Healthy Eating & Exercise

• **Health At Every Size®** or HAES® supports people in adopting health habits for the sake of health and well-being (rather than weight control).

• HAES® encourages:
  
  • Eating in a flexible manner that values pleasure and honors internal cues of hunger, satiety, and appetite.
  • Finding the joy in moving one’s body and becoming more physically vital.
  • Accepting and respecting the natural diversity of body sizes and shapes.

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The Problem with Diets...

• Diets force us to listen to **external cues** (calories, portion sizes, rules, clock) and ignore our **internal cues** (hunger, cravings, satisfaction).

• We get caught in a cycle of food deprivation and binge-eating that can ultimately lead to weight gain.

• We obsess about food and the eating experience becomes less enjoyable.
THE VICIOUS DIET CYCLE

DIET

FEAST RESPONSE

- Reduced metabolic rate
- Loss of muscle
- Regain weight from fat

FALL OFF

OVERWEIGHT

INCREASE IN CALORIES

DECREASE IN CALORIES

FAMINE RESPONSE

- Lose weight from lean muscle and fat
- Reduced metabolic rate
- Increase in fat storage

REPEAT
Intuitive Eating

Journal as you follow. Each day builds upon the last.

Day 1
Begin using Mindfulness (non-judgmental awareness or noticing) throughout your day.
Practice noticing what you are thinking & feeling—without judging.

Day 2
Start paying attention to how your body feels after each meal...
Take good notes—if you find your mind judging—let it go~

Day 3
Before you eat, ask yourself “Am I Hungry?”
Check your hunger level on a scale of 0 (starving) to 10 (stuffed). How do you feel at 2-3 on the scale? What does 5-6 feel like?

Day 4
Try eating when you are at a 2-3 (hungry) on the hunger scale.
What does it feel like?

Day 5
How is the Mindfulness going?
What are you aware of?
Are you able to let go of judgment and be gentle with yourself?

Day 6
Try to stop eating when you reach 5 or 6 (comfortably full) on the hunger scale.
What does that bring up?

Day 7
What happens when you eat at 0 or 1? Or at 4 or 5?
What happens when you stop at 7-10?
Noticing is powerful~

Day 8
As you reflect on the week, what do you notice?
What is surprising?
What challenges you?

Day 9
Don’t make intuitive eating a diet...It’s a guide for feeling better when you’re done eating than when you started...
Make room for all the eating you do and pay attention~

www.CamrinRoss.com
The Hunger Scale

- You don’t want to get too hungry or too full. Aim to stay between 3 and 7.

- Have healthy snacks on hand for when you get hungry.

- Eat slowly and mindfully. Stop when you feel satisfied.
INTUITIVE EATING
- Eat when you’re hungry.
- Stop eating when you’re satisfied.
- Eat things that make you feel good.
- Move your body.
- Trust yourself.

Move your body; Make it fun!
Benefits of Exercise

Physical
- Better health, improved quality of life, improved fitness, better posture, better balance, sleep better, fight off illnesses better, stronger muscles, stronger bones, stronger heart

Mental
- Helps reduce and prevent stress, manage depression, reduce anxiety, increase cognitive functioning, increase mental alertness, feel more energetic, relaxation

Emotional
- Increase feelings of happiness, positive mood and affect, increase feelings of self-worth, better self-esteem, build confidence, increase feelings of success, lower tension, lower anger

Social
- Social integration, meet new people, build social skills, strengthen relationships, enjoy others’ company, increase family time, build new friendships
“Exercise is for health and vitality... 
...Not for earning the right to eat.”

-Michelle May M.D.
Resources

• **Gannett website:** For more information and support around healthy eating, visit [www.gannett.cornell.edu](http://www.gannett.cornell.edu) and type “nutrition and healthy eating” into the search bar.

• **Cornell Healthy Eating Program (CHEP):** The Cornell Health Eating Program (CHEP) provides high quality, integrated nutrition, medical, and psychological services under one roof at Gannett to work with nutrition as well as eating problems of undergraduate and graduate students in the Cornell community; 607 255-5155.

• **Cornell Dining:** Managers, a dietitian, and chefs can answer questions about food, special diets and meal planning at the campus dining halls. Ask at the dining halls or contact Cornell Dining at 201 Robert Purcell Community Center; 607 255-8582.

• **EARS (Empathy Assistance and Referral Service):** Cornell students provide walk-in and telephone peer counseling and referral service, as well as outreach programs on request. Contact EARS at 211 Willard Straight Hall; 607 255-EARS.

• **Cornell Fitness Centers:** Nutrition analysis and classes are available for students who are members.

• **Cornell Outdoor Education:** Hiking, biking, paddling, camping and backpacking, caving, rock climbing, trail running, tree climbing; personal growth