

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!

- 1** Make peace with food! No foods are intrinsically "good" or "bad" and these labels can mess with our body's intuitive signals
- 2** Respect your body's right to be fed and happy - being full is not a bad thing!
- 3** 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 [amsim.org](https://www.amsim.org)