

Health at Every Size

The Health at Every Size (HAES) approach supports a “holistic” view of health that promotes feeling good about oneself; eating well in a natural, relaxed way; and being comfortably active. The basic conceptual framework of this approach includes acceptance of the:

- Natural diversity in body shape and size
- Ineffectiveness and dangers of dieting for weight loss
- Importance of relaxed eating in response to internal cues
- Critical contribution of social emotional, and spiritual and well as physical factors to health and happiness

The following list outlines the major principles for helping people with eating and weight-related struggles from the HAES perspective:

1. Total health and well-being rather than weight loss or achieving a specific “ideal weight”
2. Self-acceptance and respect for the diversity of bodies that come in a wide variety of shapes and sizes, rather than the pursuit of an idealized weight at all costs
3. The pleasure of eating well, based on internal cues of hunger and satiety, rather than on external food plan or diets.
4. The joy of movement, encouraging all physical activities rather than prescribing a specific routine of regimented exercise.