

## **Session Title: *Health at Every Size®: The New Peace Movement***

### **Session Description:**

The five basic tenets of Health at Every Size (HAES) are health enhancement, size and self-acceptance, the pleasure of eating well, the joy of movement and an end to weight bias. Using a combination of therapeutic approaches, including mindfulness, self-compassion, and intuitive eating, HAES can strengthen an individual's commitment to their health and wellness by focusing on quality of life and self-care instead of dieting for cosmetic reasons. Research has shown that lasting behavioral change and movement toward a natural weight range is much more likely to occur through 'self-care,' rather than through the self-loathing, body dissatisfaction and fear that motivates people to diet. In this four-hour workshop, Dana Sturtevant, MS, RD and Hilary Kinavey, MS, LPC of Be Nourished will review the philosophical approach of HAES, discuss research findings, and explore the practical application of HAES in a clinical setting.

### **Objectives:**

At the end of the session attendees will be able to:

- Describe the tenets of Health at Every Size
- Understand the physical and emotional consequences of weight bias in our culture
- Explain research findings that are central to HAES
- Discuss the Tenets of HAES in a clinical setting

### **Outline:**

1. The Tenets of Health at Every Size (HAES)?
2. Why shift to a HAES paradigm?
3. What the research is showing
4. Practical applications of HAES

### **Bibliography:**

- Health at Every Size by Linda Bacon
- Intuitive Eating by Evelyn Tribole and Elyse Resch
- Bacon, L., & Aphramor, L. (2011). Weight science: evaluating the evidence for a paradigm shift. *Nutrition Journal*, 109.

**About the presenters:** In 2005, Dana and Hilary started facilitating groups to help women let go of food/weight obsession. Realizing they shared a similar approach and philosophy regarding food, weight, body image, and health - one directly counter to that of conventional institutional paradigms, the two decided to merge their practices to create a partnership that would offer a revolutionary approach to women seeking answers regarding eating disorders, weight loss, exercise, and nutrition. For more information about Be Nourished, visit [www.benourished.org](http://www.benourished.org).