

Top Ten Reasons To Give Up Dieting...

- 10 **Diets don't work.** Even if you lose weight you will probably gain it all back and you might gain back more than you lost.
- 9 **Diets are expensive.** If you did not buy special diet products, you could save enough to get new clothes, which would improve your outlook right now.
- 8 **Diets are boring.** People on diets talk and think about food and practically nothing else. There's a lot more to life.
- 7 **Diets don't necessarily improve your health.** Like the weight loss, health improvement is temporary. Dieting can actually cause health problems.
- 6 **Diets don't make you beautiful.** Very few people will ever look like models. Glamour is a look, not a size. You don't have to be thin to be attractive.
- 5 **Diets are not sexy.** If you want to feel and be more attractive, take care of your body and your appearance. Feeling healthy makes you look your best.
- 4 **Diets can turn into eating disorders.** The obsession to be thin can lead to anorexia, bulimia, bingeing and compulsive exercise.
- 3 **Diets can make you afraid of food.** Food nourishes and comforts us, and gives us pleasure. Dieting can make food seem like your enemy, and can deprive you of all the positive things about food.
- 2 **Diets can rob you of energy.** If you want to lead a full and active life, you need good nutrition, and enough food to meet your body's needs.
- 1 **Learning to love and accept yourself just as you are will give you self-confidence, better health and a sense of well-being that will last a lifetime.**

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image**
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