

COST/BENEFIT

MaKai Nutrition LLC

SO WHAT IF YOU STILL DESIRE TO CHANGE YOUR BODY?

I get it, we live in a fatphobic society that values thinness.

I understand the desire to change your body, lose weight, and pursue thinness. Everyone has the autonomy to make their own decisions...But is it worth it?

COST VS BENEFIT

I see two options here: Make peace with your body or go on another weight loss diet. Let's explore the costs and benefits of these two options

WEIGHT LOSS

BENEFIT

Instant gratification
Approval from others
Confidence built on something fleeting (is this really a benefit??)
Control
Fitting into societal standards

COST

Food obsession
Binge eating
Missing out on certain events to avoid off-limit foods
Constantly tracking/weighing/counting calories
Decreased energy (from eating little and from constantly thinking about food)
Disappointment in your body image
Decreased self-esteem
Weight cycling long-term

MAKING PEACE WITH YOUR BODY

BENEFIT

No longer fighting your body

No more binge eating

No more dieting

Finding other values in life to focus your
energy on

Happiness

Peace

Finding confidence in your here-and-now
body

Freedom

COST

Having to battle a fatphobic society

Losing thin privileges

Letting go of control, and finding that it's okay
not to always be in control of everything (this
may actually be a benefit)

Facing weight stigma

Grief

WHAT'S WORTH IT?

IT'S UP TO YOU



Action Steps

Post in the Facebook community for accountability



MAKE COST/BENEFIT LIST FOR OPTIONS

Create a cost/benefit list for the options you see ahead for you in regard to changing your body. Remember not to look at dieting with rose-colored glasses and refer back to module 2 if need be.

Questions? Thoughts?