## What is Weight Cycling?

#### In short: a vicious cycle

Weight cycling is repeated periods of intentional dieting and weight loss, followed by unintentional weight gain. You may know it better as yo-yo dieting.



# What you should know

The variability that comes with weight-cycling has been linked with a variety of negative health outcomes, like binge eating and heart disease.

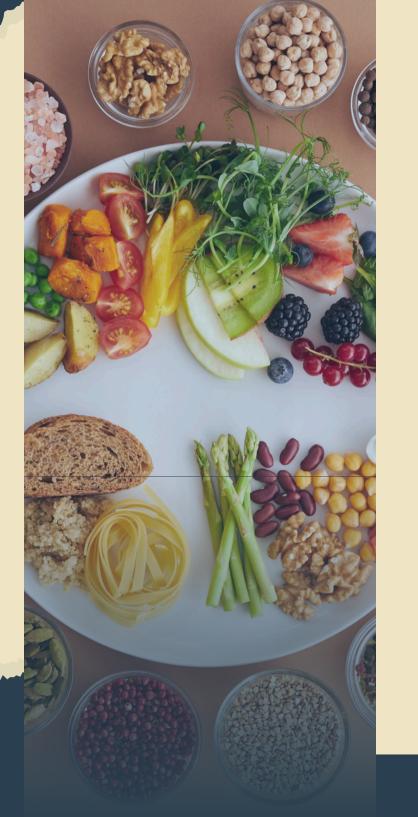
## What can be done instead?

#### Flip to find out!



### Instead of dieting for weight loss:

- Eat for nutrition and enjoyment - avoid associating foods with shame
- Move joyfully! Find exercises that work for your skill and interests
- Practice self-acceptance and learn what version of you feels the best!



### Make Eating Enjoyable!



Make peace with food! No foods are intrinsically "good" or "bad" and these labels can mess with our body's intuitive signals



Respect your body's right to be fed and happy - being full is not a bad thing!



Try novel and unusual foods to find new favorites

## Find out more:

Rejecting restrictive diets is just one aspect of a weight-inclusive lifestyle. Consider learning more at awsim.org