



IT'S NOT ABOUT A NUMBER

<p>Jan. 20</p>	<p>Let Go of Dieting Day</p> <ul style="list-style-type: none"> • Read and share the article “Why Worrying About Your Weight Only Makes Things Worse” • Change your social media profile picture to “It’s Not About a Number” graphic, found on Green Mountain’s Facebook page • Sign the “Declaration of Independence from Dieting” • Take the “diet mentality” quiz
<p>Jan. 21</p>	<p>Rid the World of Fad Diets & Gimmicks Day</p> <ul style="list-style-type: none"> • Inform your friends, family and colleagues about the Slim Chance Award “Winners” for 2013, as found on our Healthy Weight Week page • Share the infographic "Why the Scale Can Do More Harm than Good" as found on the our Healthy Weight Week page • Take a few moments to reflect on the diets you may have tried over your lifetime and determine how they served you – did they hurt instead of help?
<p>Jan. 22</p>	<p>Change the Conversation Day</p> <ul style="list-style-type: none"> • Check out our blog and share our list of the Top 35 Healthy Weight blogs • Watch the "Why Dieting Usually Doesn't Work" TED talk video on our Healthy Weight Week page and download the accompanying discussion guide • Start a discussion on your blog, Facebook, or in your workplace or even at the dinner table
<p>Jan. 23</p>	<p>Do Away with the Weigh Day</p> <ul style="list-style-type: none"> • Send a selfie to info@fitwoman.com holding a sign that tells us why you want to "ditch the scale," or "do away with the weigh." Check our Facebook page for the selfies – we’ll post them as we get them!
<p>Jan. 24</p>	<p>Embrace Your Healthy Weight Day</p> <ul style="list-style-type: none"> • Celebrate the 21st Annual Women’s Healthy Weight Day with the following ideas <ul style="list-style-type: none"> ○ Watch for and get inspiration from the winner of “That Moment When... I Knew I Needed to Stop Dieting” contest on our Healthy Weight Week page ○ Read our article “5 Ways to Find Your Healthy Weight” ○ Come up with a list of healthy weight affirmations you can use all year. Check our blog for ideas.