



WIN Wyoming educates people to respect body-size diversity and to enjoy the benefits of active living, pleasurable and healthful eating and positive self-image.

Principles of Body-Size Diversity and Size Acceptance



- Celebrate--as a positive characteristic of the human race--the fact that human beings come in a variety of sizes and shapes.
- Recognize that people of all sizes and shapes can reduce their risk of poor health by adopting a healthy lifestyle.
- Accept that there is no ideal body size, shape or weight that every individual should strive to achieve.
- Help people feel good about their bodies and about who they are. This helps motivate and maintain healthy behaviors because self-esteem and body image are strongly linked.
- Recognize that each person is responsible for taking care of his/her own body.
- Define good health as a state of physical, mental, social, and spiritual well-being, not as a function of body size.



Principles of Active Living

- Enjoy and value physical activities as part of your daily lifestyle.
- Participate for the joy of feeling your body move.
- Play every day.



Principles of Pleasurable and Healthful Eating

- Honor the gift of food.
- Take pleasure in eating.
- Follow the principles of the Food Guide Pyramid (variety, moderation, proportionality) to meet the body's energy and nutrient needs.
- Take control of eating by listening to your hunger cues.



Principles of Positive Self-Image

- Recognize and accept that healthy bodies come in a range of ages shapes and sizes.
- Identify your strengths and abilities and build on your assets.
- Challenge your own size prejudice beliefs.
- Be critical of messages that focus on unrealistic body images as symbols of success and happiness.
- Take time for yourself every day.

