

The Model for Healthy Body Image and Weight

Conceptual Building Blocks	Foundation	Desired Outcome	Goal
<p>Developmental change is inevitable.</p> <p>Normal changes of puberty include weight gain and temporary out-of-proportion growth; fat does not by itself define "overweight."</p> <p>Genetics and other internal weight regulators strictly limit the degree to which shape, weight & Body Mass Index (BMI) can be manipulated through healthy means.</p> <p>Restricted or restrained hunger (dieting) results in predictable consequences that are <i>counterproductive</i> to weight loss and interfere with normal hunger regulation.</p>	<p>Recognize and respect basic biology; understand what is <i>not</i> in our control regarding size, shape, weight, and hunger.</p>	<p>Accept the innate body: "This is the body I was born to have."</p>	<p>Healthy Body Image</p>
<p>Balance attention to <i>many</i> aspects of identity. Looks are only one part.</p> <p>Consistently satisfy hunger with enough varied, wholesome food in a stable, predictable manner.</p> <p>Limit sedentary choices to promote a physically active lifestyle at all ages.</p> <p>Choose role models that reflect a realistic standard.</p>	<p>Emphasize what <i>can</i> be influenced or chosen.</p>	<p>Enjoy eating for health, energy, and hunger satisfaction. Create a physically active lifestyle for fitness, endurance, fun, relaxation, and stress relief.</p>	<p>Prevention of Unbalanced and Disordered Eating</p>
<p>Promote historical perspective on today's attitudes that promote body dissatisfaction.</p> <p>Teach critical thinking about media messages about appearance and food.</p> <p>Support each other in resisting unhealthy norms about weight, dieting, low nutrient food choices, and a too-sedentary lifestyle.</p>	<p>Develop social and cultural resiliency.</p>	<p>Develop autonomy, self esteem, confidence, and the ability for critical thinking.</p>	<p>Well-Fed, Fit, and Strong Bodies at Every Size</p>