



Body Positivity

If you follow health trends, then you may have noticed the term body positivity or its more recent adaptation, body neutrality. Body positivity sentiments have become more mainstream, especially on social media, where posts are often accompanied by the hashtag #bopo.

The Body Positive Institute defines body positivity as “a way of living that gives you permission to love, care for, and take pleasure in your body throughout your lifespan.” At its core, the movement is about accepting your body as is, without judgment.¹

Not long after the body positivity movement began, the Health at Every Size® (HAES®)² slogan was registered as a trademark in 2003 by a nonprofit organization called the Association for Size Diversity and Health®.

They describe the HAES® movement this way:

- A continuously evolving alternative to the weight-centered approach to treating clients and patients of all sizes
- A movement with a mission to “promote size acceptance, to end weight discrimination and stigma, and to lessen the cultural obsession with weight loss and thinness”
- The acceptance and respect of all body shapes and sizes

Both groups reject the use of body measurements, such as weight or BMI, as determinants of health, claiming it does more harm than good for emotional wellbeing. Both organizations do, however, support balanced eating and physical activity habits, which traditional weight management programs support as well.



The movement is not without critics. Some are disenchanted by BoPopriation (misappropriation of body positivity) through the overly-commercialized use of the term, while others are concerned about the health risks associated with not addressing excess body fat.³

No matter where you stand on the issue, the disagreement does highlight that health is a personal matter. How you address your unique health risks depends on your beliefs, values, and who you choose to be part of your health care team. It is also clear that in order to achieve optimal health, both body positivity and healthy habits are needed.

1. <https://thebodypositive.org/faq/>
2. <https://asdah.org/>
3. <https://doi.org/10.1080/21604851.2021.1906526>



Be Positively Healthy

Many new college students experience unplanned weight gain, often referred to as the freshman fifteen⁴. While somewhat of an urban legend, since the average freshman college student gains only about four pounds, transitioning into new daily routines can have a domino effect on other areas of your life, including your health.

As the coronavirus sent the world into global lockdowns and quarantines, there were many changes in day-to-day routines. For many it resulted in a higher than usual consumption of comfort foods, as well as lower levels of physical activity. Together, those small shifts led to unplanned weight gain.

A 2020 survey⁵ conducted by the American Psychological Association found that 61% of US adults reported unwanted weight gain during the pandemic. The average weight gain was 29 pounds.

The good news is that small shifts in habits can also have a positive impact on health.



Here are some simple strategies to help you make a shift back toward healthier habits:

Define your eating style. Whether you choose to focus on plant-based foods or reduce the number of highly processed foods you consume, aligning your eating style with your unique health needs, goals, preferences, and beliefs will help you create lasting change.

Prioritize movement. Regular physical activity is vital for maintaining your body's optimal level of function. Be sure to include a variety of different exercises, such as endurance, strength, balance, and flexibility activities.

Eat mindfully. Learning to tune into your body's natural hunger and fullness cues will help you eat more mindfully and regulate your weight more naturally.

Get enough sleep. Getting sufficient amounts of restful sleep has been linked to better regulation of hunger hormones, and ultimately body weight. Aim for at least 7 hours of sleep each night to give your body enough time to fully recover.

Establishing a healthy lifestyle involves defining your eating style, prioritizing movement, eating mindfully, and getting sufficient restful sleep.

4. <https://doi.org/10.1037/0278-6133.271.S3>

5. <https://www.apa.org/news/press/releases/stress/2021/one-year-pandemic-stress>



Healthy Pantry Makeover Tips

Kitchen pantries can become disorganized quickly, but with some careful attention, a well-organized pantry can support your health goals in some pretty big ways.

An organized pantry can:

- make meal prep faster and easier
- help you avoid making duplicate purchases at the supermarket
- improve the overall quality of your eating style
- help prevent foodborne illness by making it easier to rotate food supplies and discard expired items

To give your pantry a healthy makeover, follow these 6 simple steps:

- 1. Remove everything.** The first step is to remove everything from the pantry. This gives you a chance to clean the shelving thoroughly and assess the space you have to work with.
- 2. Set up a sorting area.** Set up a small portable table near the pantry, so you can sort through the contents more easily.
- 3. Discard expired items.** Check expiration dates and toss out any foods that are expired or have damaged packaging.
- 4. Group similar items together.** Group similar items together so you can find what you need more easily during meal prep. Sorting bins or boxes may help with this step.

Here are some basic categories to consider:

- Carbohydrates (rice, noodles, breadcrumbs, cereals, oatmeal)
- Proteins (canned meat, beans)
- Fruits & Vegetables (canned, dried, pickled)
- Fats (oils, nuts, seeds)
- Spices
- Other supplies (wraps, bags, storage containers, cookware, etc.)

- 5. Reorganize for Efficiency.** As you return the items to the pantry, be mindful about how you reorganize them. Keep in mind which ingredients you use most often and store them where they are easily accessible.
- 6. Make a shopping list.** Finally, take note of any items that need to be replaced or added to your inventory.

Giving your pantry regular makeovers helps reduce food waste, improve the quality of the foods you keep in your home, and ultimately improve your health.

Steakhouse Salad

Ingredients

- 10 ounces (4 to 5 small) red potatoes, quartered
- 2 tablespoons canola oil, divided
- 1 teaspoon black pepper, divided
- ½ teaspoon kosher salt, divided
- 1 (8-oz.) beef tenderloin filet
- 8 ounces cremini mushrooms, quartered
- 3 garlic cloves, chopped (about 1 ½ Tbsp.)
- 1 tablespoon lower-sodium Worcestershire sauce
- 2 cups cherry tomatoes
- ⅓ cup low-fat buttermilk
- 1 tablespoon apple cider vinegar
- 3 ounces blue cheese, crumbled (about ¾ cup), divided
- 8 cups fresh baby spinach (about 6 oz.)

Instructions

1. Preheat oven to 400°F. Toss potatoes with 1 tablespoon of the oil and ¼ teaspoon each of the pepper and salt on a rimmed baking sheet. Roast potatoes until golden and tender, about 20 minutes, stirring halfway through baking.
2. Meanwhile, heat remaining 1 tablespoon oil in a heavy skillet over medium-high. Sprinkle beef with ¼ teaspoon of the pepper and remaining ¼ teaspoon salt. Sear beef until browned on all sides and a thermometer registers 130°F to 135°F (for medium-rare), about 3 minutes per side, or to desired degree of doneness. Transfer beef to a plate; let rest 5 minutes before slicing.
3. Return skillet to medium-high. Add mushrooms and garlic, and cook, stirring often, until browned, 2 to 3 minutes. Stir in 2 tablespoons water and Worcestershire, and cook 1 minute. Remove mushroom mixture. Add tomatoes to skillet; cook, stirring occasionally, until blistered, about 4 minutes. Remove from heat.
4. Stir together buttermilk, vinegar, ½ cup of the blue cheese, and remaining ½ teaspoon pepper in a large bowl. Toss spinach in buttermilk mixture.
5. Serve spinach topped with potatoes, beef, mushroom mixture, and tomatoes; sprinkle with remaining ¼ cup blue cheese.

Prep Time	Cook Time	Servings
25 minutes	25 minutes	4



Nutrition Facts

Calories	310
Total Fat	17g
Sodium	612mg
Carbohydrate	19g
Dietary Fiber	3g
Sugars	4g
Protein	22g
Calcium	208mg



Pantry Makeover

Give your pantry a makeover by clearing out and reorganizing the contents.

Employer Completion Form

I successfully completed the Pantry Makeover Wellbeing Activity by:

Signed: _____ Date: _____

Be Positively Healthy

Your Wellbeing Activity

Pantry Makeover

Give your pantry a makeover by clearing out and reorganizing the contents.

Create a Healthy Lifestyle:

DEFINE YOUR EATING STYLE

Align your eating style with your health needs, goals, preferences, and beliefs.

PRIORITIZE MOVEMENT

Make moving your body regularly a priority each day.

EAT MINDFULLY

Tune into your body's natural hunger and fullness cues.

GET ENOUGH SLEEP

Aim for at least 7 hours of sleep each night to help regulate hunger levels and body weight.

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