

Nutrition News

Body Positivity

What does the phrase “health at every size” mean?

Over the last several years there has been growing concern with labeling someone “overweight” and/or “obese.” These are terms I have never been comfortable with using. Instead, I evaluate the individual as a whole, focusing on goals that promote health and wellness, not a certain body type/weight. It has been proven that individuals can be very healthy even though they are carrying some extra weight. Weight does not determine health. It can go both ways, a very thin person could be suffering from ailments that put their health at significant risk. Someone with a large percentage of muscle mass may fall into the overweight category, simply because muscle weighs more than fat. It is true that being overweight does increase your risk for certain types of diseases such as, but not limited to, high blood pressure, high blood sugar and high cholesterol, but it should never be the deciding factor for overall health goals. An appropriate approach would be to shift the focus from specifically weight management to eating healthy foods and getting more exercise. These may be more attainable goals given a persons genetics or body type. When it comes to body types, one size definitely does not fit all. Promoting it as such can result in poor body image and disordered eating.

If you or someone you know has questions about this topic or any other nutrition related concern please contact me @ (518)488-8875. “Like” our Washington County Office for the Aging Facebook page for more information throughout the month.



Weight
Just one factor in overall health.



Healthy Eating
Should be the focus of any lifestyle change.



MOVE MORE
Exercise.

BODY POSITIVITY

Promote the acceptance of all body types.

FOCUS ON HEALTH

Focus on overall health, not just weight. Weight is just a number.

FAMILY HISTORY

What are your risk factors? You are an individual who deserves an individualized plan.