

MOVING ON: FROM WEIGHT TO WHAT MATTERS

Weight.

Few topics are as complicated and consuming. That's because most of us view the world through a weight lens, whether considering if we can afford the calories in a dessert, calculating the exercise price we should pay for indulging, judging ourselves when we look in a mirror, or making assumptions about someone's character based on their body size.

Weight is an easy scapegoat. We blame it for health problems or problems getting a date. We use it as an excuse not to buy clothes we want, not to approach people who interest us, and not to take chances, whether socially, recreationally, or professionally. After all, we think, "Why would they want to hire me? I'm too fat." "Those pants just won't look good until I lose weight." We also use weight to discriminate against others: "We can't have her in the reception area—we want to project competence." We consider thinness a virtue and weight loss a requirement for heavier people to achieve good health and get respect.

Then there are the ideas about how to lose weight. As in: A virtuous person monitors and controls his or her calorie intake, just says "no" to dessert, and spends two hours a day at the gym to work off last night's cheesecake. Drugs, surgery, a worthy person should do anything to help win the weight-loss game.

It may come as a surprise to learn that these common assumptions are not supported by science or reason. Buying into them is the true source of our collective discontent. Conversely, understanding the reality behind these weight myths can be your journey to salvation.

So let's do some debunking.

Excerpt from *Health at Every Size: The Surprising Truth
About Your Weight* © 2010 by Linda Bacon.

May be freely distributed, provided that it remains in its entirety
and this copyright message appears. More info at www.HAESbook.com.

- Fat is not the killer we've been led to believe.
- Fat's role in poor health has been greatly exaggerated.
- Dieting and exercise are not effective techniques for long-term weight loss.

We can choose to appreciate the body we are living in . . . and move on. We can adopt good health habits and let our weight fall where it will naturally.

There's a revolution happening. It's called "Health at Every Size." Participation is simple: Honor the body you live in. Take good care of it. Develop and nurture connections with others. Eat well. Find pleasurable ways of moving. Live fully.

The road to health and happiness is wide enough to include *you*—and everyone who crosses over that arbitrary boundary we call "fat."

Want the data, rationale, and a strategy that supports this way of living? Check out *Health at Every Size: The Surprising Truth About Your Weight* (www.HAESbook.com).

Excerpt from *Health at Every Size: The Surprising Truth
About Your Weight* © 2010 by Linda Bacon.

May be freely distributed, provided that it remains in its entirety
and this copyright message appears. More info at www.HAESbook.com.