

CONTACT US

Please call us at **204-947-1517**

or visit us at

www.womenshealthclinic.org

for more information on
our free services:

Counselling for adult women & teens

Nutrition counselling with a dietitian

Medical consultation with a doctor
or nurse

Provincial Eating Disorder Prevention &
Recovery Program



WORRIED
ABOUT YOUR
WEIGHT?



women's
health clinic



204-947-1517
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WHY BE CONCERNED?

WEIGHT LOSS

DIETS DON'T WORK & MAY HARM YOUR HEALTH

If you have ever lost weight and gained it all back, it's not your fault.

This is human biology at work.

Dieting can lead to physical and mental health concerns and eating disorders.

FEELING UNHAPPY WITH OUR BODIES

CAN LEAD US TO:

THINK or **WORRY** a lot about food and dieting

AVOID activities and social situations

FEAR gaining weight

FEEL GUILT or **SHAME** about eating

EXERCISE excessively

BINGE eat

STARVE ourselves

WE FEEL BETTER

WHEN WE:

ACCEPT that healthy and beautiful bodies come in all shapes and sizes.

RECOGNIZE and **APPRECIATE** all of the amazing things our bodies do for us.

BECOME critical viewers of the media and avoid media messages that make us feel badly. Seek or create more positive media.

BEFRIEND our bodies. Notice our own self-talk; try to speak gently to ourselves as we would a friend.

SURROUND ourselves with positive people who support and encourage us to be kind to ourselves.

KEEP a list of things we like about ourselves not related to weight or appearance. Refer to it often.

CARE for our bodies - take a soothing bath, have a nap, take a relaxing walk in nature.

MOVE our bodies in ways that are fun and energizing.

EAT regularly throughout the day. Our bodies need fuel to have energy to do the things we want to do.

LISTEN to our bodies and eat for nourishment and pleasure.

FIND interests other than how we look; focus on ideas and activities that make us feel good in body, mind, and spirit.

WOMEN'S HEALTH CLINIC
CAN HELP.

Research shows that people can be healthy at a variety of weights, shapes and sizes.

We encourage and support people to develop a healthy body image and peaceful relationship with food.

We don't focus on weight.