

## Promoting Health, Well Being and Happiness versus Size as a Goal

**The *Model for Healthy Body Image, Eating, Fitness and Weight* is an example of an approach that promotes health as a value versus size as a goal. In implementing the model, all of the conceptual building blocks should be addressed to avoid a skewed outcome.**

<b>THE NEW MODEL FOR HEALTHY BODY IMAGE, EATING, FITNESS AND WEIGHT</b>			
<b>Conceptual Building Blocks</b>	<b>Foundation</b>	<b>Desired Outcome</b>	<b>Goal</b>
<p>Developmental change is inevitable. Normal changes may 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 &amp; Body Mass Index can be manipulated through healthy means.</p> <p>Restricted or restrained hunger (dieting) results in predictable consequences that are <i>counterproductive</i> to sustained weight loss and interfere with normal hunger regulation.</p>	<p>Recognize and respect basic biology/physiology; understand what <i>cannot</i> be controlled about size, shape and hunger through healthy means.</p>	<p>Accept the limits to external control of body size and shape: "This is the body I was born to have."</p>	<b>Healthy Body Image</b>
<p>Balance attention to many aspects of identity. Looks are only one part.</p> <p>Satisfy hunger completely with enough varied, wholesome food in a stable, predictable manner on a regular basis.</p> <p>Limit sedentary choices to promote a physically active lifestyle through all stages of life.</p> <p>Choose role models that reflect a realistic standard and enhance self esteem.</p>	<p>Emphasize the real choices available to positively influence health.</p>	<p>Enjoy eating well for balance, energy, enjoyment, and hunger satisfaction.</p> <p>Create a physically active lifestyle for fitness, endurance, fun, relaxation and stress relief.</p>	<b>Healthy Eating and Physical Fitness</b>  <b>Well Fed, Fit People With Healthy Diverse Weights</b>
<p>Promote historical perspective on today's cultural attitudes related to body image, eating, fitness, and health.</p> <p>Develop media literacy. Learn to think critically about messages that negatively influence body image and encourage weight bias.</p> <p>Support others in resisting unhealthy norms about body image, weight, dieting, low nutrient food choices, excessive eating for entertainment, and sedentary entertainment.</p>	<p>Develop social and cultural resiliency.</p>	<p>Develop autonomy, self esteem, confidence, and the ability for critical thinking.</p>	
<p>© 2005 &lt;www.bodyimagehealth.org&gt;                      by Kathy Kater.                      May be copied for educational purposes.</p>			