

# Our Approach Vs. Their Approach

Ever wonder what makes the approach we take at Around the Plate different from those flashy weight loss programs advertised on TV?

Proudly standing up to the diet industry since 2012.

A Weight Inclusive Approach (Around the Plate)	A Weight Centric Approach (Weight Loss Program)
Supporting optimal health is the goal	Weight loss is the primary goal
Focus is on supporting your body	Focus is on changing your body
Your body is viewed as an amazing asset, actively working everyday to keep you alive. You don't need to change it in order to live the life you've always wanted, you can live that life now.	Your body is viewed as a problem, something that needs to be fixed in order for you to live the life you've always wanted.
Life can be enjoyed at any size.	Life can only be enjoyed when you are smaller.
Your body knows what it needs and can be trusted. Time will be spent working towards reconnecting with your body's natural ability to regulate hunger and fullness.  If you've spent years on the diet roller coaster or if you've been living with an eating disorder, your hunger/fullness gauge may be faulty and structured eating may be a necessary first step towards reconnecting with your body's internal cues.	Your body doesn't know what it needs and you can't trust it. Time will be spent learning an external set of rules to follow that attempt to supersede your body's natural ability to regulate hunger and fullness.
Genetics are recognized as playing a major role in determining your set point or naturally occurring weight.	Genetics aren't factored in and often the more weight you lose, the better. Your set point or naturally occurring weight is ignored.
Eating is discussed as an opportunity to fuel your body and as one, of many, ways you can implement self-care.	Eating is discussed as a way to provide your body with less so that you can change your body's size.
Weight will stabilize at the best place possible for each individual and will not require restriction or drastic measures to be taken to maintain it	Weight loss may occur during program but may require continued restriction or drastic measures to be taken long-term to maintain it. If program ends, weight gain likely to occur and program may put an individual at a higher risk for development of an eating disorder.

Which approach do you prefer?

If you're ready to take a different approach towards food and health, call us. We're here to help.

Book an appointment at (989) 400-1478 or online at [aroundtheplate.org](http://aroundtheplate.org). In-person and virtual sessions available locally and statewide.

