Celebrate Health at Every Size
Focus on health, rather than weight

Moving to Health at Every Size

What is Health at Every Size?

Health at Every Size is a health-centered paradigm that focuses on total health and well-being, not weight. It’s the way to prevent weight and eating problems and heal the damage done.

Health at Every Size is a health-centered approach that focuses on health and well-being, not weight.

It’s about wellness and wholeness, eating in normal, healthy ways and living activity. It’s about acceptance, respect and appreciation of diversity. It’s health at any size. Everyone qualifies!

Tenet of Health at Every Size

- Size and self-acceptance
- Respect and appreciation for the wonderful diversity of body shapes and sizes (bend and bow, curves), rather than the pursuit of an idealized weight or shape.
- Health Enhancement: attention to emotional, physical, and spiritual well-being, without focus on weight loss or achieving a specific "ideal weight."
- The pleasure of eating well: eating based on internal cues of hunger, satiety, and appetite, and individual nutritional needs, rather than external food plans or diets.
- The joy of movement: encouraged physical activities for the associated pleasure and health benefits, rather than following a specific routine or regimented exercise for the primary purpose of weight loss.

PHYSICAL ACTIVITY

- No pain, no gain
- Walking, running, biking
- Exercise to burn calories
- High dropout rates

EATING

- Restrictive eating, dieting
- Counting calories, fat
- Weight cycling (up and down)

SELF-ACCEPTANCE

- Unacceptable weight goals
- Perfectionism
- Fat phobia and prejudice

The idea that thin people are healthy and large people unhealthy is false.

Beauty, health and strength come in all sizes.

Healthcare at Every Size

Which path for the obese patient?

- Healthy Habits
- Weight loss surgery

Prove quality health care, not weight loss. Does not harm.

The HAES movement also takes on the misinformation being spread in the war on obesity:

- "Although people think there's all this evidence out there showing a high mortality risk associated with overweight, in fact the literature doesn't show it."

"Until we have better data about the risks of being overweight and the benefits and risks of trying to lose weight, we should remember that the cure for obesity may be worse than the condition.

Summing up Health at Every Size

A healthy community surrounds all people with consistent messages of caring, support and positive values.

Health at Every Size is a health-centered approach, not weight-centered. It’s about wellness and wholeness. Eating actively, eating well and feeling good about yourself and others.

It’s time to move ahead to wellness solutions that help people of all sizes and do no harm.

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What is this 170 lb. woman's healthy weight?