

SEPARATING FOOD AND FITNESS

"Nothing tastes as good as being fit feels."

"One more mile and the cake is history."

"I run because I really like to eat."

What message does this send?

RETHINK SOCIAL MEDIA

Stop following people who reinforce diet culture. Instead, follow accounts that celebrate bodies and achievements at all shapes, sizes, ages and abilities

COUNT WHAT MATTERS

"What gets measured gets managed."
So instead of measuring calories consumed and calories burned, try measuring things like mood, energy and sleep quality.

REEVALUATE THE SCALE

If and how often to use the scale is a personal decision. But if you find the scale does you more harm than good, give it a rest.

MOVE IN WAYS YOU ENJOY

Ignore advice about how you "should" be moving. 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.

FOCUS ON FUNCTION

Are you stronger? Do you have more endurance? Can you do your everyday activities with more ease? Noticing and appreciating these things is what will keep you going in the long run.

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