

Health at Every Size®: Creating a Weight-Inclusive Fitness Experience for ALL Participants

Anna Marie Oglesbee, RD, LD





I'm a Registered Dietitian/Nutritionist (RD/RDN).



I graduated from the University of Texas at Austin in 2017 with a B.S. in Nutrition.



I work as a dietitian in private practice. I specialize in eating disorders/disordered eating. I also work with sports/fitness nutrition.



I work for UT RecSports as a group fitness instructor teaching fitness-based classes (Step, Kickboxing, Total Body Conditioning, and Tabata).



I'm currently working on my Masters in Nutritional Sciences (MS) part-time at UT.

About me



Disclaimer

- This presentation is intended for informational purposes only.
- This is not meant to replace or substitute for personal nutrition recommendations.
- If you have specific questions regarding yourself or a client, please contact me directly.
- I cannot provide individual recommendations in this session.



Objectives

1

Understand the importance of creating a weight-neutral fitness environment. Participants will have the tools to create a fitness experience that is fun and enjoyable for everyone, regardless of body size.

2

Know and understand the evidence that diets do not work.

3

Be familiar with the concepts of intuitive eating and how to share this nutrition information with your clients within your scope of practice.

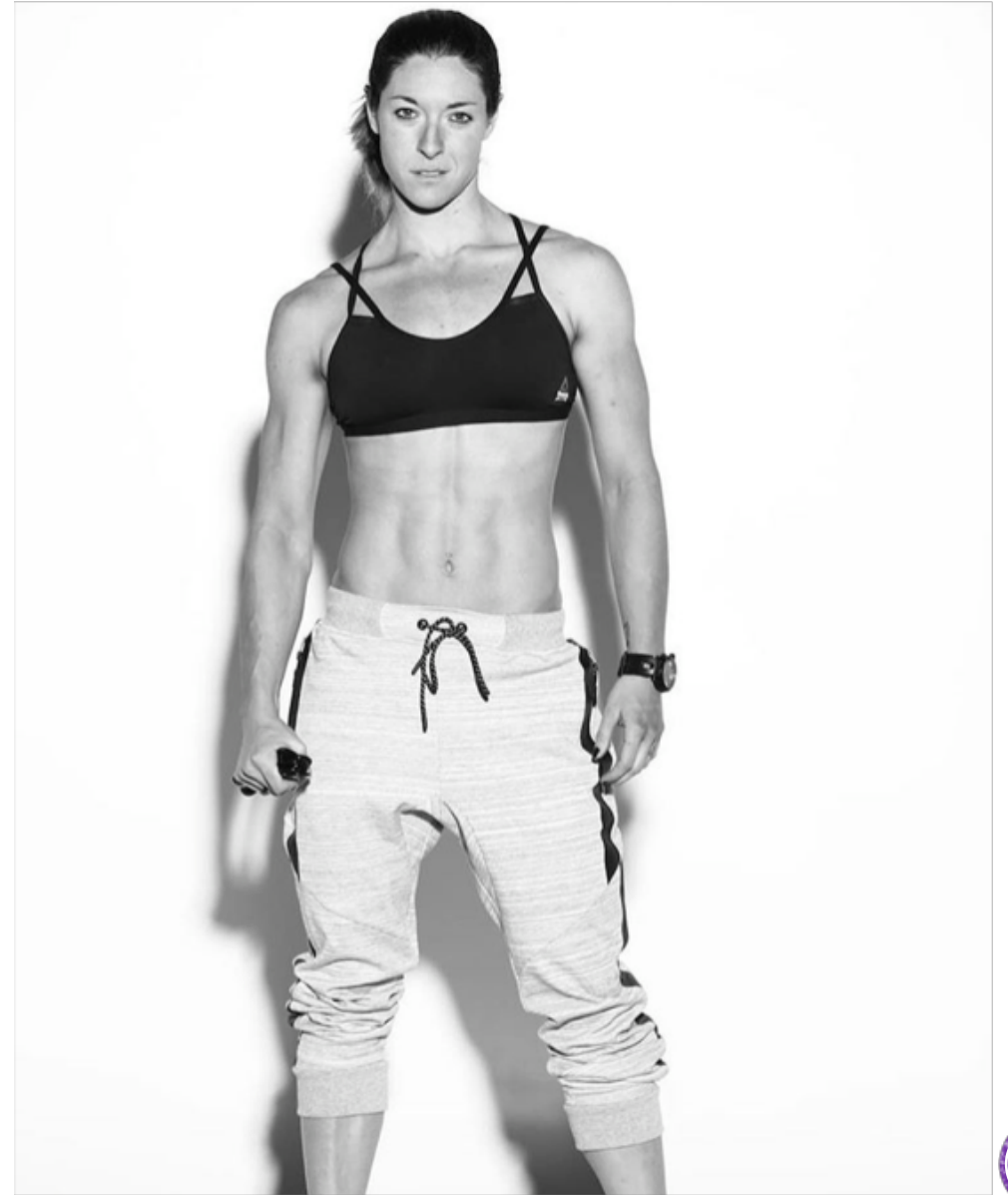


Activity



Get out a sheet of paper and a pen (or open the notes section of your phone and start a new note).







mepamo



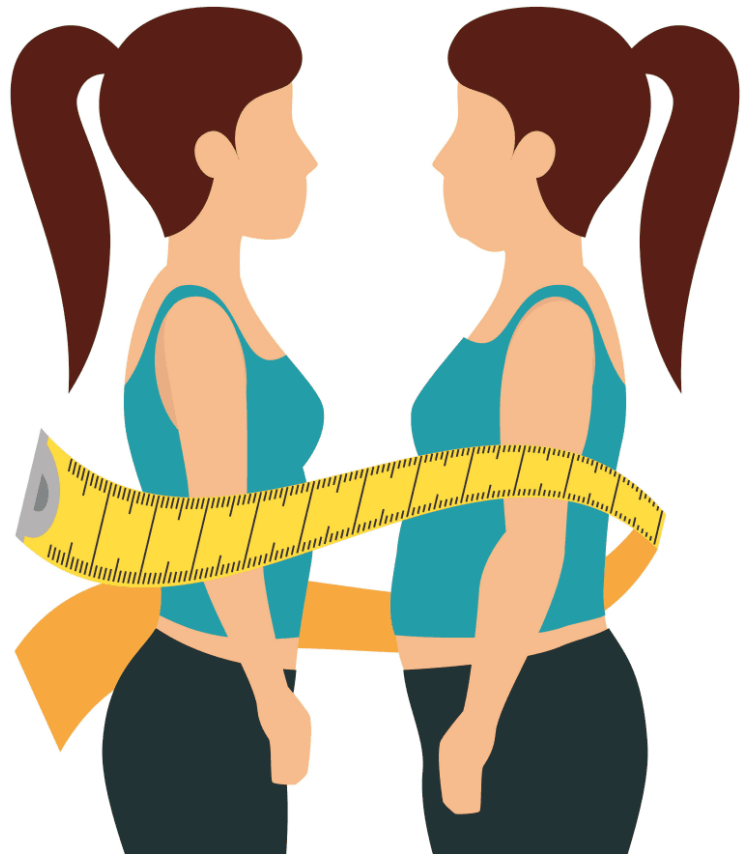
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jaim91



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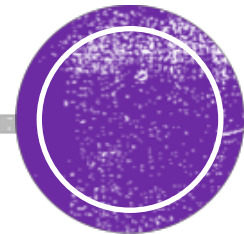


“The primary intent of HAES® is to support improved health behaviors for people of all sizes without using weight as a mediator; weight loss may or may not be a side effect.”
(Bacon & Aphramor, 2011)



Poodle Science?

<https://www.youtube.com/watch?v=H89QqfXtc-k>



Stigma

- (n.) “A mark of shame or disgrace.” (Merriam-Webster)

Bias

- (n.) “A personal and sometimes unreasoned judgement; an instance of such prejudice”

Definitions



HAES® Principles



Weight
Inclusivity



Health
Enhancement



Respectful
Care



Eating for
Well-Being



Life-Enhancing
Movement





What the scale will tell you:

A numerical reflection of your relationship with gravity.

What the scale will NOT tell you:

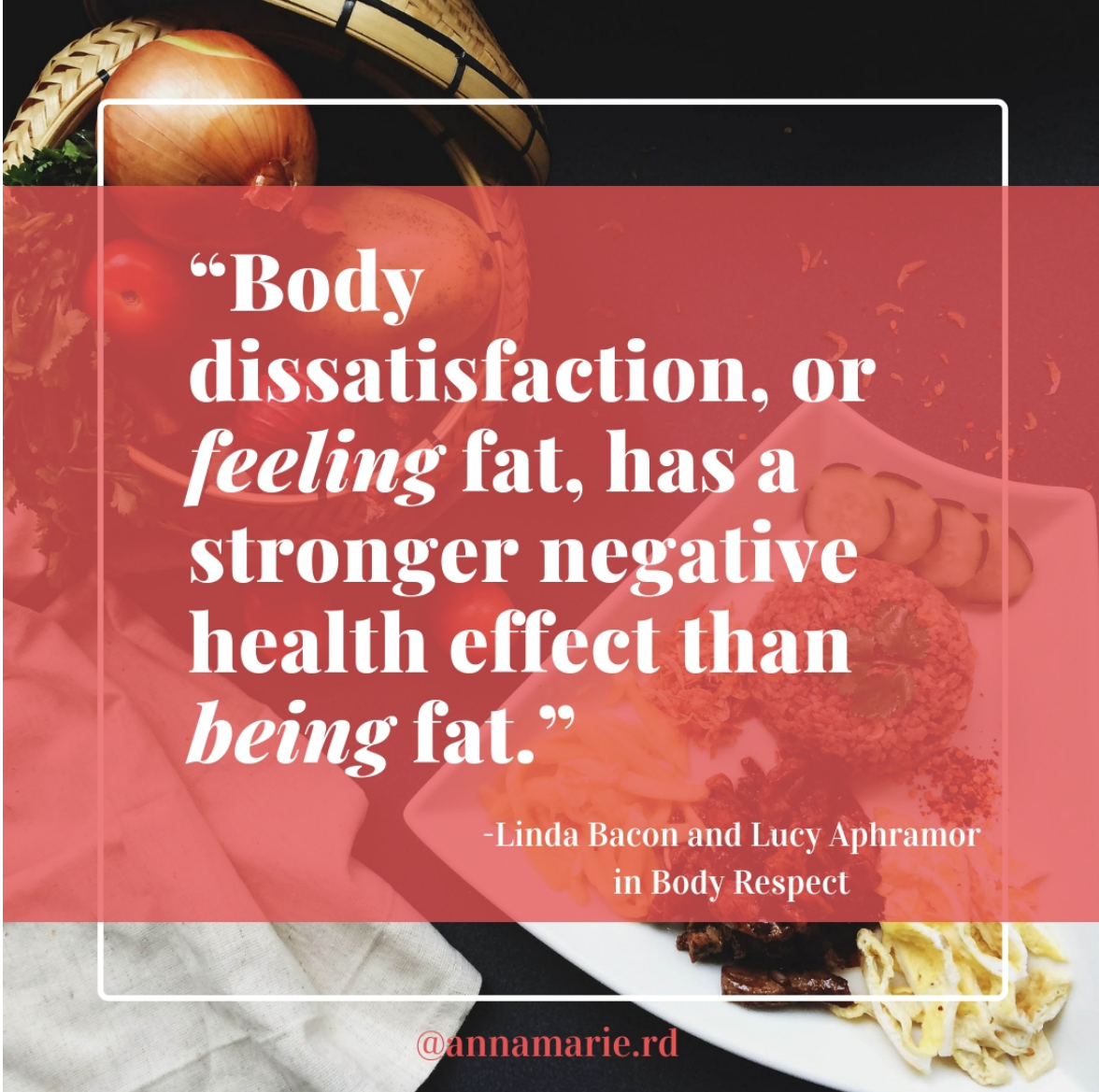
- Your worth
- Purpose
- Character
- Talent
- Value as a person
- Intelligence
- Health
- Beauty
- Strength
- Lovability
- Credibility
- Morals

Anna Marie Oglesbee, RD
@annamarie.rd

Weight Inclusivity

- Accept size diversity.
- “Our culture constantly sends us messages that who we are and how we look is definitely not okay” (Bacon, 2011).





“Body dissatisfaction, or *feeling* fat, has a stronger negative health effect than *being* fat.”

-Linda Bacon and Lucy Aphramor
in *Body Respect*

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Health Enhancement

- “Discrimination is stressful to experience, and stress is a risk factor for most of the obesity-associated diseases, including cardiovascular disease and diabetes” (Bacon and Aphramor, 2014)



*Food is not
earned and
exercise is not
punishment.*

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Respectful care

- “Being treated with respect and supported in health behavior change can’t hurt, even if it doesn’t bring about weight loss.” (Bacon & Aphramor, 2014)



The effects of weight stigma:

Weight gain

Over eating or
binge eating

Higher
consumption
of convenience
foods

Healthcare/
fitness
avoidance

Compensatory
behaviors

Respectful Care





To keep
participants
coming back.

To show
respect.

Safety.

To set
ourselves
apart.

**Why is a weight-inclusive
approach important?**





How to integrate weight inclusivity and respectful care into classes and PT sessions:

- Remind participants to listen to their bodies.
- DON'T make it easier. Don't use language conveying easier/harder.
- Watch where you watch.
- When planning classes or sessions, consider all body types/ability levels.
- Ask questions.



Dieting

Wants a cookie.
Cookies are bad.

Eats a rice cake
because it's
"healthier"



Craving isn't
satisfied. Still
wants a cookie.

Eats a
"healthier
alternative"
to a cookie.



One cookie won't
be too bad...



Eats all the
cookies. Feels
guilty.



Intuitive Eating

Wants a cookie



Eats cookie.
Moves on.

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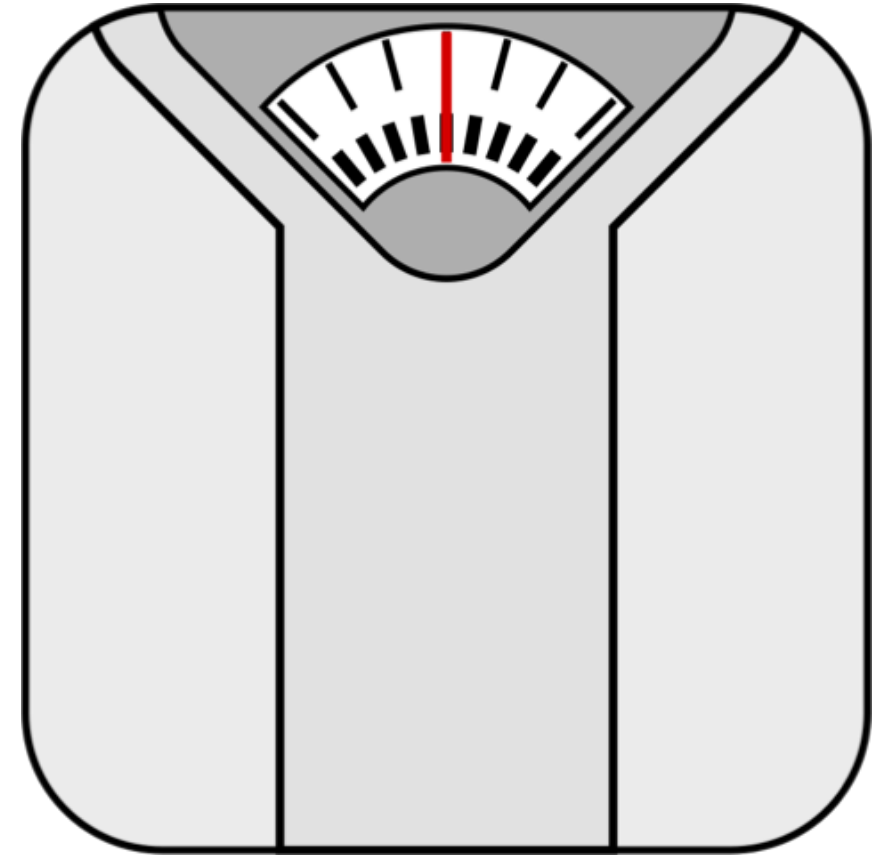
Eating for Well-Being

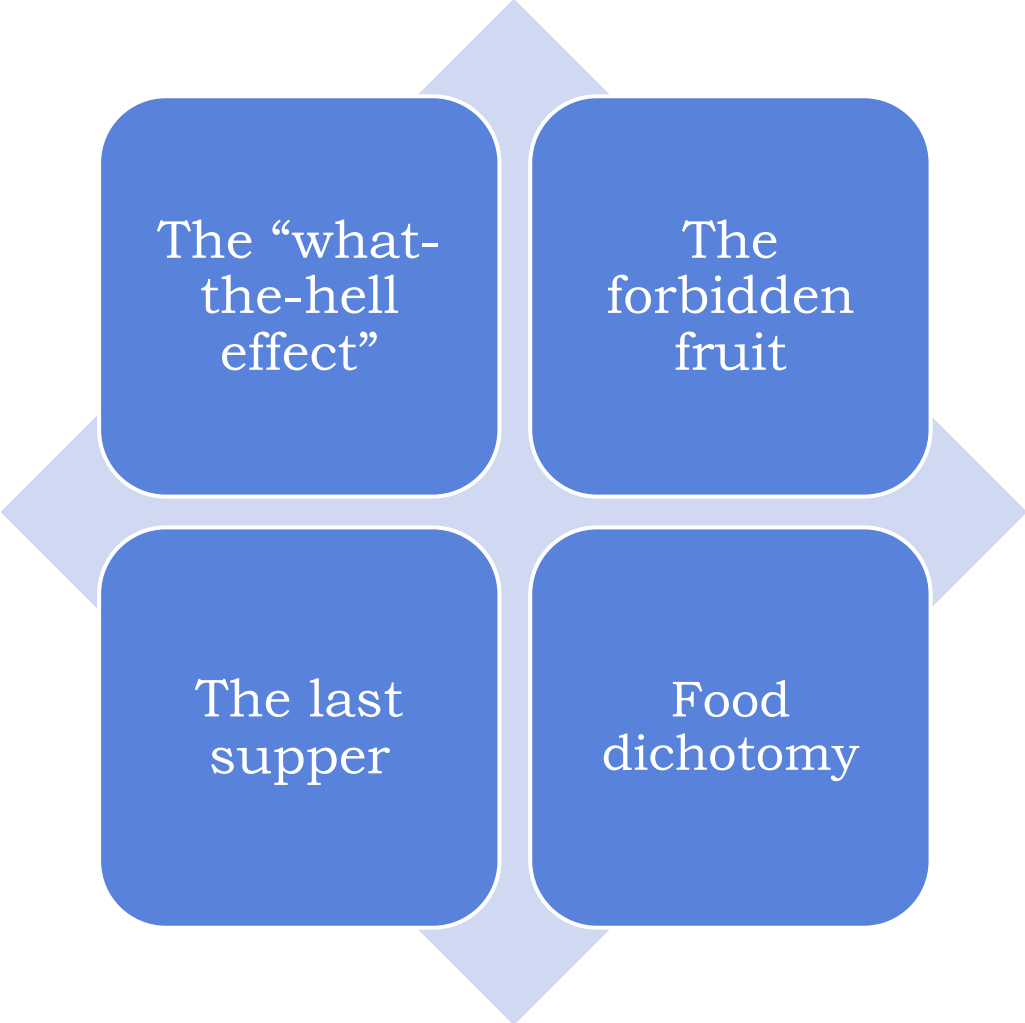
- Outline:
 - Why we should not be recommending weight loss.
 - Weight loss head games.
 - Evidence that diets do not work.
 - Intuitive eating principles.



Recommending Weight Loss is NOT Supported by Science

- Correlation is not causation (Bacon, 2011).
- Dieting is linked to weight cycling, which can have extremely negative health effects such as enhanced weight gain, dyslipidemia, insulin resistance and type 2 diabetes, and hypertension (Montani, 2006).
- Weight loss considers only one aspect of health, while neglecting all others.
- Dieting contributes to eating disorders.





The “what-
the-hell
effect”

The
forbidden
fruit

The last
supper

Food
dichotomy

Weight Loss Head Games

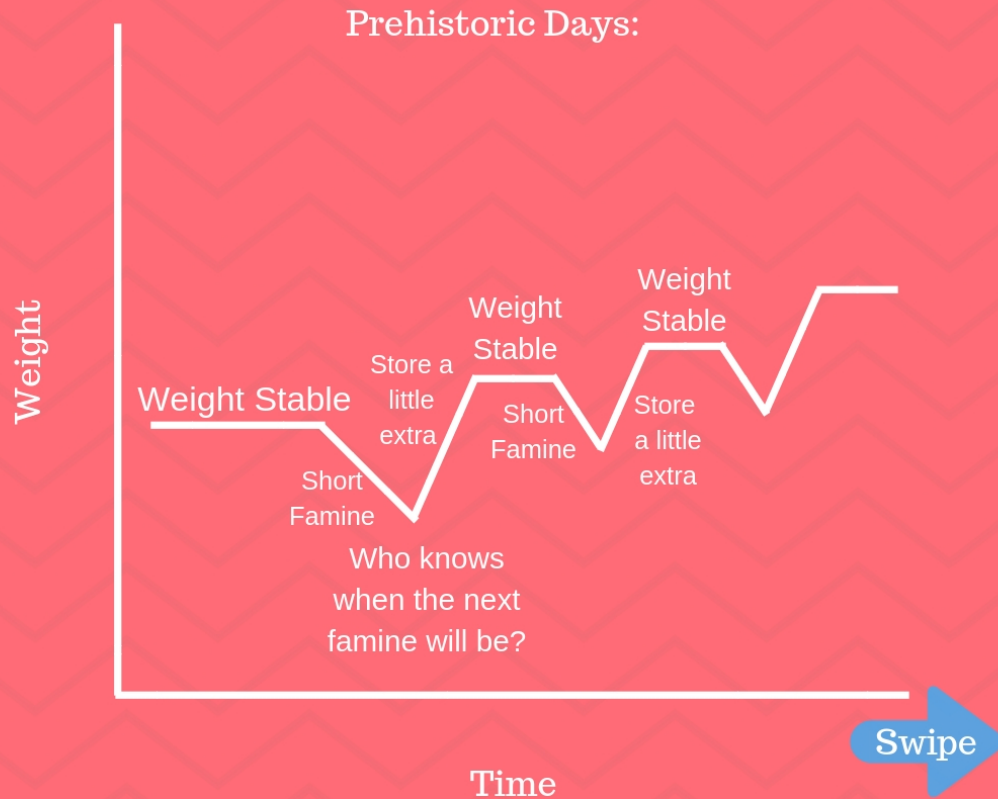
Evidence That Diets Do Not Work

- 95% of diets don't work???
- Studies show that 85% of people regain weight in one year, more at 2nd year follow-up (Wing, 2005).
- For the people who do maintain weight loss, at what cost? Are they obsessively counting calories? Any other "dieting" behaviors?
- In studies with the HAES model, physiological & psychological measures and health practices improved. Also, this model had much lower dropout rates (Salas, 2015).



Evidence That Diets Do Not Work

Diets and Metabolism



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Diets and Metabolism



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Intuitive Eating

REJECT THE DIET MENTALITY



- Throw out the diet magazines and books telling you you can lose weight fast.
- Accept the fact that fad diets don't work!
- Get angry at the fact that diets give you false hope.

HONOR YOUR HUNGER

- Listen to your body!
- Keep yourself fed with enough calories and carbohydrates. Otherwise you might trigger overeating.
- Start eating at about a 3 or a 4 on the hunger scale, stop at about a 7.
- Trust your biological hunger signals.



MAKE PEACE WITH FOOD

- "Give yourself unconditional permission to eat."
- Allow yourself to have your "forbidden foods". If they are available whenever you want them, you will instinctually eat less.
- Trust yourself!



CHALLENGE THE FOOD POLICE



- Get rid of the idea of "good" and "bad" foods.
- Don't allow yourself to feel guilty for occasionally indulging in a "forbidden food".

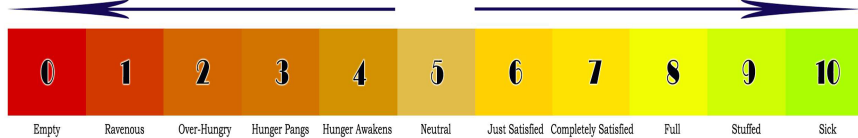


EXERCISE - FEEL THE DIFFERENCE

- Instead of focusing on the calorie-burning effect of intense exercise, focus on what makes you feel good.
- Exercising and moving because it feels good is a lot more motivating than exercising to lose weight.



THE HUNGER SCALE



RESPECT YOUR FULLNESS



- Take a "time out" midway through your meal. Ask yourself if you are still eating because you are still hungry or if you are eating because food is in front of you.
- Listen to your body when you start to feel less and less hungry.
- Slow down the speed at which you eat, if needed.



RESPECT YOUR BODY



- Accept your size. Stop being overly critical about your body shape or size.
- Respect your body so that you can feel comfortable about who you are.
- Instead of being overly critical, find things you like about yourself (like your eyes). Give yourself a compliment!



YOU LOOK REALLY GOOD TODAY

DISCOVER THE SATISFACTION FACTOR

- Eat foods that you like! You have nutrition knowledge and you've tried new foods. Take this new knowledge and enjoy foods that satisfy you.
- When you eat what you really want, it takes much less to be satisfied and content.



HONOR YOUR FEELINGS WITHOUT USING FOOD



- Loneliness, anxiety, etc. are normal feelings. Learn to cope with them without using food.
- Food is not a long-term solution to our feelings.

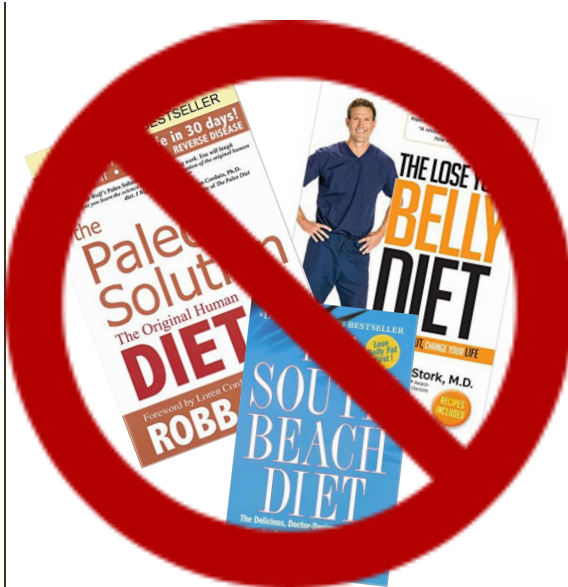
HONOR YOUR HEALTH

- Apply your nutrition knowledge!
- You don't have to eat perfect for every meal to be healthy, but remember that long-term clean eating is what matters.
- Remember what foods make you feel the best and make food decisions based on this.



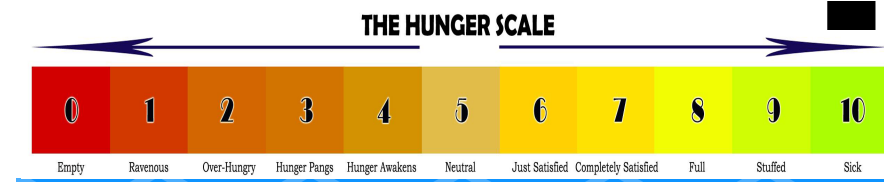
Reject the Diet Mentality

- First and most important principle.
- Accept the fact that fad diets do not work.
- Get angry at the fact that diets give you false hope.



- Listen to your body!
- Keep yourself fed with enough calories and carbohydrates. Otherwise you might trigger overeating.
- Start eating at about a 3 or a 4 on the hunger scale, stop at about a 7.
- Trust your biological hunger signals.

Honor Your Hunger





Make Peace with Food

- "Give yourself unconditional permission to eat."
- Allow yourself to have your "forbidden foods". If they are available whenever you want them, you will instinctually eat less.
- Trust yourself!

Challenge the Food Police

- Get rid of the idea of "good" and "bad" foods.
- Don't allow yourself to feel guilty for occasionally indulging in a "forbidden food".



- Take a "time out" midway through your meal. Ask yourself if you are still eating because you are still hungry or if you are eating because food is in front of you.
- Listen to your body when you start to feel less and less hungry.
- Slow down the speed at which you eat, if needed.



Respect Your Fullness

Discover the Satisfaction Factor



- Eat foods that you like! You have nutrition knowledge and you've tried new foods. Take this new knowledge and enjoy foods that satisfy you.
- When you eat what you really want, it takes much less to be satisfied and content.

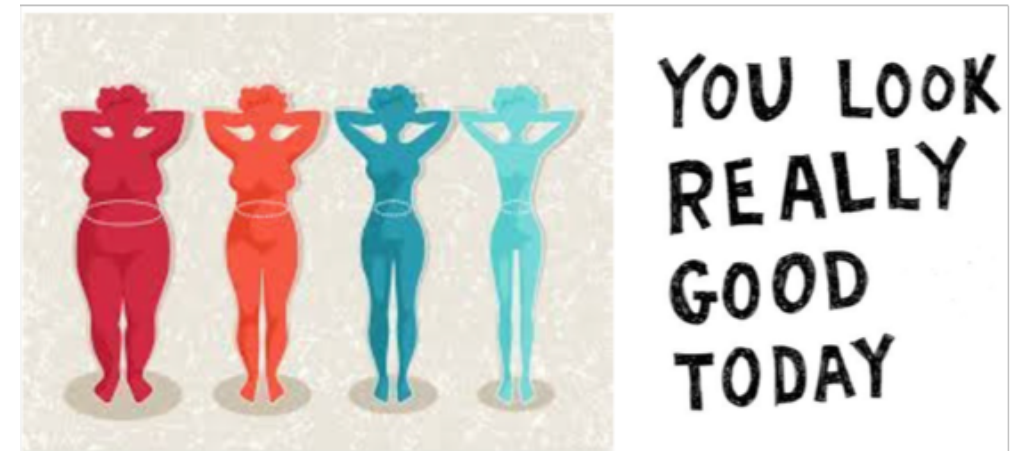


Honor Your Feelings Without Using Food



- Loneliness, anxiety, etc. are normal feelings. Learn to cope with them without using food.
- Food is not a long-term solution to our feelings.

- Accept your size. Stop being overly critical about your body shape or size.
- Respect your body so that you can feel comfortable about who you are.
- Find things you like about yourself (like your eyes). Give yourself a compliment!



Respect Your Body





Exercise – Feel the Difference

- Instead of focusing on the calorie-burning effect of intense exercise, focus on what makes you feel good.
- Exercising and moving because it feels good is a lot more motivating than exercising to lose weight.



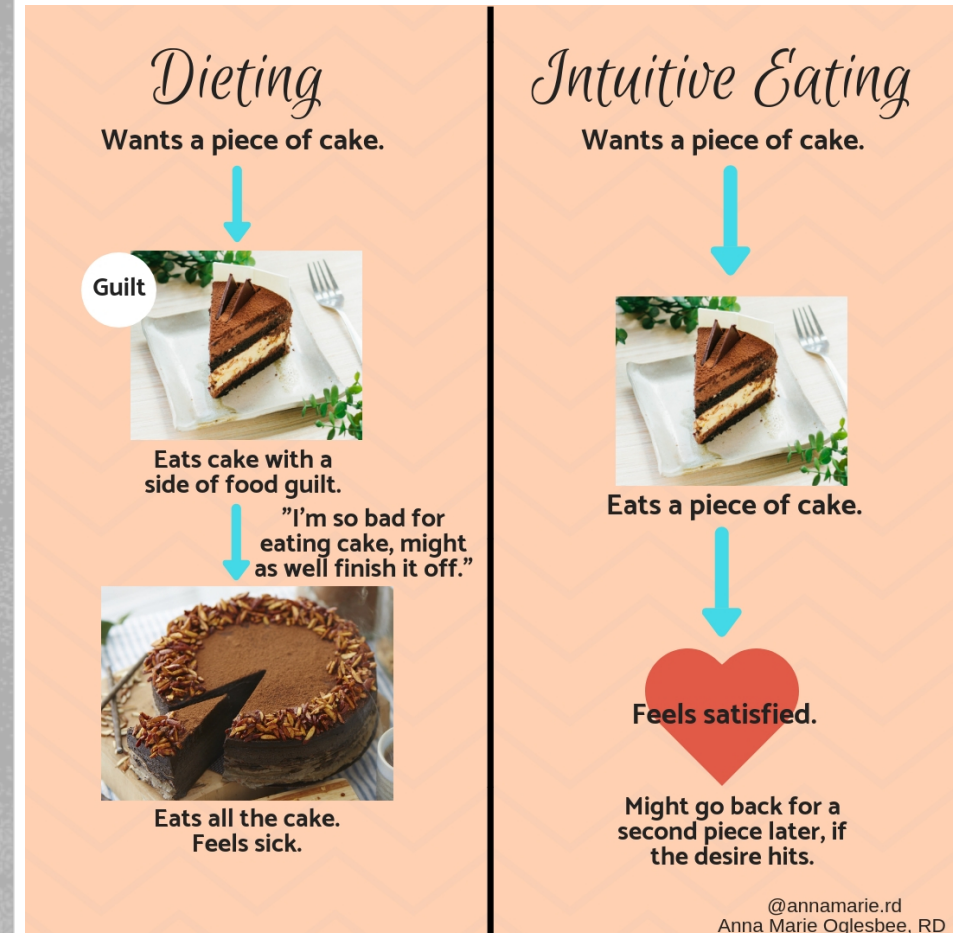
- Gentle nutrition – Apply your nutrition knowledge!
- You don't have to eat perfect for every meal to be healthy, but remember that long-term eating is what matters.
- Remember what foods make you feel the best and make food decisions based on this.

Honor Your Health



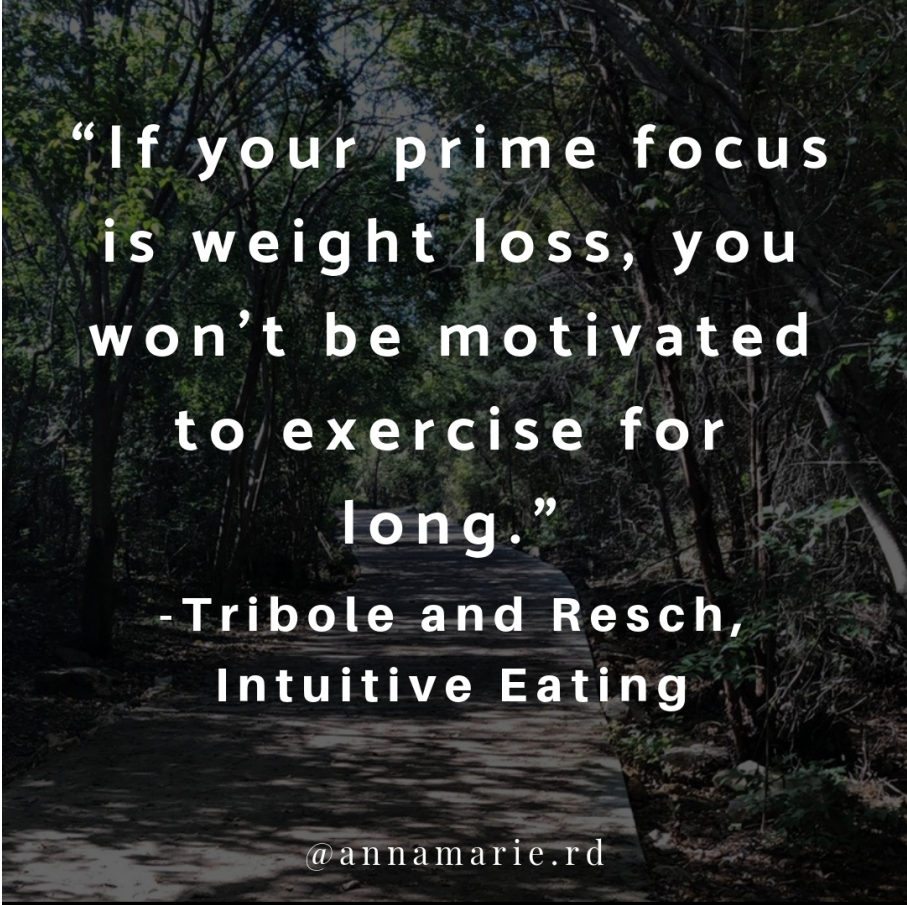
How to Share Intuitive Eating Principles with Clients:

- Are they stuck in the dieting mentality?
- Explain the hunger/fullness scale. Tell your clients that they are the expert on their own body (not you).
- Remove the good food/bad food labels. Food is food.
- Model a positive relationship with food and your body. Implement intuitive eating yourself.
- Stay within your scope of practice.



Life-Enhancing Movement

- Always ask: What is your motivation for movement?
- Compensatory vs. joyful movement.
- How do you define “life-enhancing movement”?



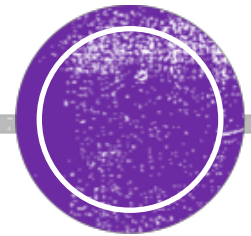
“If your prime focus
is weight loss, you
won’t be motivated
to exercise for
long.”

-Tribole and Resch,
Intuitive Eating

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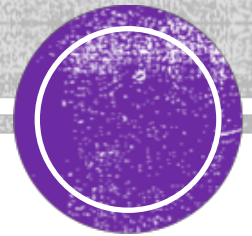


**“HAES® is not anti
weight loss.
It is anti the pursuit
of weight loss.”
-Deb Burgard**





**Create
behavior
goals, not
weight goals!**



Resources

Health at Every Size

- *Body Respect: What Conventional Health Books Get Wrong, Leave Out, and Just Plain Fail to Understand about Weight.* By Linda Bacon and Lucy Aphramor.
 - <https://amzn.to/2GUuGlc>
- *Health At Every Size: The Surprising Truth About Your Weight.* By Linda Bacon.
 - <https://amzn.to/2EWOZMJ>

Intuitive Eating

- *Intuitive Eating: A Revolutionary Program That Works.* By Evelyn Tribole and Elyse Resch.
 - <https://amzn.to/2rZCnfn>
- *The Intuitive Eating Workbook: Ten Principles for Nourishing a Healthy Relationship with Food*
 - <https://amzn.to/2RonYaV>
- <http://www.elyseresch.com>
- <https://www.evelyntribole.com>
- <https://www.intuitiveeating.org>

Podcasts

- The Love Food Podcast – Julie Duffy Dillon, RD
- Food Psych Podcast – Christy Harrison, MPH, RD, LD
- Body Kindness – Rebecca Scritchfield, RDN



Sources

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- Wing, R. R., & Phelan, S. (2005). Long-term weight loss maintenance. *The American Journal of Clinical Nutrition*, 82(1 Suppl), 222S– 225S. Retrieved from <http://www.ncbi.nlm.nih.gov/pubmed/16002825>





Instagram: [@annamarie.rd](#)



Website: annamarierd.com



Email:
amoglesbee@utexas.edu

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