



No Weigh!

A Declaration of Independence from a Weight-Obsessed World

I, the undersigned, do hereby declare that from this day forward I will choose to live my life by the following tenets. In so doing, I declare myself free and independent from the pressures and constraints of a weight-obsessed world.

- ★ I will accept my body in its natural shape and size.
- ★ I will celebrate all that my body can do for me each day.
- ★ I will treat my body with respect, giving it enough rest, fueling it with a variety of foods, exercising it moderately, and listening to what it needs.
- ★ I will choose to resist our society's pressures to judge myself and other people on physical characteristics like body weight, shape, or size. I will respect people based on the qualities of their character and the impact of their accomplishments.
- ★ I will refuse to deny my body of valuable nutrients by dieting or using weight loss products.
- ★ I will avoid categorizing foods as either "good" or "bad." I will not associate guilt or shame with eating certain foods. Instead, I will nourish my body with a balance of foods, listening and responding to what it needs.
- ★ I will not use food to mask my emotional needs.
- ★ I will not avoid participating in activities that I enjoy (i.e., swimming, dancing, enjoying a meal) simply because I am self-conscious about the way my body looks. I will recognize that I have the right to enjoy any activities regardless of my body shape or size.
- ★ I will believe that my self-esteem and identity come from within!

Signature

Date

