



# Intuitive Eating – Week 3

## Key Messages

### Principle 8: Respect your Body

- Your body deserves to be treated with dignity
- Learning to appreciate diverse bodies, including your own, takes time and intention

### Principle 9: Movement- Feel the Difference

- Shift exercise away from a calorie burning focus to one that **values enjoyment and energy**
- Find types of movement that you feel good doing and want to do!

### Principle 10: Gentle Nutrition

- Make food choices that honour your health and taste buds while making you feel well
- Prioritize making **balanced, consistent** food choices without strict rules or perfectionism

## Interesting Facts:

- 🍎 The average American woman is 5'4" tall and weighs 170 pounds. The average American model is 5'11" tall and weighs 117 pounds.
- 🍎 A study found that 53% of thirteen-year-old American girls are unhappy with their bodies. This number grows to 78% by the time girls reach seventeen.

# Respect your Body

## Is NOT:

- ✓ Engaging in fat talk
- ✓ Being unrealistic
- ✓ Body checking/  
weighing self
- ✓ Comparing your body  
to others
- ✓ Negative thoughts  
about your body

## Is:

- ✓ Body acceptance  
regardless of size and  
uniqueness
- ✓ Taking care of your  
body
- ✓ Recognizing the body  
type promoted by  
media is mostly un-  
realistic

## Body Respect

How would you feel if you left behind negative feelings about your body?

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**How could you change/reduce the amount of negative feelings you have about your body?**

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**What would weight loss change for you?**

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**Discussion activity:** “I want to give up dieting for good. I don’t think it works, but I still want to lose weight.” What would you say to help solve this problem?

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# Body Respect

## Quotes:

*“That’s truly what my message is – finding self-love within yourself and not comparing yourself to others – because there’s no such thing as perfection, because perfection doesn’t exist.”* **Ashley Graham, model**





*“Your role in life is not to spend it at war with your body. It’s not about how you look. Your body is not an ornament; it is the vehicle for your journey.”* **Taryn Brumfitt, writer and director of movie *Embrace***






*“Once you consider the extent of the magical thinking that tends to be tied into the fantasy of thinness, you can understand how threatening it is to consider the idea that you may never get the thin body you crave. It means that you never get to become the person you want to be. Wow! No wonder it’s so painful to let go of the drive to lose weight! Accepting your body is not just about physicality, it’s about accepting who you are, not continuing to wait until you become the person you imagine being.”* **Lindo Bacon PhD, Health at Every Size**

# Movement – Feel the Difference

How can I overcome barriers to physical activity?

Adapted from: "How can I overcome barriers to physical activity?" (CDC Website)

Barrier	Potential Solution
1) Television/video games/ computer 	
2) Lack of time 	
3) Lack of facilities 	
4) High cost of activity 	

Barrier	Potential Solution
<p>5) Children are not interested</p> 	
<p>6) Lack of safe places</p> 	
<p>7) Too tired/no energy</p> 	
<p>8) Lack of skill</p> 	
<p>9) Poor weather</p> 	

# Gentle Nutrition



**There is no perfect way to eat.** Work toward feeling good about your relationship with food before making big nutrition changes. **Eating at regular times, about every 2-4 hours,** can help you listen to your body's signals for hunger and fullness. Try to eat a mix of foods with **carbohydrates, proteins, and fat** at mealtimes. Don't forget fluids and fun foods, too!

## Carbohydrates

Grains, Fruits, Vegetables,  
Milk, Legumes (beans,  
lentils, chickpeas)



Carbohydrates (carbs) are like fuel for your body, giving you energy.  
Carbs with fiber help to keep your gut healthy.

## Proteins

Meat, Eggs, Seafood,  
Legumes, Dairy, Nuts &  
Seeds



Protein helps build and repair muscles.

## Fats

Nuts & Seeds, Avocado,  
Oils, Butter, Fatty Fish



Fat gives you fuel, helps some vitamins and hormones work well, and makes food taste good.

## Fluids

Water, Coffee, Tea, Milk

Drinking enough is  
important for your body to  
work well.



## Fun

Include foods that you  
love and take the time to  
fully enjoy them.

- See separate handout called **“Balanced Plate”**

**Reminder:**

Please refer to the *IE Program Resource Summary* that you received in week 1 for additional resources to support you on your journey!

All handouts can be found in the **Group Handouts/Resources** section of the TVFHT Intuitive Eating webpage:

<https://thamesvalleyfht.ca/programregistration/intuitive-eating-virtual/>