TRYING TO LOSE WEIGHT?
IT’S A RISKY BUSINESS.

Attempts at weight loss are often counterproductive and can even be harmful.

DID YOU KNOW?

FEWER THAN 1 IN 6 people are successful at losing weight and keeping it off.¹

Studies show that adolescents who attempt to lose weight are 5 TIMES MORE LIKELY to develop an eating disorder than those who do not.²

EATING DISORDERS ARE THE DEADLIEST OF ALL MENTAL HEALTH CONDITIONS.³

ATTEMPTS TO LOSE WEIGHT CAN LEAD TO:

- Metabolic damage
- Increased hunger
- Preoccupation with food & weight
- Low self esteem & self hatred
- Discrimination & weight stigma
- Wasted time, energy and emotional investment
- Disordered Eating

MAKE PEACE WITH YOUR BODY

JOIN THE HEALTH AT EVERY SIZE® MOVEMENT

NOTICE THE PLEASURE IN EATING.

DO PHYSICAL ACTIVITIES THAT YOU ENJOY.

CELEBRATE SIZE DIVERSITY!

REJECT DIET MENTALITY.

END FOOD RESTRICTION.

FOCUS ON PROGRESS NOT PERFECTION!

TAKE YOUR FOCUS OFF OF WEIGHT LOSS & FOCUS ON SELF-CARE

FOR MORE INFORMATION VISIT
www.sizediversityandhealth.org

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