

BODY IMAGE



Things to Consider...

- ★ Bodies come in different sizes, shapes and colours and all deserve respect
- ★ Health and well-being can't be measured on a scale
- ★ Health includes our physical, social, mental and emotional well-being
- ★ Eating is about nutrition, hunger, appetite and pleasure
- ★ Exercise is about moving our bodies in ways that feel good

ALL BODIES
ARE GREAT BODIES!



8 WAYS TO FIGHT AGAINST NEGATIVE BODY IMAGE:

Enjoy your body.

Do things that make it feel good.

Say nice things about your body and try not to put it down.

Challenge media images that say only a certain type of person is beautiful.

Challenge other people's body shaming comments.

Don't date anyone who doesn't think you're attractive.

Stop weighing yourself.

Speak out against all forms of discrimination.



EXERCISING? GO EASY ON YOURSELF!

Signs that you might be overdoing it:

- Headaches
- Decreased performance
- Extremely sore or tender muscles
- Longer time to recover
- Feeling uncoordinated
- Regular or frequent illness
- Depression, problems concentrating, feeling low, unable to manage stress

The 1961 version of GI JOE was much smaller than today's version. What's up with that?



Set your own standards for strength and health! Don't let the media decide for you!

WEBSITES AND BLOGS

womenshealthclinic.org
(click Eating Disorders tab)

medic.ca
(national eating disorder site)

redefiningbodyimage.tumblr.com

halt-the-body-hate.tumblr.com

about-face.org

shamelessmag.com

adiosbarbie.com

fatso.com

BODY IMAGE BOOSTER

3 things about your body that you enjoy:

3 of your best personality traits:

A compliment you received that made you feel good:

A piece of clothing or an accessory that makes you feel good: