, BMI, or calorie/fat/carbohydrate chart), dieting, or other weight loss efforts in favor of listening to and respecting their natural appetites for food, drink, sleep, rest, and recreation.

The basic principles of Health At Any Size (H@AS) as outlined by the Association for Size Diversity & Health are:

1. Accepting and respecting the diversity of body shapes and sizes.
2. Recognizing that health and well-being are multi-dimensional and that they include physical, social, spiritual, occupational, emotional, and intellectual aspects.
3. Promoting all aspects of health and well-being for people of all sizes.
4. Promoting eating in a manner which balances individual nutritional needs, hunger, satiety, appetite, and pleasure.

5. Promoting individually appropriate, enjoyable, life-enhancing physical activity, rather than exercise that is focused on a goal of weight loss.