



# Healthy Weight Week



## What is Healthy Weight Week?

Jan 18-24, 2009

Traditionally many Americans begin a diet the first week in January and "blow" it the second week. Healthy Weight Week, the third week, is a time to stop dieting for good and help people normalize their lives. It's a welcome anecdote to the dieting and binging that typically begin the New Year!

Healthy Weight Week promotes healthy non-diet lifestyles for children and adults of every size. It helps them move ahead to healthy habits they can live with long term – sound, reasonable habits that allow them to live well and get on with their lives. Eat well, live actively, and feel good about yourself and others.

### Personal Challenge: Develop Healthy Living Habits for a Lifetime

Choose two or three of the following activities to carry through the week, at a comfortable level. Continue four months while gradually adding the others. Then decide how to keep them up all year.

- **Stop dieting.** Stop making weight loss goals and "waiting to be thin." Stop weight-obsessive thoughts. Instead, be your own best self, starting right now. Decide it's time to get on with living your life to the fullest.
- **Be active in your own way every day.** Focus on the pleasure of movement and its health and energy benefits, not calories burned. Don't overdo it, or it won't become a habit. For most adults, an appropriate level is about 20 to 30 minutes a day for at least five days a week. Avoid long periods of inactivity.
- **Identify and build on your own special talents, traits and interests.** Use self-talk and affirmations to enhance personal acceptance, respect, self-esteem and positive body image.

- **Feel good about others.** Expect and extend respect, tolerance and acceptance.
- **Promote good relationships** and communication with family, friends and acquaintances. Spend time enjoying social activities.
- **Rediscover normal eating** – eat at regular times, typically three meals and snacks to satisfy hunger. Tune in to your body's internal signals of hunger and fullness – eat when you're hungry and stop when full and satisfied. Enjoy your food. Notice how much better you feel!
- **Eat well.** Include all five food groups every day: bread and grains, fruits, vegetables, milk and dairy, meat and alternates. Choose balance, variety and moderation. All foods can fit.
- **Relax and relieve stress in your life.** Take time for a daily 10-15 minute relaxation session. Or just empty your mind and let your body go limp for 30-second relaxation breaks occasionally throughout the day. Be flexible, relax and go with the flow.
- **Respect and appreciate size diversity.** Reassure yourself and others that beauty, health, and strength come in all sizes.

You may choose to make a personal contract and give yourself a reward at the end of each week. If you've set your challenges too high, you'll know it: cut back before they become burdensome. Make healthy living changes gradually, one baby step at a time, small changes you can live with for the long term.



Source:  
[www.HealthyWeight.net](http://www.HealthyWeight.net)

Courtesy of Wellness Proposals

