

Shifting from Weight to Wellbeing

WHAT IS WEIGHT FOCUSED?

Weight Focused

- Promotes healthy as only being "normal" body mass index
- Eat Less + Move More
- Exercise is to burn calories
- Promotes unrealistic expectations

How is Can Harm

- Mental Health: Blames the person
- Metabolic Health: yo-yo dieting increases unhealthy fat tissue



WHAT IS HEALTH BEHAVIOUR FOCUSED?

Best Behaviours

- Eat to balance your nutrition, hunger, fullness, appetite and pleasure needs
- Enjoy life-enhancing physical movements
- Sleep, Stress, and Social needs are included

How this Helps

- Mental Health: You and what you do is what matters
- Metabolic Health: Improvements can happen, with little to no change in your weight

