

Thinness & Weight DOES NOT equal Health & Wellness?

It can be tricky to resist succumbing to the diet mindset. Throughout most of our lives, many women have been led to believe that we are always supposed to be trying to lose weight. Many of us (myself included) grew up receiving very strong messages from family, friends, and society that dieting is simply what women are supposed to do.

We're told that we should always be watching our weight, choosing foods that are the lowest in calories, wearing clothes that make us look slimmer, and learning as many "tips and tricks" as possible to help us eat less so that we can be less.

It's as if constantly working on shrinking is a basic requirement of being a woman.

Additionally, the diet mindset that is so pervasive in our culture has caused so many women to consider food solely in terms of their caloric and macronutrient values, which steals so much joy from the experience of eating. Food is nourishment, of course, but it's so much more than that. Food is an integral part of celebration, connection, community, and culture.

But I've since begun to wonder how we all swallowed this narrative. And more importantly, why we've chosen to accept it while ignoring the obvious other side of the coin: If there exists a small woman who doesn't gain or lose weight "no matter what," it stands to reason that there are larger women who don't, either.

Socioeconomic factors aside, genetic variations in metabolism, resting heart rate, a "hunger hormone" called leptin, and a number of other factors contribute to someone's ability to lose or put on weight easily. Natural thinness, it turns out, is just the luck of the draw. Just as some people are short, others are tall, some have smaller bodies and others have bigger ones. Genetics and social determinants of health play a much bigger role in body size and health.

As a culture, we continue to equate thinness with wellness and weight loss with effort.

Thin = healthy, fat = unhealthy. Losing weight = accomplishment, gaining weight = laziness.

First of all: let's be clear about what the word healthy even means. To put it short: health is more than what we put in our mouth—many factors of one's health status relates to elements out of their control while other elements are within the sphere of influence.

We still believe this on a base level despite the fact that it's disproven time and time again. Sure, weight loss can be a byproduct of adopting a healthy lifestyle, but it's not necessarily an indicator of one. Perhaps even more dangerous is the myth that being thin equates not only to being healthy but also to being happy.

Because what is conventionally thin or skinny in our society actually isn't healthy for a lot of people. Because being healthy has way more to do with our behaviors than with the size of our jeans.

And most importantly, because thinness does not equal happiness. For some, it equals food and body preoccupation, self-hatred, and disordered eating. So basically, the opposite of peace and happiness—and not at all what we want for our daughters, our girlfriends or ourselves.

We've all heard it before...The BODY achieves what the MIND believes...Your BODY is a strong machine, but you have to fuel it with a powerful MIND...Your fitness is 100% MENTAL. Your BODY won't go where your MIND doesn't push it...Your BODY can withstand just about anything, it's your MIND you have to convince... Your BODY hears everything your MIND says – so stay positive...Work on your MIND as much as your BODY!

MINDSET

You cannot look at a person and know whether or not they're in good health.

You know nothing about their eating patterns, exercise, stress or anything other health-related behavior by the way they appear.

Skinny does not = Healthy

Healthy does not = Beautiful

Beautiful does not = Happy



We are obsessed with thinness. We're constantly sold that thinness equals happiness...

Thinness does not equal happiness!



Workout of the Week

Step 1: Show up for your health.

Whatever you want to achieve you need to show up first.

Want to go to bed earlier? Show up at your bedtime.

Want to eat healthier? Show up in your kitchen ready to prepare a meal.

Want to exercise more? Show up with your gym clothes, ready to exercise or take a run.

Show up for the first time, starting to upgrade your health.

Step 2: Notice your fixed mindset when it comes to your health.

Have you ever noticed that voice in your head, when you started exercising or cooking, that tells you “You can’t do this, you can’t do that, you’re just born this way, just accept it?” That’s your fixed mindset. Every time you try to eat healthier or start exercising the voice is telling you to stop to avoid failure. Notice this voice in your head.

Step 3: Realize that failure is an opportunity to grow, not a reason to give up.

Oftentimes that voice in your head want to prevent you from failure, because it thinks failure is bad. Instead, every time that voice comes up think about failure as an opportunity to grow. Everybody experiences failure, it’s how you deal with it that makes you stand out.

Couldn’t go to bed earlier? Think about what you can do better. Maybe don’t watch TV in the evening.

You can’t do 10 pushups? Start with one, but make sure to show up again!

You might have failed, but that’s not a reason to give up.

Step 4: Show up consistently.

When showing up consistently big results will happen, but don’t focus on them. Focus on the process instead.

Instead of thinking about how much weight you have to lose, focus on healthy eating every day.

Instead of thinking about how you run a marathon, focus on showing up for running consistently.

Your fixed mindset is preventing you back from getting healthy. Don’t let it do that. Develop a growth mindset. This isn’t limited to your health but can be applied to all areas of your life.

Your
strongest
muscle & worst
enemy is
your mind.
Train it well.

Sweet Potato, Avocado and Black Bean Tacos

Ingredients

1 3/4 lb. sweet potatoes, scrubbed and cut into 1/2" chunks

1 tbsp. olive oil

1 tsp. chili powder

1 can (15 oz.) no-salt-added black beans, rinsed and drained

1/2 c. salsa verde

1 avocado, thinly sliced

8 corn tortillas

1/4 c. crumbled cotija or feta cheese

Cilantro, for garnish

Directions

Toss sweet potatoes with olive oil, chili powder and 1/2 teaspoon salt. Arrange on large rimmed baking sheet; roast 30 minutes in 450°F oven.

In saucepan, combine black beans with salsa verde; cook on medium until warm, stirring.

Serve sweet potatoes and beans with avocado, corn tortillas, cotija or feta cheese and cilantro.

Nutritional information (4 serv/per serving): About 465 cal, 13g protein, 70g carbs, 16g fat.

