

## HEALTH AT EVERY SIZE (HAES) MODEL

*“We’ve lost the war on obesity. Fighting fat hasn’t made the fat go away. And being thinner, even if we knew how to successfully accomplish it, will not necessarily make us healthier or happier. The war on obesity has taken its toll. Extensive “collateral damage” has resulted: Food and body preoccupation, self-hatred, eating disorders, discrimination, poor health, etc. Few of us are at peace with our bodies, whether because we’re fat or because we fear becoming fat.”*

– Dr. Linda Bacon

### HAES PRINCIPLES

#### Respect

- Celebrates body diversity.
- Honors differences in size, age, race, ethnicity, gender, dis/ability, sexual orientation, religion, class, and other human attributes.

#### Critical Awareness

- Challenges scientific and cultural assumptions.
- Values body knowledge and lived experiences.

#### Compassionate Self-care

- Finding the joy in moving one’s body and being physically active.
- Eating in a flexible and attuned manner that values pleasure and honors internal cues of hunger, satiety, and appetite, while respecting the social conditions that frame eating options.

### ACTIVITY: Body Positivity Week

After sharing the principles of HAES (above), invite campers and/or staff to have a “body positivity” week at camp. Here are some possible examples:

- Monday: Cover up all mirrors with positive messages instead.
- Tuesday: Put out sidewalk chalk and invite campers/staff to write something they like about their bodies on the sidewalk.
- Wednesday: Encourage a compliment day, during which campers/staff have to give a compliment to someone on something other than their body.
- Thursday: Have a body positivity photo booth with props, signs, etc. Best photo wins a prize!
- Friday: Come-As-You-Are Camp Dance – every camper/staff comes as they are, dressing as their *personality and spirit*, rather than for looks or fashion.