



What is Body Trust?

After many years of helping women let go of their preoccupation with food and weight, we've realized that body trust is the beating heart behind the cultivation of Health at Every Size® and Intuitive Eating practices. So what exactly is body trust?

Body Trust is...

- Your birthright. You were literally born with it!
- Getting out of your head and into your body.
- Rejecting the diet mentality as a way to solve the "problem" (i.e. your body).
- Turning towards your body with kindness and curiosity.
- Listening to your body and honoring the wisdom that comes from within.
- Exploring weight-neutral self care practices.
- Allowing pleasure and satisfaction to inform and teach us as much as what we know to be "good" or "healthy".
- Knowing that when you eat past full or don't eat enough, your body's hunger cues will guide you.
- Practicing self-compassion.
- Becoming acquainted with your body's subtle and not-so-subtle cues.
- Acknowledging the amazing ways your body shows up for you every day, regardless of how you treat it.
- Moving your body in ways that connect you to sensation and joy.
- Getting out of the way, allowing your body to sort out the weight question itself.

Lose the weight of body shame.