

From the Nutritionist

Andrea Hart, RDN, CDN



Do you “March to the Beat of Your Own Drum?” It’s the theme for this year’s Body Appreciation Week, which SUNY Cortland celebrates during the last week of February.

Body Appreciation Week is a time to focus attention away from weight, shape and size, and instead focus on the inner qualities that make each one of us unique. Marching to the beat of your own drum is about being true to yourself, which includes respecting your body and taking care of it. Eating a nutritious diet and getting regular exercise are two important ways to take care of your body – but many people focus on these only to reach a certain weight or clothing size.

Here are some ways to keep the focus on health instead of size:

- Choose a balanced diet which includes all of the food groups – grains, vegetables, fruit, dairy and protein foods. They work together to give you the right mixture of nutrients you need to be healthy.
- Avoid the temptation to follow the latest food fads just because they’re popular. Trendy diets are seldom what they seem – for example, gluten-free diets are intended for people with celiac disease or gluten sensitivity, and do not necessarily benefit others.
- Strict diets that deprive you of all the foods you enjoy and the energy you need don’t work in the long run. Nourish your body with a balanced eating plan that provides the nutrients and energy your body needs, while also allowing for some “soul” foods – those you truly enjoy.
- Practice mindful eating. Tune in to your body’s hunger and fullness cues and respect them – eat when you’re hungry and stop when you’re satisfied.
- Be adventurous with trying new ways to move your body, but don’t feel pressured into every new fitness fad. Just because “everyone” is running marathons or doing Cross Fit, that doesn’t mean you have to. Find exercise that works for you and do it regularly.
- Everyone’s body is different. Stop comparing yourself to everyone else and focus on making your own body the best it can be. If reaching your goals is a struggle, you may need to reconsider whether they are realistic for your body.

Learn more about marching to the beat of your own drum at this year’s Body Appreciation Week events:

Monday 2/23–Thursday 2/26 from 11 am to 7 pm, Corey Union Exhibition Lounge

Visit the Body Appreciation Week exhibit, which includes student posters, artwork and music.

Monday 2/23 at 7 pm, Corey Union Function Room

Get a taste of Africana Dance, Tai Chi and Zumba at the “Move Your Body” event.

Tuesday 2/24 at 7 pm, Corey Union Function Room

Open Mic Night.

Wednesday 2/25 at 7 pm, Corey Union Function Room

“Andrea’s Voice: Silenced by Bulimia” keynote event and candlelight vigil.

Thursday 2/26 at 6 pm, Corey Union Exhibition Lounge

Join a discussion about body image and appreciation led by several campus groups.

Andrea Hart, registered dietitian nutritionist and New York State-certified dietitian/nutritionist, is available for free, confidential, one-on-one counseling and as a speaker or facilitator for campus groups, panels or classes.

Contact Andrea: andrea.hart@cortland.edu or call 607-753-5773 with questions or to set up an appointment. Or stop by her office, first floor, Neubig Hall, across from the Neubig Dining cashier.