

# Shifting from Weight to Well-Being

## WHAT IS A WEIGHT-FOCUSED APPROACH?

### Weight-Focused

- Promotes *healthy* as being a "normal" BMI (body mass index) only
- Eat Less + Move More
- Exercise is for burning calories
- Promotes unrealistic expectations

### Potential Harms

- Mental Health: Blames the individual
- Metabolic Health: Yo-yo dieting can increase unhealthy fat tissue & weight



## WHAT IS A HEALTH BEHAVIOUR- FOCUSED APPROACH?

### Behaviour-Focused

- Eating to balance nutrition, hunger, fullness, and pleasure
- Enjoy life-enhancing physical movements
- Sleep, stress and social needs are included

### Benefits

- Mental Health: YOU are what matters
- Metabolic Health: Recognize improvements can happen with little to no change in your weight

