

LOVE YOUR BODY!

It's important to feel good in your body. Images in magazines and on TV can make us wish we looked different than we do. But if you recognize your own strength and beauty, **you will feel better about yourself** and even look better to others.

How do you feel about your body? Take the Quiz:

- | | | |
|-------------------------------|--------------------------------|---|
| <input type="checkbox"/> TRUE | <input type="checkbox"/> FALSE | I am not satisfied with my current body shape and size. |
| <input type="checkbox"/> TRUE | <input type="checkbox"/> FALSE | I weigh myself more than once a week. |
| <input type="checkbox"/> TRUE | <input type="checkbox"/> FALSE | I often compare my looks or body to others. |
| <input type="checkbox"/> TRUE | <input type="checkbox"/> FALSE | I would do things that might be considered unhealthy to change my weight (starve, take laxatives, throw up, exercise excessively or smoke). |

If you answered "TRUE" to any of the above questions then **you may be being too hard on yourself**. Let's try to understand why so many of us feel this way:

WHAT DO YOU BASE YOUR BODY IMAGE ON?

Millions of dollars are spent every year by industries
TO MAKE YOU FEEL BAD about your body.

If Barbie were a real person, she would have to walk on her four limbs due to her uneven breast and waist proportion.

If Ken were a real person, he would have to be 7' tall. Compared to the average man, he would have to add 7" to his chest and an extra 8" to his neck.

The average U.S. woman is 5'4" tall and weighs 165 pounds while the average American model is 5'11" and weighs 117 pounds.

Let's be real

AND FOCUS ON THIS INSTEAD:

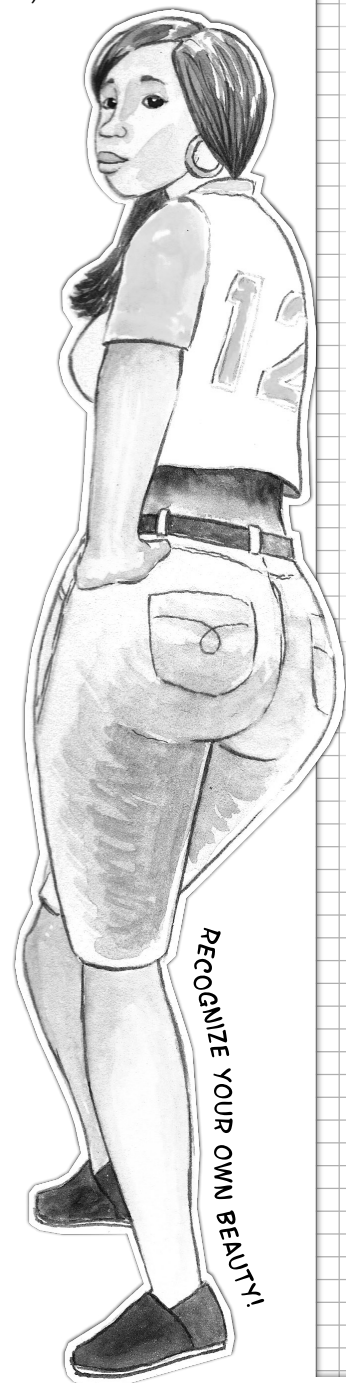
Practice self-confidence by standing up straight and tall. Appreciate your body no matter what your weight is. Take time to appreciate your own beauty, both inside and out.

Be active! Exercise to get strong and because you love your body. Don't let body image stuff ruin your opportunity to have fun and get a workout.

Enjoy food! Food is meant to be enjoyed and healthy foods can help you develop a healthy weight and balance the natural chemicals in your brain to help you feel happy.

Praise yourself! It will boost your self-esteem and help your confidence. When you look at yourself, think, "**I AM BEAUTIFUL.**" Be positive about how you look and what you wear.

**Feeling good about your body
is the key to feeling good about yourself.**



EMPOWER YOURSELF WITH A HEALTHY LIFESTYLE.