



Health At *Every* Size

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First things first:

1. Write your weight on your chart.
2. Draw a line from your 23rd week's weight to the 28th.
3. Take out your F&F Log.
 - a) Were you all able to fill it out each day?
 - b) Are you doing something different?
 - c) Make a note about how you did this month.



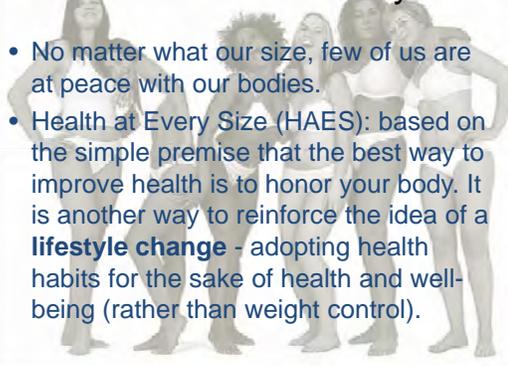
WHY do you want to lose weight?

- There is a difference between losing weight to get skinny and/or fit a certain "image," and losing weight to improve your health.
- *Why are YOU doing it?*



What is YOUR best body size?

- No matter what our size, few of us are at peace with our bodies.
- Health at Every Size (HAES): based on the simple premise that the best way to improve health is to honor your body. It is another way to reinforce the idea of a **lifestyle change** - adopting health habits for the sake of health and well-being (rather than weight control).

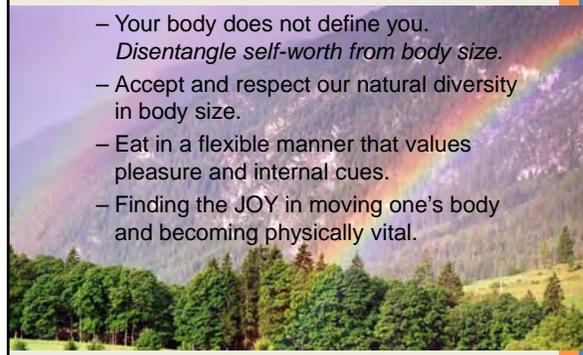


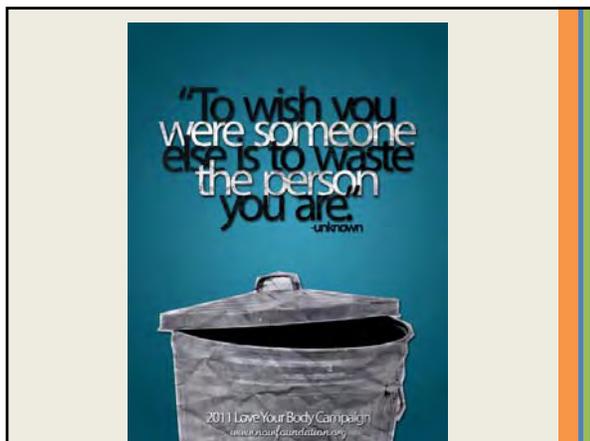
HAES Results

- May successfully teach how to disentangle self-worth from weight.
- May successfully teach how to let go of restrictive eating.
- Weight didn't change, but ALL participants report improved self-esteem and some showed decreased cholesterol.

Finding Peace with Your Body

- Your body does not define you.
Disentangle self-worth from body size.
- Accept and respect our natural diversity in body size.
- Eat in a flexible manner that values pleasure and internal cues.
- Finding the JOY in moving one's body and becoming physically vital.





10 Steps to *Loving Your Body*

By Pat Ballard

1. Never stand in front of a mirror and think negative thoughts about yourself.
2. Never stand anywhere and think negative thoughts about yourself.
3. Search carefully for your good points and when you have found them, nourish them and build on them and cause them to grow daily.
4. Close your mind to any negative words, thoughts or actions that someone might send your way. Don't allow negative thoughts into your subconscious.
5. Always conduct yourself in an honorable fashion and don't allow your mouth to appear larger than your body.
6. Always do your best to look like you care about yourself, as no one respects a slob, no matter what size that slob might be.
7. Learn what your best colors are, what your best hair style is, and what your best clothes style is, and never leave your house without being dressed accordingly.
8. Always, and without fail, smile and simply say, "Thank you," when you receive a compliment. Never think or say that the compliment isn't true.
9. Stop apologizing about your size. Expect everyone to accept you, respect you, and be happy with you just the way you are.
10. But most of all, you have to love yourself. When you love yourself, others will love you and respond to you in the exact manner as you feel about yourself.



Your Body Does Not Define You

- What if you stayed at this weight?
 - Knee jerk – oh no!
 - Think more – oh yes!
- A headstone moment: what defines YOU?
 - How would you write the story of your life?
 - What is important to you?
 - What do you do?
 - How do you spend your time?
 - Who do you love?



Eat in a flexible manner

- Vacations, special events, dinners out, dinners in, foods are in season...think **AVERAGE**.
- Full – or overfull?
- When was the last time you were hungry?
- Valuing food – eating for pleasure.
 - Savoring textures
 - Trying new tastes
 - Attractive meals
 - Where does the food come from?
 - Valuing nutrient rich food

JOY in Moving

- Our bodies are designed to move.
- "Jump for Joy"
- Endorphins
- Pleasure in the movement of air across your skin.
- Enjoyment of feeling your muscles flex and contract.



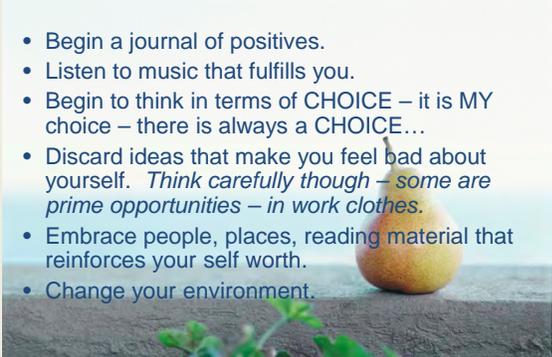
Becoming Physically Vital

- "of, or pertaining to, life."
- "having remarkable energy, liveliness, or force of personality."
- "Necessary to the existence, continuance, or well-being of something."



Ideas for YOU!

- Begin a journal of positives.
- Listen to music that fulfills you.
- Begin to think in terms of CHOICE – it is MY choice – there is always a CHOICE...
- Discard ideas that make you feel bad about yourself. *Think carefully though – some are prime opportunities – in work clothes.*
- Embrace people, places, reading material that reinforces your self worth.
- Change your environment.



Your Environment

- The people and places that you visit every day have a HUGE impact on your ability to accept yourself, and ultimately, to do what you want to do.
 - *Think about your work space.*
 - *Think about your home space.*
 - *Think about the people in them.*
- Accept responsibility where it is due – OWN your life. You always have a choice.
 - You choose how you respond.
 - You choose your mental attitude.
 - You choose your environment – *where you work, who you work with, where you live, where you shop, who you are friends with.*

Think on this

“When you improve *a little each day*, eventually *big things occur...*”

Seek the small improvements one day at a time. That’s the only way it happens and when it happens, *it lasts.*”

- John Wooden, record setting coach



Live it to Learn it

- The only way to truly understand a lifestyle change vs. a “diet,” is to experience it.
- *The only way to truly change your lifestyle is to stop thinking about it like a diet.*
- Ever catch yourself thinking things like, “I fell off the wagon,” or “I’ve got to get back on track with this,” or “I am not sticking to my diet...”?



Real Life

- It’s about the average of your choices over time NOT about a single incident, meal, vacation, etc.
- You are paying close attention and putting in extra time and effort right now because you are actively trying to lose weight.
 - Weight naturally fluctuates up and down – you are noticing because you are paying such close attention!
- When does the weight loss phase stop?
- What does a “diet” look like in “real life?”
- Can’t see the forest for the trees...take a minute to focus on the big picture.

Do you ever feel like a plastic bag, drifting through the wind wanting to start again?
Do you ever feel so paper thin, like a house of cards, one blow from caving in?

Do you ever feel already buried deep? 6 feet under, screams, but no one seems to hear a thing.
Do you know that there’s still a chance for you, ‘Cause there’s a spark in you.

You don’t have to feel like a waste of space; you’re original, cannot be replaced.
If you only knew what the future holds; after a hurricane comes a rainbow.



Firework

Maybe the reason why all the doors are closed: so you could open one that leads you to the perfect road.

Like a lightning bolt, your heart will glow; and when it’s time, you’ll know

You just gotta ignite the light, and let it shine; just own the night like the 4th of July.

Cause baby you’re a firework
Come on, show ‘em what you’re worth! Make ‘em go ‘oh, oh, oh,’ as you shoot across the sky.

You’re a firework, come on, let your colors burst! Make ‘em go ‘Oh, Oh, Oh!’ You’re gonna leave ‘em all in awe.

Boom, boom, boom - even brighter than the moon.
It’s always been inside of you,
And now it’s time to let it through.

To Do

- Practice positive self talk every day.
- Think about the way you feel – then manage it. Don't just think, "I feel stressed!" or "I feel sad!"
- DO something about it.
- Learn your body's language – and give it time to speak! Pay attention to hunger cues – all the time. You should always check in first.
- Manage your weight by using your tools when you need them.




This Month:

1. Challenge: Find at least two things that you love about yourself.
2. DO what you've decided that you will to meet your goals.
3. PRINT the food and fitness log as needed.
4. RECORD your food, fitness and weight in your log at least once per month.
5. BRING your binder and log to our next webinar.

Our next meeting is **Wednesday, March 20, from 12-1pm.**

Let us know if you have any questions!

CALVIN AND HOBBS • Bill Watterson



YOU'RE GOING TO JUGGLE EGGS?

IT'S A METAPHOR FOR LIFE, HOBBS.

EACH EGG REPRESENTS ONE OF LIFE'S CONCERNS AND THE GOAL IS TO GIVE EACH THE APPROPRIATE AMOUNT OF INDIVIDUAL ATTENTION WHILE SIMULTANEOUSLY WATCHING AND GUIDING ALL THE OTHERS.

LIFE IS ABOUT BALANCE AND STAYING QUIET AND ALERT AS EVERYTHING THREATENS TO SPIN OUT OF CONTROL.

AND SOMETIMES WE MAKE A BIG MESS OF THINGS, BUT THE IMPORTANT THING IS PERSISTENCE.

