

# Healthy Weight-loss Oath

Adapted from "Beautiful You" Rosie Molinary

Because I understand that my love and respect for my body can't be separated from the love and respect I have for my inner being, I pledge:

- To acknowledge that **I am not my body**. When I call myself fat and berate my body I forget that I am not my body. My body is vessels that carries (transports) my being through life. When I conflate my being with my body, the message "I am fat, unattractive, not good enough" is internalized. These thoughts and feelings are a **contradiction** to weight loss and to overall wellbeing. They are impediments to my fitness goals. No matter what exercise/diet program I engage in I will not have long term success until I can separate the two.
- I Pledge to stop berating my body and instead celebrate it. It's time to acknowledge that my body gives me the ability to **experience life**. It allows me to give and receive love, to provide for myself and my family, it allows me to do every physical thing you do, including fulfill my dreams.
- I pledge to change the inner monologue in my head, particularly the monologue that says my body is unattractive **the way it is right now**.
- I pledge to care for my body giving it what it needs to function well, i.e: nutritious foods, and enough water to stay hydrated, regular exercise, including flexibility, and sleep. I pledge that when I am tired to rest.
- I pledge to use exercise as a way to improve my overall health versus using it as a weapon against my body, whipping it into shape.
- I pledge to understand that my weight is not good or bad. It is just a number.

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- I pledge to recognize my body's strengths, and stop dwelling on it's perceived weakness.
- I pledge to not rely on others to define my worth.
- I pledge to gently but firmly stand up for myself when someone does or says something unkind to me.
- I pledge to no longer put off the things that I wish to experience because I am waiting to do them in a different body.
- I pledge to understand that my body, like my personality, is unique, and that it is wonderful, and that I am unique and wonderful the way I am right now!

*Signature*

*Date*

