

Food, Weight & Body Talk Guidelines

The culture of disordered eating and body hatred is pervasive in our society. The following are ways in which we might unintentionally encourage eating disorders in our friends, family, teammates, and/or coworkers.

- Praising or glorifying another's appearance based on body size, shape, or weight.
- Complimenting someone when they lose weight or diet.
- Encouraging (or requiring) someone to lose weight or try a new diet.
- Talking negatively about our bodies.
- Discussing weight, clothing sizes, or measurements.
- Saying someone is healthy or fit because he/she is thin or muscular.
- Assuming that a large person needs to lose weight.
- Referring to foods as "good" or "bad." And, referring to ourselves as "good" or "bad" because we ate (or didn't eat) them.
- Making fun of another person's eating habits or food choices.
- Encouraging more exercise than is necessary.

To promote healthy eating & body image, we will do the following:

1. De-emphasize weight and body composition. Focus on true indicators of fitness and health, like strength, endurance, speed, flexibility, balance, resting heart rate, blood pressure, optimal blood glucose, and optimal blood cholesterol levels.
2. Use words like "fit, strong, and healthy" to describe our ideal body vs. "thin, ripped, shredded, and/or skinny."
3. Speak to our bodies the way we would speak to a good friend. No negative body talk! Focus on physical and non-physical attributes that we love about ourselves.
4. Respect everyBODY's need for fuel every 3-5 hours. Strongly discourage restrictive dieting. It destroys energy, attitude, health, sports performance, and work/school productivity.
5. Encourage plenty of vegetables and fruits, moderate amounts of whole grains and lean protein rich foods, and small amounts of nuts, seeds, and vegetable oils. BUT...
6. Enjoy all foods (even pizza and chocolate) in moderation without guilt. There are no forbidden foods. Just be sensible. All foods can fit.
7. Train hard, but don't overdo it. Adequate sleep and rest are critical for recovery and top performance.
8. Take 15 minutes out of our busy day, every day, to relax and reflect on how we feel.