The Non-Diet Approach Model

Weight-neutral, client-centred care

- Appetite
  - Accept and embrace Body Cues
  - Enhance Self Compassion
    - mindfulness
    - connectedness
    - kindness
  - Accept and embrace All Foods
  - Accept and embrace Non-Diet Nutrition
  - Accept and embrace Joyful Movement
  - Accept and embrace Body Shape

- Eating
  - Accept and embrace Body Cues

- Food
  - Accept and embrace Non-Diet Nutrition

- Fitness
  - Accept and embrace Joyful Movement

- Body Image
  - Accept and embrace Body Shape

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