WORRIED ABOUT YOUR WEIGHT?

CONTACT US

Please call us at 204-947-1517 or visit us at www.womenshealthclinic.org for more information on our free services:

- Counselling for adult women & teens
- Nutrition counselling with a dietitian
- Medical consultation with a doctor or nurse
- Provincial Eating Disorder Prevention & Recovery Program
**WEIGHT LOSS DIETS DON'T WORK & MAY HARM YOUR HEALTH**

If you have ever lost weight and gained it all back, it's not your fault. This is human biology at work. Dieting can lead to physical and mental health concerns and eating disorders.

**FEELING UNHAPPY WITH OUR BODIES CAN LEAD US TO:**

- **THINK** or **WORRY** a lot about food and dieting
- **AVOID** activities and social situations
- **FEAR** gaining weight
- **FEEL GUILT** or **SHAME** about eating
- **EXERCISE** excessively
- **BINGE** eat
- **STARVE** ourselves

**WE FEEL BETTER WHEN WE:**

- **ACCEPT** that healthy and beautiful bodies come in all shapes and sizes.
- **RECOGNIZE** and **APPRECIATE** all of the amazing things our bodies do for us.
- **BECOME** critical viewers of the media and avoid media messages that make us feel badly. Seek or create more positive media.
- **BEFRIEND** our bodies. Notice our own self-talk; try to speak gently to ourselves as we would a friend.
- **SURROUND** ourselves with positive people who support and encourage us to be kind to ourselves.
- **KEEP** a list of things we like about ourselves not related to weight or appearance. Refer to it often.
- **CARE** for our bodies - take a soothing bath, have a nap, take a relaxing walk in nature.
- **MOVE** our bodies in ways that are fun and energizing.
- **EAT** regularly throughout the day. Our bodies need fuel to have energy to do the things we want to do.
- **LISTEN** to our bodies and eat for nourishment and pleasure.
- **FIND** interests other than how we look; focus on ideas and activities that make us feel good in body, mind, and spirit.

**WOMEN'S HEALTH CLINIC CAN HELP.**

Research shows that people can be healthy at a variety of weights, shapes and sizes. We encourage and support people to develop a healthy body image and peaceful relationship with food.

**We don’t focus on weight.**