

Succeeding at adopting and maintaining a healthy lifestyle has nothing to do with your self-worth, yet diet culture in America perpetuates this concept. Use these tips to break free from shame and build yourself UP as you discover your best self.

# DITCH THE DIET MENTALITY



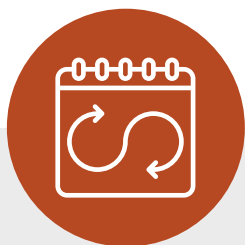
Honor Your Hunger



Focus on Fueling the Body



Break Up with Shame



Foster Flexibility



Don't Label "Good" & "Bad" Foods



Don't Ax Whole Food Groups



Move for the Joy of it



Feel Your Fullness



Respect & Thank Your Body

**Don't let the Diet Mentality sap your energy. Focus on wellbeing & what foods make you FEEL good.**

Step forward with a body-positive approach to healthy eating, making peace with food and breaking away from shame-based decision making. Intuitive eating concepts can help you foster a balanced relationship with food, ultimately leading you toward a more sustainable healthier future. This topic is complex, and if you find exploring the concepts further with a mental health professional would be helpful, reach out to your workplace EAP for guidance.