**Health At Every Size®**

Developing a Healthy Relationship with Food and Exercise

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**Definition of Health At Every Size®**

- HAES® supports people in adopting health habits for the sake of health and well-being (rather than weight control).
- HAES encourages:
  - Eating in a flexible manner that values pleasure and honors internal cues of hunger, satiety, and appetite.
  - Finding the joy in moving one's body and becoming more physically vital.
  - Accepting and respecting the natural diversity of body sizes and shapes.

[http://www.haescommunity.org](http://www.haescommunity.org)

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**Outline**

- Black and White Thinking
- Internal vs. External Cues
- Tuning into Hunger and Fullness
- Planning for Eating
- Cravings
- Mindful Eating
- Emotional Eating
- Intuitive Exercise

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**Black and White Thinking**

- I feel like eating chips, but I should probably eat carrots
- I can eat this. I've been “good” all week.
- If I eat this, I’m going to have to run an extra mile.
- I blew it today, but I’ll start on my diet tomorrow.
- Why even bother eating this salad if it has all this fattening dressing?
- I lost a pound this week; I can eat this.
- I already ate a cookie today, so since I've blown my diet, I might as well eat this too.

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**Pause for Discussion**

What happens when we label foods as “good” or “bad”?

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**Black and White Thinking**

- What does it look like to be “gray” with eating and activity?
  - I kind of want something crunchy and salty. I think I’ll have some carrots and some chips.
  - Pizza sounds good. I like giving my body the nutrients it needs; I think I’ll have a salad with my pizza.
  - Honeynut Cheerios are too sweet; Regular Cheerios are too boring. I’ll mix them.
  - I feel like being active, but I don’t feel like running today. I think I’ll go for a walk.
**Black and White Thinking**

- Food Police
- Food Rebel

**Internal vs. External Cues**

<table>
<thead>
<tr>
<th>External Cues</th>
<th>Internal Cues</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grams of fat, carbs, sugar, etc.</td>
<td>Flavors, textures, colors, smells</td>
</tr>
<tr>
<td>Exchanges</td>
<td></td>
</tr>
<tr>
<td>Pyramids, plates, guidelines</td>
<td></td>
</tr>
<tr>
<td>Clock</td>
<td></td>
</tr>
</tbody>
</table>

**Hunger and Fullness**

Intuitive Eating

Consider your hunger and fullness on a scale from 1 to 10

<table>
<thead>
<tr>
<th>Starving</th>
<th>Gently Hungry</th>
<th>Comfortable</th>
<th>Comfortably Full</th>
<th>Full</th>
</tr>
</thead>
</table>

- What happens when you start eating a meal when you are starving? Where do you end up?
- What happens when you start eating a meal gently hungry? Where do you end up?

**Pause for Discussion**

What keeps people from eating when HUNGRY?

What keeps people from stopping when FULL?
Hunger and Fullness
Intuitive Eating
Tuning in to hunger and fullness

<table>
<thead>
<tr>
<th>Starving</th>
<th>Gently Hungry</th>
<th>Comfortable</th>
<th>Comfortably Full</th>
<th>Stuffed</th>
</tr>
</thead>
</table>

Planning meals and snacks to eat when gently hungry

Checking in with fullness while eating to stop when comfortably full/satisfied

What do you do when hunger strikes...

...and the fridge is empty?

Planning for Eating

• Plan ahead:
  – Where will I be the next time I get hungry?
  – What food will be available?
  – Do I need to bring something along?

• Figure out your preferred grocery shopping style and get into a _______
  – Prefer buying food daily? Every other day? Once a week? Or once a month?
  – ________ some _________ meals and snacks
    – Consider food groups and side dishes, aiming for variety
    – Keep it quick, simple and tasty
    – Consider cravings – crunchy, salty, sweet

Cravings

• Craving variety
  – Cravings often include nutrient-dense and non nutrient-dense foods
  – Permission to eat _______ foods allows us to explore cravings without _______

• Can cravings be trusted?
  – What foods do you crave at the end of a road trip?
  – If you ate a pan of brownies for three days, what would you feel like eating on the fourth day?
**Cravings**

- __________ to cravings
  - Do I want that just because I saw it?
  - Do I want that just to be polite?
  - Do I want that just because it’s free?
  - Do I want that just because I paid for it?
  - Do I want that because I’m craving it?

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**Cravings**

If I told you today that you could no longer eat ice cream starting tomorrow, what would you eat tonight?...

...You would eat ice cream, even though you weren’t necessarily craving it.

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**Pause for Discussion**

- What foods do you feel out of control around?
  - “I can not keep ___ in the house, or I’ll eat the whole box/container.”

- What would happen if you gave yourself full permission to enjoy as much as you wanted?

- What would happen if you also stayed mindful during the entire eating experience?

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**Cravings**

Melanie and Maddie have an equal LOVE for brownies. Melanie and Maddie each made a pan of brownies.

Melanie eats 2 brownies
Maddie eats 6 brownies

Why different amounts if they both love brownies the same?

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**Cravings**

- Full __________ to satisfy cravings means you can ask yourself what you ____ like eating
  - Some days you feel like bacon
  - Some days you feel like broccoli
  - Some days you feel like both

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**Mindfulness**

How do we know if the food we are eating is satisfying the craving?
Mindful Eating

- Notice how your _______ body responds to food:
  - Uncomfortably full
  - Bowel regularity
  - Energy
  - Blood sugar highs and lows
  - Fatigue/sleepy
  - Upset stomach
  - Heartburn

Emotional Eating

- Sometimes we eat for reasons other than ________
- Emotional eating is a ______ tool that works (or else you wouldn't be choosing it)
- What emotions lead us to eat when we're not ________ hungry?
- ________ is key:
  - Notice how the food is helping (or not helping) you cope with your emotions

Eating for emotion vs. eating for a craving

- When someone eats to satisfy a craving, how do they eat?
- When someone eats to satisfy an emotion, how do they eat?

Does It Work?

Supporting Research

- People who give themselves full permission to eat enjoyed foods are:
  - Less likely to eat to ________
  - Less likely to engage in ________ ________
  - Experience less ________ when eating
- People who eat in response to hunger and fullness (intuitive eaters):
  - Have a more ________ self-esteem
  - Are more ________ with their bodies
Does It Work?
Supporting Research

- Intuitive eating has also been associated with:
  - higher high density lipoprotein (HDL) cholesterol levels (good cholesterol)
  - lower triglyceride levels (fat in the blood)
  - lower body mass index (BMI)
  - lower overall cardiovascular risk

Hawks S, Madanat H, Hawks J, Harris A., 2005

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Intuitive Exercise

- What happens when _______ _______ is the primary motivation for exercise?
  - We count calories burned
  - We only exercise on machines that count calories burned
  - We only exercise after we eat something high in calories
  - We avoid exercising at places where others appear more fit
  - We only continue to exercise if we continue to lose weight

Research shows that those who exercise regularly are able to shift focus from extrinsic to intrinsic motivation

Newburg, D., Kimiecik, J., Durand-Bush, N., & Doell, K., 2002

Extrinsic vs. extrinsic motivation for exercise

Intrinsic motivation
- Motivation comes from internal rewards
- Rewards are often experienced right away
  - Mood enhancement
  - Decreased stress
  - Enjoyment
  - Sleep better

Extrinsic motivation
- Motivation comes from external rewards
- Rewards are rarely immediate
  - Weight loss
  - Increased muscle tone
  - Money / gifts

What is YOUR intrinsic motivation for exercise?

- Reduced anxiety
- Reduced stress
- Reduced depression
- Improved sleep
- Social interaction
- Enjoyment
- Improved self-confidence
- Improved body image (regardless of changes in body shape)
- Improved cognitive function
- Improved energy
Intuitive Exercise

• Make it happen by:
  – Finding Pleasurable Activities
  – Making it Fun – Music? Exercise partners?
  – Mixing it up! VARIETY
  – Listening to your body
  – Making it fit in – everything counts

Just a few ideas:

• Sports
• Walking
• Biking
• Hiking
• Swimming
• Skating
• Rock climbing
• Dancing
• Wii fit

• Free workout videos on the internet
• Taking the long way to class or work
• Parking far
• Stairs
• Gym

Intuitive Exercise

• Move your body in a way that ______  ______
• Notice how you feel ________, ________, and ________ physical activity

Bringing It All Together

• Tune into ________ and ________ to determine meal timing and quantity
• Eating ________
• Regularly ________
• ________ for eating (meals and snacks) throughout the day
• ________ movement

Mindfulness

HAES® Resources

• Organizations that promote HAES and fight against size discrimination
  – National Association to Advance Fat Acceptance (NAAFA)
    http://www.naafa.com
  – Association for Size Diversity and Health (ASDAH)
    https://www.sizediversityandhealth.org
  – Society for Nutrition Education and Behavior
    http://www.sneb.org

• Health At Every Size
  – Ily Linda Bacon, PhD

• Intuitive Eating
  – Evelyn Tribole, MS, RD

• Diet Survivor’s Handbook
  – Judith Matz, LCSW & Ellen Frankel, LCSW

• Council on Size & Weight Discrimination
  http://www.cswd.org/

• HAES Community
  www.haescommunity.org/

• Additional Resources
  – Books, Articles, Websites/Blogs:
    https://www.sizediversityandhealth.org/content.asp?id=31
Acknowledgements

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