

Every Body is Different



National Eating Disorders Association

It is important to remember that every body is different. We all have different genetic and cultural traits. Even if everyone started eating the same things and did the same amount of exercise for a whole year, we would not all look the same at the end of the year. This is because each person's genetic inheritance influences their bone structure, body size, shape, and weight differently.

So, how can you determine your ideal body weight? Well, your "ideal" body weight is the weight that allows you to feel strong and energetic and lets you lead a healthy, normal life. For example, when your body is healthy and at its ideal body weight, you are not too tired and you have the energy to interact with friends and family, participate in sports, and concentrate on school or work. While being overweight can be associated with adverse medical conditions, your body weight can be healthy across a wide range of weights. When searching for your ideal weight, charts, formulas, and tables may be misleading and should be used under the guidance of a qualified expert. Focusing on eating balanced meals of nutritious foods and enjoying regular physical activity will help you to achieve balance and arrive at your ideal weight. Consult a qualified expert in medicine and nutrition for more information.

Most of all, avoid comparing your body with your friends' bodies or the people you see in advertisements or on your favorite TV shows. If you compare yourself to others, try to remember that we are all naturally different, which means we all have special qualities. Make a list of some of your strengths. What do you like to do? What makes you unique?

Choose a variety of foods that contribute to a healthy diet, and eat when you are truly hungry. Stop when you're full.

Eat what appeals to you. Do this instead of any diet, and you're likely to maintain a healthy weight and avoid eating disorders.

To make it simple, remember these keys to an ideal body:	
↔ Treat your body with respect.	↔ Give it enough rest.
↔ Fuel it with a variety of foods.	↔ Exercise moderately.
↔ Resist the pressure to judge yourself and others based on weight, shape, or size.	↔ Respect people based on the qualities of their character and accomplishments, rather than just because of their appearance.