

LIVE WELL PLEDGE

Today, I will try to feed myself when I am hungry.

Today, I will try to be attentive to how foods taste and make me feel.

Today, I will try to choose foods that I like and that make me feel good.

Today, I will try to honor my body's signals of fullness.

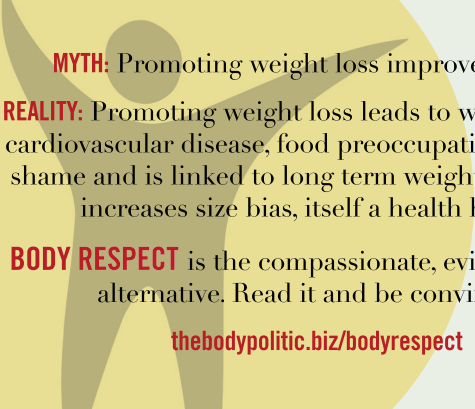
Today, I will try to find an enjoyable way to move my body.

Today, I will try to look kindly at my body and to treat it with love and respect.

SIGNATURE: _____ **DATE:** _____

An excerpt from **BODY RESPECT** by Linda Bacon, PhD and Lucy Aphramor, PhD, RD

thebodypolitic.biz/bodyrespect

A stylized, light-colored human figure with arms raised in a 'V' shape, set against a large, semi-transparent yellow circle. The figure is positioned on the left side of the frame, with its head near the top left and its legs extending towards the bottom left.

MYTH: Promoting weight loss improves health.

REALITY: Promoting weight loss leads to weight cycling, cardiovascular disease, food preoccupation, and body shame and is linked to long term weight gain. It also increases size bias, itself a health hazard.

BODY RESPECT is the compassionate, evidence-based alternative. Read it and be convinced.

[**thebodypolitic.biz/bodyrespect**](http://thebodypolitic.biz/bodyrespect)