

# Friends don't let friends "Fat Talk!"

*Let's change the conversation  
to discourage disordered eating & poor body image.*

Negative Food/Body Talk	Positive/Alternative Talk
Look at how skinny she is! She's so lucky.	Some women are genetically thin. Others may be thin due to cancer, depression, an eating disorder, drug use, etc. She may or may not be so lucky.
Look at how ripped he is! He's so fit.	Some men are genetically lean. Others may be excessively muscular and ripped due to steroid use. He may or may not be fit and healthy.
You look great! Have you lost weight?	You look great!
I'm so fat!	I'm not feeling good about myself today.
Yipee! I've lost 2 lb. this week.	I'm really working on eating healthier. I feel great!
Ugh! I can't believe my weight is up 2 lb. today.	It's normal for weight to fluctuate +/- 2 lb. due to fluid shifts. You can't measure health on a scale.
I was so "bad" today. I totally blew my diet.	One meal (or one day) doesn't blow your diet. It's what you do 90% of the time that matters.
I need to work out longer today to burn off that fast food.	One fast food meal won't kill you or change your body fatness. Don't use exercise for punishment. Exercise because it's healthy and feels good!
Look at how fat she is! She really needs to take better care of herself.	Genetics and some medical conditions/drugs influence weight/body fatness. She may or may not be making healthy lifestyle choices.
Have you heard about this new diet? Let's go on it together to lose weight.	Diets don't work! Healthy lifestyles do. Let's help each other eat more fruits and veggies, and plan some fitness dates.
Have you heard about this new supplement? You should start taking it for muscle growth.	Most supplements don't work, and many are spiked with illegal, harmful steroids. Let's increase our meal frequency, and hit the gym together.
He's so disciplined...he works out every day, sometimes twice a day!	Working out every day is overtraining. The body needs rest to recover, rebuild, and grow.



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