

Embrace Body Diversity!

Didja know?

- ...over 70% of women report dissatisfaction with their bodies?
- ...95-98% of diets fail?
- ...yo-yo dieting puts an enormous strain on your heart?
- ...the weight loss industry makes over \$40 billion annually?
- ...the average American woman is 5'4," weighs 145 pounds, and is a size 14? The average man weighs 180 and is 5'9."
- ...people have a better chance of surviving cancer than of successfully keeping off lost weight?

Some of the benefits of fat:

1. Various studies have found that people 20-40% over the weight charts live the longest.
2. Fat fills in wrinkles (although wrinkles can be sexy, too!) and provides us with fabulous curves.
3. Fat folks have lowered incidence of the following: premenopausal breast, stomach, lung, and colon cancers.
4. Fat cushions our bodies, keeps us warm, and provides a comfy place for pets, kids, and other loved ones to snuggle .
5. Sammo Hung, Kathy Bates, Mo'Nique: You're in good company!

Don't change your body. Learn to love it!

Sources: 1. Campos, P. 2004. *The Diet Myth*; 2. Fraser, L. 1997. *Losing It*; 3. Gingras, J., et. al. 2004. Body Image of Chronic Dieters: Lowered appearance evaluation and body satisfaction, *JADA* 104:1589-1592 (Oct); 4. Wann, M. 1998. *Fat!So?*; 5. *National Association to Advance Fat Acceptance website (www.naafa.org)*

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