

HAES Module Reflection

I included this module and this reflection because this was my first interaction and session learning about Health at Every Size. This module and concept is still very important to me, and I thought by including my reflection, I could not only illustrate what I have learned but also for those who may not understand this concept, it could help create a framework of why adjusting for your client is important because every person you meet is different in a very unique way and by understanding this, it helps you and the patient. The challenge that many face is understanding this concept and that we are not just numbers but rather we are an interconnected machine that all fits together. While completing my SEL, I was glad I completed these modules because it helped me better explain what health is to a patient and ensure that we worked together through personalized care. Overall, I walked away as you may have from reading the module, that quick fixes may look appealing but it's about the long game and by understanding this, you will be understanding what HAES means to a patient and you.