

## Prevention

### ■ Healthy Behaviors

- Focus more on health, less on weight
  - Healthy, but not perfect eating patterns and food choices
  - Never diet
  - Establish family meals
  - Be physically active for health and fun, not as a method of weight loss
- Develop an approach to wellness that reflects the whole person- mind, body and spirit

### ■ Body Love and Self Acceptance

- Accept your body's genetic predisposition
- Develop an identity that goes beyond physical appearance
- Teach your kids that diversity in physical attributes and abilities should be accepted, respected and valued
- Fight society's attitudes about weight.