

A Comprehensive Curriculum to Address Body Image, Eating, Fitness
and Weight Concerns in Today's Challenging Environment

Healthy Bodies

"This curriculum should be required in every school and is a must for anyone in the field of disordered eating, weight control and body image."

—Carlyle Condo, Executive Director,
Miami Kids Treatment Center,
Author of *Your Overweight Daughter*

Teaching Kids What They Need to Know



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Healthy Bodies; Teaching Kids What They Need to Know: A Comprehensive Curriculum to Address Body Image, Eating, Fitness and Weight Concerns in Today's Challenging Environment (Volume 3)



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"This powerful program teaches children the skills they have to manage food and excess weight successfully for the others of their lives." -- Karin Kratina, PhD, RD, Author. At a time when they should feel secure in their body's growth, too many children learn to worry about fat and make options that contribute to the very problems they hope to avoid. The more children and teenagers worry about their decoration or fear gaining fat, the more likely they are to disconnect from and watch their bodies from the outside-in." -- Margo Maine, PhD, Writer of *The Body Myth: The Pressure on Adult Females to Be Perfect* and several other books. Instead of helping, studies confirm that pounds stigma and body dissatisfaction lead to poorer consuming and fitness options, less physical activity, pounds gain and diminished wellness. The results diminish self esteem and the integrity of their growing bodies and thoughts, consuming attention and energy that should be directed toward essential developmental duties. Judging themselves harshly, they are much less able to make self-caring, health enhancing choices. Programs to reduce fat stigma and promote health rather than size are needed right now, before more damage is performed. The Healthy Bodies curriculum originated in response. Yes, it could. These newly revised lessons will be acquainted to users of the original Healthy Body Picture curriculum, but are improved by insight of educators and up to date empirical data. As before, lessons are cautiously planned, engaging, age suitable, cross-disciplinary, and predicated on more popular, evidence-based prevention concepts. "When I wish to know how to talk to children about their health and nutritional needs, I examine what Kathy has to tell them. The revised edition has the potential to transform classrooms, and may be the resource for any college that wants college students to develop positive body esteem, withstand unhealthy messages regarding weight, form, appearance, fitness, and food, and become equipped with the building blocks to a wholesome lifestyle. Could it be as simple as she says? Eleven engaging lessons teach kids to: preserve a caring, mindful connection to their bodies from the inside-out develop an identity based on who they are instead of how they appear reject weight stigma and respect genetic diversity of body decoration understand how appearance adjustments with puberty defend against harmful cultural pressures regarding looks, weight, food, and dieting chose positive role models that support their deeper ideals actively embrace health insurance and vitality through positive eating and physical activity support one another in having a healthy body picture, eating well, and keeping fit Published in association with the National Eating Disorder Association, earlier editions were recommended by the USDH Workplace of Women's Wellness in its BodyWise details packet for educators. Kathy helps erase the fear and confusion around eating, while marketing a positive body image and high self-esteem for all children." She has a lesson to instruct, not just to teachers and children, but to all of us. She has seen the outcomes of stigmatizing bodies that are as well fat, too short, as well skinny, too tall, and she celebrates the actual fact that human beings can be found in a wide variety of shapes and sizes. "This curriculum should be in the hands of each elementary school instructor." -- Joanne Ikeda, MA, RD, Nutritionist Emeritus, U of CA Berkeley. Her terms of wisdom resonate in the current chaotic food environment. The smiles and sense of self-confidence radiating from children who have had these lessons speak for themselves. The compelling desire to be slim supplies the seeds for a host of body picture, eating, fitness, and pounds concerns that are extremely difficult to reverse once set up.



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