

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 alternatives, milk
- 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

(Over)

Accept & Respect Yourself & 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, such as *joy, self-discovery, acceptance, respect, self-care, healing, freedom, fun, celebration*
- Beauty, healthy and strength come in all sizes
- Accept, respect and celebrate diversity in size, shape age, ethnicity, talent and beauty
- 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 who they are
- Emphasize the positive in thought and action – you'll help others when you listen, accept, respect, heal, empower, encourage, motivate, inspire, counsel, guide, validate, appreciate, laugh, share and have fun together

“I can, if I choose!”

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May 2008