



GEM ACADEMY

Four things important to overcoming Obesity

Misunderstanding of Obesity:

The first mission of our staff is to give our student the most factual comprehensive understanding of obesity as a disease. In very basic terms, you can't fight what you don't understand. When our students are given the facts behind their condition it allows them to see a real solution versus more frustration and confusion.

A Self Image Based on Appearance:

While it is common for our students to start this process in pursuit of an aesthetic goal (prom dress, shopping in different stores, etc). When a girl begins to accomplish things based on her own efforts, motivation, commitment to purpose and personal growth, that value system shifts. Pride and confidence become the commodity of choice more than a number on the scale.

Limiting self beliefs:

Typically a student will come to Gem after trying a number of diets/ programs unsuccessfully. Needless to say, feeling defeated by a condition you don't understand and having had little sustained success against it perpetuates feelings of frustration and helplessness. When our students are given the right information, the right tools and a supportive environment they get a chance to see what they are truly capable of. We then consistently challenge the student to use their new skill set in as many different aspects of their life as possible to truly illuminate the reach of their influence. This is where most will find an identity of a far more powerful person than they thought possible.

Feelings of isolation or being misunderstood:

With weight and obesity bias being the what seems like the last tolerated discrimination, it leaves so many of our young women feeling like they are on an island with few understanding what they are going through and even fewer willing to engage in any kind of dialog to connect and provide support. One of the most profound and powerful influences at Gem is the bond that will be formed between others who have walked in their shoes. A group of peers with similar challenges all moving in the same direction provides an environment where it is very easy to focus on substantial issues and minimize the superficial.

At GEM Academy we focus on improvement inside much more than outward appearances.

Contact us today to learn more: 602-402-5739