

Summary of Session Three of Eating for Your Health

Body Shape & Size Diversity

Humans come in all shapes and sizes. We are born to end up at different heights, with different eye colours and shoe sizes, so why not different weights and shapes too? In reality every person has the right to a happy life untouched by discrimination. Wanting to change your shape/weight can be seen as a form of self-discrimination. You can never accurately judge a person's health status by appearance alone and this is why we promote the focus on health and wellbeing rather than on body size or shape.

The Maori Health Model: Te Whare Tapa Wha

This model incorporates the four cornerstones of health and is represented pictorially as a house/whare with four equal sides. If one of the sides is missing, the whole whare falls down. It is easy to focus on one aspect of your health, but it is actually important to look after yourself in all four areas - physical health, psychological (mental) health, spiritual health, and family health/relationships.

Movement for the Joy of it

Our bodies are meant to move and they work much better when they do, but you do not have to necessarily punish yourself or sweat. Instead try to think of it as a positive self-nurturing fun activity. Have a go at something new, or something you used to enjoy, or include a little more activity in your general day by parking further from your destination and walking the rest, or taking the stairs instead of the elevator, etc.

There is also the option of a green prescription, which gives you access to Harbour Sport and their free health and wellness programme. This programme helps with physical activity and other aspects. They may still have a bit of a weight focus, but you can ignore these aspects now you know what to do! You can refer yourself to them, or if you would like us to refer you let me know. For more information you can check out their website: <http://harboursport.co.nz/healthy-lifestyle>

Psychological Health

We can learn positive mental health strategies to help become happier and more resilient. To do this we can incorporate five actions into our day to day lives, known as the Five Ways to Wellbeing:

1. [Connect, me whakawhanaunga](#) – talking, listening, being there, and feeling connected.
2. [Give, tukua](#) – giving your time, your presence, your words.
3. [Take notice, me aro tonu](#) – being mindful and remembering the simple things that give you joy.
4. [Keep learning, me ako tonu](#) – embracing new experiences, seeing opportunities and surprising yourself.
5. [Be active, me kori tonu](#) – do what you can, enjoy what you do, be active and move your mood.

There is a lot of quality information on the Mental Health Foundation of NZ website:

<https://www.mentalhealth.org.nz/>

Homework

1. Look around any public place to see just how amazingly and beautifully diverse human body shapes are. While you are watching notice if you make any assumptions (positive or negative) about others based on their body shape.

2. Have a think about some movement/physical activity you might like to try or to incorporate into your life. Remember to identify any barriers you have and address these.
3. Incorporate some positive mental health strategies through the Five Ways to Wellbeing.

Next time

We will be look specifically at food a bit more:

- Healthy Eating
- Every Day and Sometimes Foods
- Food Groups
- How to put it all into practice
- Label reading
- Planning and preparation
- Giving yourself positive encouragement
- Goal setting.