

Body Myths, Body Truths

Why Diets Fail

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Myth: Everyone must keep their BMI in the “normal” range to be healthy, and my doctor says I should lose weight and diets are the only way.

Truth about the BMI and your health: The BMI incorrectly assumes all bodies are healthy in the same weight range and does not at all factor in the obvious variation of human body sizes and shapes. Research findings indicate that fitness regardless of weight plays a more significant role in overall health. Finding accessible ways to move your body that you also enjoy, it will produce much more lasting health outcomes than intentional weight loss ever would. Your doctor might still focus on the BMI but it is important to understand that most medical professionals still work in a weight biased paradigm and have often not accepted current research that indicates that weight-loss is not the key to health.

Myth: I should be able to keep weight off after a diet. If I gain the weight back it is my own fault. I just need to work harder.

Truth about why diets fail: When diets fail we blame ourselves giving the diet industry more opportunity to sell us another diet or “clean” eating plan. How many times have you heard that people are going back on Weight Watchers after they gained the weight back? In fact, **Diets will always fail** because each of our bodies is uniquely designed with its own **set point** weight range that can fluctuate typically between 10-20 lbs. After you diet your body will fight to get you back to your set point and even add a few pounds to be prepared for the next famine. If you have been dieting for many years, your set point range might actually be higher because your body has been working so hard to protect you. Our bodies don’t understand weight bias. Our bodies are focused on survival. **You have not failed. The diet industry has failed you.**



Meaningful ways to improve health without trying to lose weight

Intuitive Eating

Focus on developing a Body Trust practice

Move your body in joyful ways

Practice Self Compassion

Find ways to learn to accept your body as it is

Seek out information about Health At Every Size

Reduce stress

Work on getting enough sleep

Start a meditation practice

Make peace with food

Resources: <https://benourished.org/what-is-body-trust/>, <http://www.intuitiveeating.org>, <https://haescommunity.com>, *Body Respect* by Lucy Aphramor and Linda Bacon