

To Physicians:

Your patient is providing you with this fact sheet as he or she would like your support in incorporating sustainable, healthy habits as opposed to focusing on weight loss or restrictive eating.

Many people assume that weight loss is a prerequisite for good health. It's not. Believing that it is leads many people to feel helpless and ignore their health.

Despite admonitions to lose weight and a proliferation of weight loss attempts, Americans aren't getting any thinner. Many people will continue to live out their lives in larger bodies. You can accept this and try to support them in being as healthy as possible.

There is abundant research that demonstrates that people can be healthy at any size, and health habits prove to be much more important than the scale. Please partner with your patient in celebrating their body and making choices that honor it.

Here's the easy prescription: Supply your patient with the same treatment you would provide to a thinner patient with a similar concern. Focus on treating the condition as opposed to the weight.

Educate yourself about the Health at Every Size movement. Join hundreds of other professionals in this exciting new paradigm shift, making a difference in their patients' lives.

Patient Name

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