

Weight and health behaviours

Can changes improve health if weight stays the same?	Dietary quality	Physical activity	Tuning in (mindfulness)
Heart disease	✓	✓	✓
Diabetes	✓	✓	✓
Blood pressure	✓	✓	✓
Arthritis	✓	✓	✓

What influences adult weight?

- Genetics
- Set point
- Maternal nutrition
- Living environment
- Dieting history
- Medication

Well Now in a nutshell

The Well Now way promotes:

- Respect and social justice
- Compassion and acceptance
- Healthy and pleasurable eating
- Enjoyable physical activity
- Body awareness
- Scientific and ethical healthcare practice

The magic biscuit...



Everyday Eating with Well Now

- Listening to your body
- Legitimising food so that no foods are off limits
- Recognising that food and eating meet a range of needs
- Responding to body signals - probably eating three times a day or more

Self acceptance and wellbeing

When we learn to value ourselves as we are right now, we start to look after ourselves and make changes that help us to feel better. This improves our health, sense of wellbeing and quality of life.

Health is not defined by body size but has more to do with developing healthy relationships and living in fair societies. This fosters self-care (and equality) and promotes our physical, mental and social wellbeing.