

HEALTHY BODIES

Mission Statement

*To empower boys and girls
to maintain positive body esteem
based on recognition and acceptance of what they
can and cannot control in regard to size and shape.*

*To empower boys and girls
to resist unrealistic and unhealthy
cultural pressures regarding body image,
eating, fitness, and weight.*

*To inspire boys and girls to develop a stake in caring for their bodies;
in eating well, enjoying physical movement and fitness, and in
appreciation of the healthy, diverse bodies that result.*