



Myth Busting Nutrition & Fitness for Ostomates

**Rebuilding Strength, Confidence &
Trust in Your Body**

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This conversation started with a simple gap...

- **People not included in fitness & nutrition conversations**
- **Support groups asking real-life questions**
- **A lot of “be careful”... without clarity**



You've Probably Been Told

"Be careful"

"Avoid certain foods"

"Don't overdo it"

But no one explains what that actually means





It's not wrong advice... it's incomplete advice

- **Over-restriction**
- **Fear of movement**
- **No clear progression**



Myth #1

**You need to
avoid most
foods**





Reality

Your diet should not keep shrinking

- **Most restriction comes from fear**
- **Tolerance is individual**
- **How you reintroduce foods matters**



What Actually Matters

- One change at a time
- Chewing and pacing
- Hydration
- Building confidence with food



**Your diet should
evolve
- not shrink!**



Myth #2

If a food causes
an issue once,
it's off-limits





Reality

**One experience does not mean
permanent intolerance**

- **Context matters (hydration, stress, quantity)**
- **Your body adapts**
- **Retesting is part of the process**



What Actually Matters

- Test one variable at a time
- Start with small portions
- Avoid stacking new foods



**Your body is adaptable
- give it a fair chance!**



Myth #3

**Exercise is
dangerous**





Reality

**Avoiding movement creates more
long-term risk**

- **Muscle loss**
- **Lower energy**
- **Reduced confidence**



What Actually Matters

- Start below your max
- Progress gradually
- Focus on control



**It's not about avoiding
movement
- it's about rebuilding it!**



Myth #4

Core training
is dangerous





Reality

**It's not core work
-it's pressure
management**



What Actually Matters

- Breathing
- Stability
- Control
before
intensity



**Your core isn't
something to avoid
- it's something to
reconnect with!**



Nutrition + Movement work together

- Food supports energy
- Movement builds strength
- Both rebuild confidence





What This Looks Like (Real Life)

Nutrition

- Start safe, then expand
- Hydrate consistently
- Learn your tolerance

Movement

- Start small
- Build consistency
- Focus on control



Body Awareness

Not all discomfort
equals danger

- Learn your signals
- Watch patterns
- Build trust over time



This isn't about going
back to who you
were

**It's about moving
forward with strength
and finding trust and
confidence in your
body!**



Thank You!

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