



Every Body is Different

It is important to remember that **every body is different**. We all have different genetics. Even if everyone started eating the same things and did the same amount of exercise for a whole year, we would **not** all look the same at the end of the year. **This is because each person's genetics influence their bone structure, body size, shape, and weight differently.**

So, how can you calculate your ideal body weight? Well, your "ideal" body weight is the weight that allows you to feel strong and energetic and lets you lead a healthy, normal life. For example, when your body is healthy and at its ideal body weight, you are not too tired, too easily frustrated, too anxious or angry, and you have the energy to talk to your friends, participate in sports, and concentrate on school or work. When searching for your ideal weight, don't rely on charts, formulas, and tables to dictate what's right for you. Instead, **eat balanced meals full of nutritious foods and enjoy regular, moderate exercise.** This will help you be your ideal weight.

Most of all, **avoid comparing** your body with your friends' bodies or the people you see in advertisements or on your favorite TV shows. If you do start to compare yourself to others, try to remember that we are all naturally different which means we all have special qualities about us. **Make a list of some of your strengths.** What do you like to do? What makes you unique?

To make it simple, remember these keys to an ideal body:	
☞ Treat your body with respect.	☞ Give it enough rest.
☞ Fuel it with a variety of foods.	☞ Exercise moderately.
And...	
☞ Resist the pressure to judge yourself and others based on weight, shape, or size.	☞ Respect people based on the qualities of their character and accomplishments, rather than just because of their appearance.

Eat what you want, When you are truly hungry. Stop when you're full. And eat exactly what appeals to you. Do this instead of any diet, and you're likely to maintain a healthy weight and avoid eating disorders.

Listen To Your Body

For more information, contact the National Eating Disorders Association at 603 Stewart St., Suite 803, Seattle, WA 98101
Information and Referral Helpline: 800-931-2237 or www.NationalEatingDisorders.org

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