

BODY VITALITY



Week by Week

~~Week 1: Overview of the Program~~

~~Week 2: Food, Mood & Cravings-I~~

~~Week 3: Food, Mood & Cravings-II~~

~~Week 4: Weight Worries-I~~

~~Week 5: Weight Worries-II~~

Week 6-7: Body Image

Week 8: Social & Family Sabotage

Week 9: Resistance To Change

Week 10: Healthy Food Choices

Week 11: Healthy Exercise Choices

Week 12: Healthy Habits

Themes

- The trap of dieting
- Obsessing about weight
- Reward eating
- Judgments of self
- Sleep and weight



Body Labels

Society can idealise unnatural thinness and stigmatise fatness. For example:

- Unhelpful body labels
- Thin ideal messages
- Judgements about parts you don't like
- Unhelpful body image avoidance rituals

Negative Body Image

- Associated with psychological distress (Darby et. al., 2007)
- Reduces quality of life (Cash & Fleming, 2002)
- Key factor in eating disorders, such as Anorexia Nervosa, Bulimia Nervosa, and Binge Eating Disorder (DSM-V)
- Being a higher body weight (Darby et. al., 2007)
- Dieting (Kong, et. al, 2013), overeating (Major et. al, 2014), and avoidance of exercise (Vartanian & Novak, 2011)
- Less weight loss (Teixeira et. al., 2002)
- Weight regain after weight loss (Byrne, Cooper, & Fairburn, 2003)
- Weight fluctuation over time (Thomas, 1991)

Negative Body Image

- Fat
- Lazy
- Slob
- Pig
- Cow
- Stupid
- Pathetic

The Ideal Thin



Negative Body Image

- Your weight, shape, or size
- An area of your body (e.g., torso or legs)
- A specific part of your body (e.g., upper arms or thighs)
- A specific part of your face or head (e.g., eyes or hair)
- Something else about your appearance (e.g., posture or clothing)



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