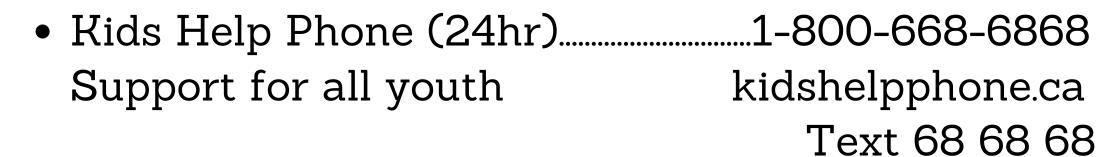
## BODY IMAGE

## Remember!

- Bodies come in different sizes, shapes, abilities, genders, and colours
- All of them deserve respect and care
- Health and wellness can't be measured on a scale
- Be critical of media that says only a certain type of person is beautiful
- Eating is about nutrition, hunger, and pleasure
- Exercise is about moving our bodies in ways that feel good









- Eatingdisordersmanitoba.ca Local resources and info on eating disorders
- Thebodyisnotanapology.com Website on radical self-love and body empowerment
- Adiosbarbie.com Blog on challenging negative body image



**Exercising? Listen to Your Body!** 

Signs that you might be overdoing it

- Extremely sore or tender muscles
- Headaches
- Decreased performance
- Feeling tired
- Loss of appetite
- Pain (it could be sharp or dull)
- Feeling uncoordinated
- Regular or frequent illness
- Mood changes including depression, anger, stress, anxiety, and irritability
- The body isn't recovering even after rest



## BODY IMAGE BOOSTER

3 things about your body that you enjoy:

3 of your best personality traits:

A complimaney you received that made you feel good:

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





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