

# How can you "tune into" this new way of thinking about your weight?

**Be realistic about your body.** Recognize that your body size is, to some extent, dependent on your genes. It is part of your family heritage! Take a close look at your extended family (grandparents, aunts, uncles, cousins) to see what body shapes and sizes are realistic for you.

**Be good to yourself.** Learn to accept yourself for who you are. View yourself from many perspectives. Emphasize your strengths and beauties and be objective about your weaknesses and limitations. Celebrate the unique body and self that is you!

**Challenge the current values of our society.** Accept all body sizes as good. Don't be fooled by the media myth that only thin people can be happy, successful and fulfilled. Look for and create role models that are a better reflection of reality.

**Change your viewpoint.** Instead of asking "How can I get thin?" ask yourself "What can I do to be healthier and happier?" Your weight is not necessarily something you can change. The way you live your life is.

**Choose your own path or direction.** Don't let others tell you what you need to do to make your life better. Explore your options and make the choices that are right for you.

**Get in touch with your body.** Learn to recognize your internal signals of hunger and fullness. Listen to your body when it says "I need more" or "I've had enough". Work with your body, not against it, to maintain a balance between the amount of food you eat and the amount of energy you use.

**Eat for the right reasons.** Learn to identify when you are eating to meet emotional needs or environmental or social pressures instead of physical hunger. Find more appropriate and satisfying ways to meet these needs and to respond to these pressures.

**Make good food choices.** Choose foods that will nourish you and make you healthy and strong, not foods that **might** help you lose weight. Recognize that foods are not "good" or "bad". Any food can fit into a healthy eating style if eaten in moderation and as one of a wide variety of foods.

**Get active.** Find forms of physical activity that you can do and that you enjoy. Forget all the rules and the "shoulds" about exercise and have fun! Try a variety of different activities until you find the ones that really "move" you.

