

SEPARATING EXERCISE & EATING

"Nothing tastes as good as being fit feels."

"One more mile and the cake is history."

"It's hard to diet when your favorite exercise is chewing."

What message does this send?

PRIORITIZE MENTAL HEALTH

Make the primary purpose of movement mental, not physical. Let go of all other ultimatums, goals, or results. This can fuel long-term motivation to stay active.

FOCUS ON FUNCTION

Are you stronger? Can you do your everyday activities with more ease? If you focus on function, instead of numbers, you may find yourself open to more movement options.

MOVE IN WAYS YOU ENJOY

Ignore advice about how you "should" be working out. Focus on what is fun, doable, and feels good to your body. If you don't enjoy it, you won't stick with it. Full stop.

COUNT WHAT MATTERS

Stop weighing yourself and counting calories. Track more meaningful things like your mood, your energy, your sleep, or how much water you drink.

RETHINK SOCIAL MEDIA

Stop following people who reinforce diet culture. Instead, follow accounts that celebrate movement and body diversity.

BE PATIENT

Know that it might take time to untangle exercise and eating. And be prepared for stalls or setbacks as you work to retrain your thinking patterns.

“IF WE’RE JUST EXERCISING TO ‘BURN’ OR ‘EARN’ OUR FOOD, WE’RE GOING TO BE LEFT DEPLETED, BOTH PHYSICALLY AND MENTALLY. THINK ABOUT IT LIKE THIS: WE NEED TO EAT TO MOVE, NOT MOVE TO EAT.”

- JESSI HAGGERTY, REGISTERED DIETITIAN