

# BODY RESPECT

Information Inspired and Derived from the book, Body Respect, By Linda Bacon, PhD and Lucy Aphramoe, PhD, RD

*In a time where body insecurity, fat shaming, size bias, cyclic dieting, and disordered eating seem to run rampant, a new ideology is emerging. The highly prescribed methods for weight loss, dieting and exercise, aren't giving us the renewed health we need. By building a mindset backed by acceptance, self-love, and body respect we can break down the barriers which keep us from loving ourselves and learn how to successfully nourish our bodies along the way.*

## THE WEIGHT OF THE MATTER

What the war on fat wants you to believe...	What the research shows...
Being overweight will decrease your mortality and lead to the development of disease.	<p>-Those with a BMI that fits into the “overweight” category actually live longer than those in the “normal” category.</p> <p>-Weight loss has actually been associated with an INCREASE in mortality.</p> <p>-Health improvements such as eating healthier, decreasing stress, and incorporating movement into your day have been shown to improve health and longevity independent of weight loss.</p>
Your weight is YOUR fault, if you could only be disciplined enough to lose the weight, your health would improve.	<p>-The factors that influence an individual's weight are vast and varied.</p> <p>-Location, environment, <b>socioeconomic status</b>, adversity present in one's life, stress level, medication, and genetics are all factors that affect health and weight.</p>
Dieting and exercise will result in weight loss which will improve your health.	<p>-Behavioral changes like dieting and exercise have not been linked to long-term maintenance of a lower weight.</p> <p>-Dieting actually makes it HARDER to lose weight long term because it reduces leptin which decreases metabolism and increases appetite.</p>

## FACTORS THAT INFLUENCE WEIGHT

- **Genes/Biology:** neurotransmitters and hormones are affected by lifestyle, stress and activity which then regulate gene expression and the bacterial make-up of your gut
- **Stress Level:** socioeconomic status, work environment, social stress
- **Environment:** portrayal of your body type in the media, societal treatment, environmental toxins, sense of security
- **Medical Care:** medication, treatment from medical professionals who may attempt to treat your weight rather than the underlying factors that have influenced your weight
- **Health Behaviors:** diet, exercise, sleep, stress management, self-care

## **NEW “WORKOUT” PLAN**

### **SELF ACCEPTANCE : Your inner-self must learn to love your outer self**

- Be gentle, give yourself the same compassion and acceptance you might give to someone else
- Focus in on your uniqueness
- Be proud of your accomplishments: physical, emotional, mental, social
- Embrace moments when you enjoy your body
- Chose to love something about yourself, something society tells you you shouldn't, challenge those standards.

### **TURN OFF/TUNE OUT: negative external influences, insecurity triggers, self-judgement**

- Should we stop caring about our external appearance? Quit our beauty rituals? No.
- A motivational shift from “I have to do this in order to be beautiful” to “I am doing this because it brings me joy and I am worth the investment of time and pampering” can make all the difference.

### **TURN OFF/TUNE OUT: self-hatred, judgement, fat-phobia**

- Society's overwhelming message that “thin” correlates with “beautiful” in poisoning your perception.
- Beauty stems from an intentional manifestation of the belief that we simply ARE beautiful.
- Reshaping our inner dialogue about ourselves is the only way to grow a new self love and appreciation.
- Unwiring what society has told us and reshaping our frame of mind to commit to that idea is where effort needs to be put forth, NOT in changing our physical appearance to check societally prescribed boxes.

### **TURN OFF/TUNE OUT: self-pity, despair, feelings of incompetence**

- For so long we have been told a “thin” body alludes health, wealth, and a beautiful existence while a heavier weight one is a sign of laziness, gluttony, and unworthiness.
- Healthy bodies come in ALL shapes and sizes.
- If we are nourishing our bodies with healthy foods, making an effort to give our body movement throughout the day, and listening to our inner cues and needs WITHOUT the burdening pressure of wanting the number on the scale to go down, our health will improve both physical and mental.
- We are listening to what our bodies need and honoring what we may sometimes want.
- We are worthy of love and investment.

## **BODY RESPECT PLEDGE**

Today, I will try to feed myself when I am hungry and honor my body's senses of fullness.

Today, I will try to be attentive to how my body feels and to choose foods that make me feel good.

Today, I will try to look kindly at my body and to treat it with love and respect.

Today, I will practice more mindfulness.

Today, I will try to challenge stereotypes, size bias, and thin privilege.

Today, I will show more compassion toward myself and others.

**Sources:** Body Respect by Linda Bacon and Lucy Aphramor