

POSITIVE RELATIONSHIPS WITH FOOD AND ACTIVITY

The Way You Label Food Matters

Labeling foods as "good" or "bad" assigns morality to food and by extension the people who choose to eat those foods. Alternatively, labeling foods as "nutrient-dense" or "nutrient-poor" emphasizes how well a food provides for your nutritional needs.

Every Food Serves A Purpose

The key to a balanced diet is eating for both hunger and pleasure. Some foods provide essential nutrients to your body, while others bring pleasure or encourage social interaction. Each of these is a crucial purpose, and they should be enjoyed without judgement.

Incorporate Social Activities

Incorporating exercise and healthy eating habits into your social life encourages sustainable behavior change. A few realistic avenues to achieve this include setting up a zoom call with a loved one while you both enjoy your dinners, or joining an exercise class.

There Are Extensive Benefits

According to the CDC, regular exercise can reduce your risk of falling, and developing cardiovascular disease, diabetes, metabolic syndrome, hypertension, and cancer. Additionally, it can increase bone mineral density and your chances of living longer. It also can improve weight management and your psychological wellbeing.

Some benefits of a positive relationship with food can include an increase in self-acceptance, the ability to enjoy each meal or snack without judgment or guilt, as well as flexibility around diet that allows for greater enjoyment of other aspects of your life.

References

"Benefits of Physical Activity." Centers for Disease Control and Prevention, Centers for Disease Control and Prevention, 1 Nov. 2021, <https://www.cdc.gov/physicalactivity/basics/pa-health/index.htm>.

"How to Have a Healthy Relationship with Food." National Eating Disorders Association, 23 Apr. 2021, <https://www.nationaleatingdisorders.org/blog/how-have-healthy-relationship-food>.

