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## TOP 10 REASONS TO GIVE UP DIETING

### **#10 DIETS DON'T WORK.**

Most people who lose weight through dieting gain it all back ...and more.

### **#9 DIETS ARE EXPENSIVE.**

Most special diet products are priced higher than simple healthy foods and snacks.

### **#8 DIETS ARE BORING.**

When you are dieting, thoughts of food constantly interfere with your day to day life.

### **#7 DIETS DON'T NECESSARILY IMPROVE YOUR HEALTH.**

Dieting can actually cause health problems. A healthy, well balanced eating plan is more beneficial.

### **#6 DIETS DON'T MAKE YOU BEAUTIFUL.**

You don't have to be thin to be attractive. Most women do not look like models.

### **#5 DIETS ARE NOT SEXY.**

Healthy is sexy. Taking care of your body and appearance will make you feel and look your best.

### **#4 DIETS CAN TURN IN TO EATING DISORDERS.**

An obsession with being thin can lead to anorexia, bulimia, bingeing and compulsive exercise.

### **#3 DIETS CAN MAKE YOU AFRAID OF FOOD.**

Eating gives us nourishment, comfort and pleasure and dieting can make food seem like the enemy.

### **#2 DIETS CAN ROB YOU OF ENERGY.**

In order to lead a full and active life, your body needs good nutritious fuel to keep you going.

### **#1 LEARNING TO LOVE AND ACCEPT YOURSELF JUST AS YOU ARE WILL GIVE YOU SELF-CONFIDENCE, BETTER HEALTH AND A SENSE OF WELLBEING THAT WILL LAST A LIFETIME.**

Adapted from: 1996 Council on Size and Weight Discrimination Inc. Eating Disorders Action Group

