

SET POINT

WHAT IS YOUR BODY TRYING TO TELL YOU?

The Human body is able to adapt to situations of excess or insufficient energy intake (food). Several studies have shown that not only eating habits, but also genetics, determine adult body size. For adults who do not consciously try to control their body size, weight is remarkably stable over time.

SET POINT...

...is a reference point around which the bodies tries to keep a weight stable.

Each individual may have a genetically determined set point for adult weight. If weight is gained it has been shown that some people experience an increase in metabolism (the rate at which calories are used), so that excess energy is wasted. Following this period of weight gain, it is relatively easy to revert to the previous set point weight. However, trying to go below the set point weight has the opposite effect.

NEDIC (2014). Set Point: What Your Body is Trying to Tell You.

Retrieved from www.nedic.ca/set-point-what-your-body-trying-tell-you

We need to learn to accept ourselves and others at whatever their natural weight and to challenge the notion that thin people are necessarily happier, smarter, and have more fun.

Metabolism can slow down as less food is eaten or exercise is increased. This leads to a slow down in weight loss, a plateau, or even weight regain on even a few calories. This your body's attempt to keep your weight stable.

Your set point, unlike your brain, does not care about current fashion.

There is no direct way to measure set point. You can only estimate that you are at a set point if you have been eating "normally" and participating in moderate exercise for about a year.

Allowing your weight to remain stable, at your own set point, is healthier than the diet-regain cycle.

There are many positive activities to do instead of focusing on counting calories, eating "diet" food or exercising for weight loss. Choose activities that increase your sense of self-worth and efficacy. These may include fulfilling long time delayed desires, dreams and aspiration.

NEDIC (2014).