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# Health at Every Size (HAES)

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## What is HAES?

HAES is a different approach to assessing health. The number on the scale is **not** the focus to determine if someone is healthy. HAES concentrates on:

- Body acceptance
- Decreasing the focus on being thin
- Promoting balanced eating and activity

HAES can help re-connect internal awareness to find ways to improve physical, emotional, and mental well-being.

## Principles of HAES

- **Weight Inclusivity:**
  - Accept and respect your body shape and size
- **Health Enhancement:**
  - Engage in personal practices that improve well-being like physical, economic, social, spiritual, and emotional habits
- **Eating for Well-Being:**
  - Be flexible. Eat based on hunger, fullness, nutritional needs, and pleasure
  - Limit “eating plans” that are only focused on weight control
- **Life-enhancing movement:**
  - Support physical activities that result in **enjoyable movement**

Well-being and healthy habits are more important than a number on a scale. All bodies are different. HAES encourages living a balanced, healthy lifestyle regardless of weight and size.