Healthy Body

Building Block #1

The way we look will change as we grow up.

Whether your body is short, tall, fat, or thin—be sure to get enough of the nutritious food, physical activity, and sleep your body needs to grow and be well.

Always CARE FOR and TAKE GOOD CARE OF your body

www.bodyimagehealth.org
There are many different ways for bodies to change as we grow up. Sooner or later, most girls and boys will gain weight and fill out.

When your body changes from a child into an adult, you will want to understand what’s happening. For a while the way you look may be very different than how you will end up. It’s good if you can relax, care for your body, and watch as it turns out just right for you.

Always CARE FOR and TAKE GOOD CARE OF your body.
Building Block #3

Most of the way we look is determined before we are even born — tall, short, fat, or thin; all are normal, all built in.

All bodies are born to be fatter, thinner, or in between. People can sometimes force their bodies to gain or lose weight, but this is not what nature intended. If you eat well and stay active, nature will reveal the size and shape that’s right for you.

Always care for and take good care of your body.
Healthy Body

Building Block #4

Each person’s body works to grow and maintain a weight that is right for him or her.

People can sometimes force their bodies to weigh more or less than nature intended, but not without ignoring their body’s needs. Whether your body is meant to be fatter, thinner, or in between, it’s best if you eat well, stay active, and accept the size and shape that results.

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Weight loss diets are not a good idea. We can hold back our hunger for a while, but will eat MORE later to make up for it.

Eating less than you need to satisfy hunger may cause weight loss at first, but this is like caging a LION. When the lion gets free, it will want to eat everything in sight! Better to always eat enough nutritious food to satisfy your body's needs (AND your inner lion).

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Healthy Body

Building Block #6

The way we look is only one part of us. We need to pay attention to ALL of the parts of who we are.

Some things were part of you when you were born, and they will always be a part of you. Some things you can change if you want to. It’s good to know the difference. Either way, there is a LOT about you that is AWESOME!!! Your worth does not depend on how you look.

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Healthy Body
Building Block #7

Satisfy hunger completely with plenty of nutritious food at regular meal and snack times.

Different foods have different qualities with different purposes. Satisfy MOST of your hunger with foods your body NEEDS—not because you “should”, but because you care about and WANT to take care of yourself. Enjoy “just for fun” foods knowing that most of what you eat is nutritious.

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Building Block #8

Being active is one of the very best things we can do for our health and happiness. It's important to listen to our body's need for plenty of movement every day.

Try to listen to your body's need to be active every day—not because you “should,” but because you care about your body—and you WANT to keep it strong! Be sure to find the kind of movement your body enjoys. It's not the same for everyone!

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Building Block #9

It’s best to admire people for who they are inside, rather than how they look on the outside. Choose role models that will help you be the best you can be.

You can learn a lot by watching people you admire. But you have to be YOU! If comparing yourself to others leads you to ask “Am I good enough?” ask yourself instead, “What’s good for me?” Be the best YOU that you can be!

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Building Block #10

People become unhappy trying to control things that are not in their power to control. As for looks, it's best to care for our bodies from the inside out.

To be happy, it helps to understand what is and is not in your power to control. You may hear that you should try to have the “right” body size and weight, but bodies are born to be DIFFERENT. There is no “right” size to be. Eat well, stay active, and love the body that is right for you.

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Always CARE FOR and TAKE GOOD CARE OF your body.

Hardly anyone looks like the models in advertisements. No one looks "perfect" in real life. It's important not to compare our body's appearance to anyone else's.

You can admire how someone looks without comparing yourself to them. Whether your body is short, tall, fat, or thin, be sure to appreciate and care for the body size and shape you were born to have.

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Building Block #12

Short, tall, fat or thin, ALL bodies need the same good care.
It's good to support each other in accepting and taking care of our different body sizes and shapes.

Finding and eating enough nutritious food and getting enough physical activity every day may be hard to do. Look for others who will support you in this, and try to be a self-caring role model yourself!

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