

How to Promote a Body Positive Environment (and feel good about yourself too!)

Do's:

- Eat when hungry and until you are satisfied- do not stop eating just because you think you should
- Acknowledge that there are no “good” or “bad foods” and not correlated to person’s worth
- Choose foods you like
- Ditch the scale and ditch diets
- Promote overall health instead of focusing on body weight
- Challenge others to talk about topics other than diet, weight loss, body-hate, etc.
- Celebrate diverse body sizes
- “Unfriend” or “unfollow” people whose social media posts trigger you or lower your self-esteem
- Be flexible- occasional overindulgence or lack of appetite is normal eating
- Be critical of media images
- Seek out others who respect and care about your body
- Emphasize inner beauty and inner qualities when conversing with others and yourself
- If you are concerned about someone’s exercise or eating behaviors, talk with the person you’re concerned about discretely and respect his/her privacy. You might want to begin with, ‘I don’t want to offend you or appear to be prying into your private life, but I’m concerned about your health. Here’s what I’ve been noticing...’

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Don'ts:

- Suggest specific exercises to “fix” certain body parts.
- Use food or exercise as reward or punishment
- Encourage fad diets or cleanses
- Believe that reducing body weight will improve life
- Heavily restrict your diet
- Categorize yourself as “good” or “bad” based on exercise
- Comment on other’s body shape/weight
- Allow food or exercise to take up a majority of your time and attention

MEDA is here for you. If you are concerned about someone you know, refer them to MEDA! We are always happy to help.