The war on obesity does not work.

It actually leads to weight gain, high blood pressure, weakened immune systems, poor mental health, and avoidance of doctors.

Body hatred takes a toll on body, mind, and spirit.

The HAES Principles give what the war on obesity cannot: A Life You Want to Live.

ARE YOU WEIGHT BIASED?

Have you:
- Made negative comments about your or others’ weight?
- Thought fat people were lazy, lack self-control, or are unloved?
- Assumed someone should lose/gain weight?
- Thought skinny was the ultimate goal?
- Thought a skinny person had an eating disorder?

If you answered YES to any of these questions, IT’S TIME TO CHALLENGE HOW YOU LOOK AT THE WORLD.

A peace movement has arisen to help us reclaim our bodies as our own.

The Health At Every Size® approach rejects the use of weight, size, or BMI as proxies for health. Neither weight nor health status should be used to judge, oppress, or determine the value of an individual.

The HAES® Principles promote:
- Acceptance and respect for all shapes and sizes
- Improved access to healthcare for individual needs
- Healthcare centered on respect, not stigma
- Life-enhancing movement
- Eating for well-being

The HAES Principles give what the war on obesity cannot: A Life You Want To Live.

Your weight does not define you.

Visit www.sizediversityandhealth.org for more information, make sure to connect with ASDAH on social media!

For a full list of resources, visit: http://bit.ly/1xOPpNr