

## Principle 8: Respect Your Body

“Accept your genetic blueprint for weight and size. Just as a person with a shoe size of eight would not expect to realistically squeeze into a size six, it is equally as futile (and uncomfortable) to have the same expectation with body size. But mostly, respect your body so that you can feel better about who you are. It’s hard to reject diet culture if you are unrealistic and critical about your body size or shape”. (Tribole and Resch, 2025)



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# “Respect” rather than “acceptance” or “positivity”



“My body deserves to be fed.”

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“My body deserves to be treated with dignity.”

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“My body deserves to be dressed comfortably and in a style I like.”

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“My body deserves to be touched affectionately, with my consent and respect.”

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“My body deserves to move comfortably, to the extent it is possible.”

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Tribole and Resch, 2020

# Respect Your Body



- ✓ Get rid of body-assessment tools (scale, measurements). Stop body bashing (acknowledging what your body allows you to do rather than how it looks).
- ✓ Respect body diversity, especially yours.
- ✓ Do nice things for your body, treat your body with kindness.
- ✓ Learn about the history of the BMI and how it is problematic.

Summarized from *Intuitive Eating*, 4<sup>th</sup> edition. *Tribole and Resch, 2020*



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# Weight Stigma

Other terms: “fatphobia”, “anti-fat bias”

“Weight stigma is a form of prejudice and stereotyping...” “...intersectionality of marginalized groups who are also stigmatized, which include but are not limited to: disability, skin color, gender, sexual identity, age, and race” (Tribole and Resch, 2020).



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# Health at Every Size<sup>®</sup> Principles

Healthcare is a human right for people of all sizes, including those at the highest end of the size spectrum.

Wellbeing, care, and healing are resources that are both collective and deeply personal.

Care is fully provided only when free from anti-fat bias and offered with people of all sizes in mind.

Health is a sociopolitical construct that reflects the values of society.

<https://asdah.org/haes/>