

## **This Is Health At Every Size®**

Health At Every Size (HAES®) practice promotes wellbeing through equality and compassionate self-care. It recognizes that people of all sizes benefit from healthful behaviours and being treated fairly, and so focuses on health-gain and respect for all.

### **The HAES model advances:**

**Respect, especially through celebrating body diversity and promoting size acceptance: respect everybody and challenge all forms of stigma.**

### **Compassion** in healthcare and self-care, supporting:

- enjoyable eating and movement in response to internal cues and social context
- increasing your pleasure and contentment from tuning in to your body.

### **Whole Knowledge:**

- valuing body knowledge and lived experience
- highlighting respect as a social determinant of health
- drawing on diverse views to build a useful and inclusive model for personal and community wellbeing.

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