



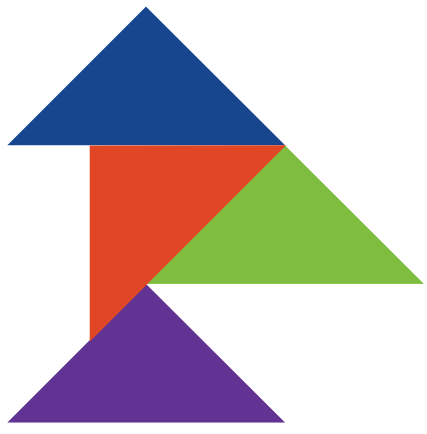
Healthy Body

Building Block #1



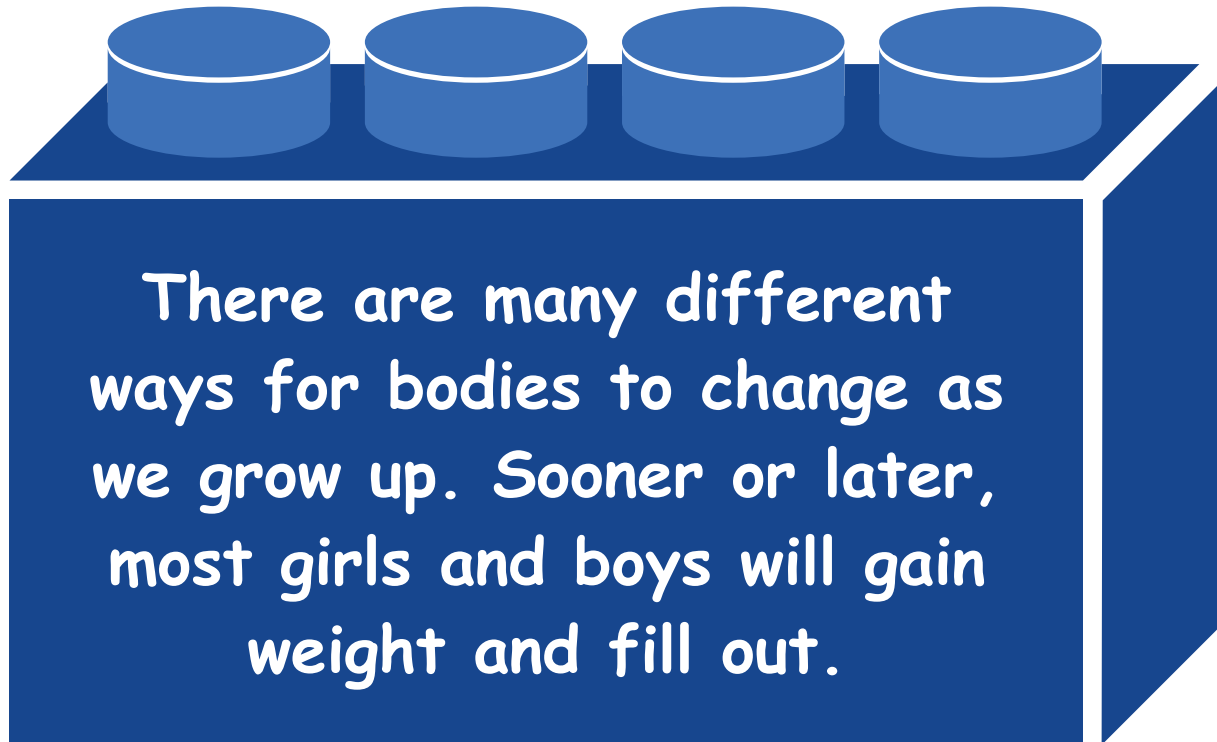
Whether your body is short, tall, fat, or thin—be sure to get enough of the nutritious food, physical activity, and sleep your body needs to grow and be well.

Always CARE FOR and TAKE GOOD CARE OF your body



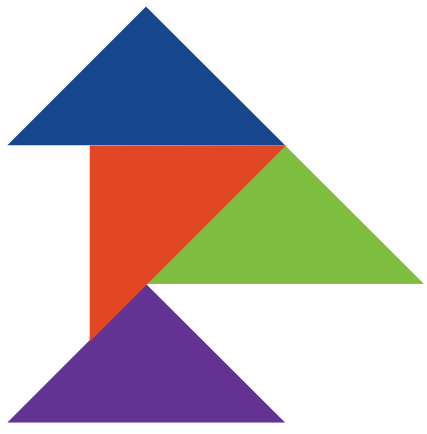
Healthy Body

Building Block #2



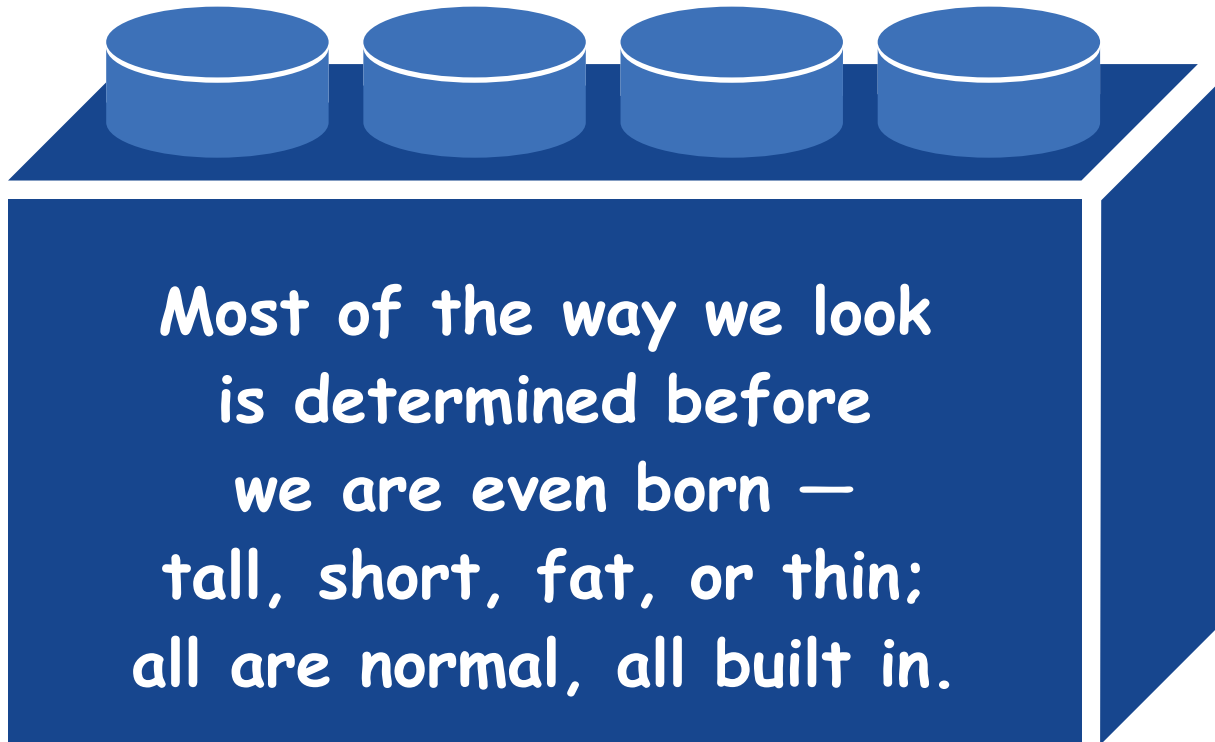
When your body changes from a child into an adult, you will want to understand what's happening. For a while the way you look may be very different than how you will end up. It's good if you can relax, **care for** your body, and watch as it turns out **just right** for you.

Always **CARE FOR** and **TAKE GOOD CARE OF** your body



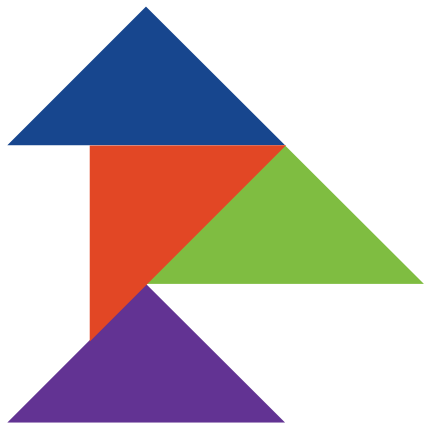
Healthy Body

Building Block #3



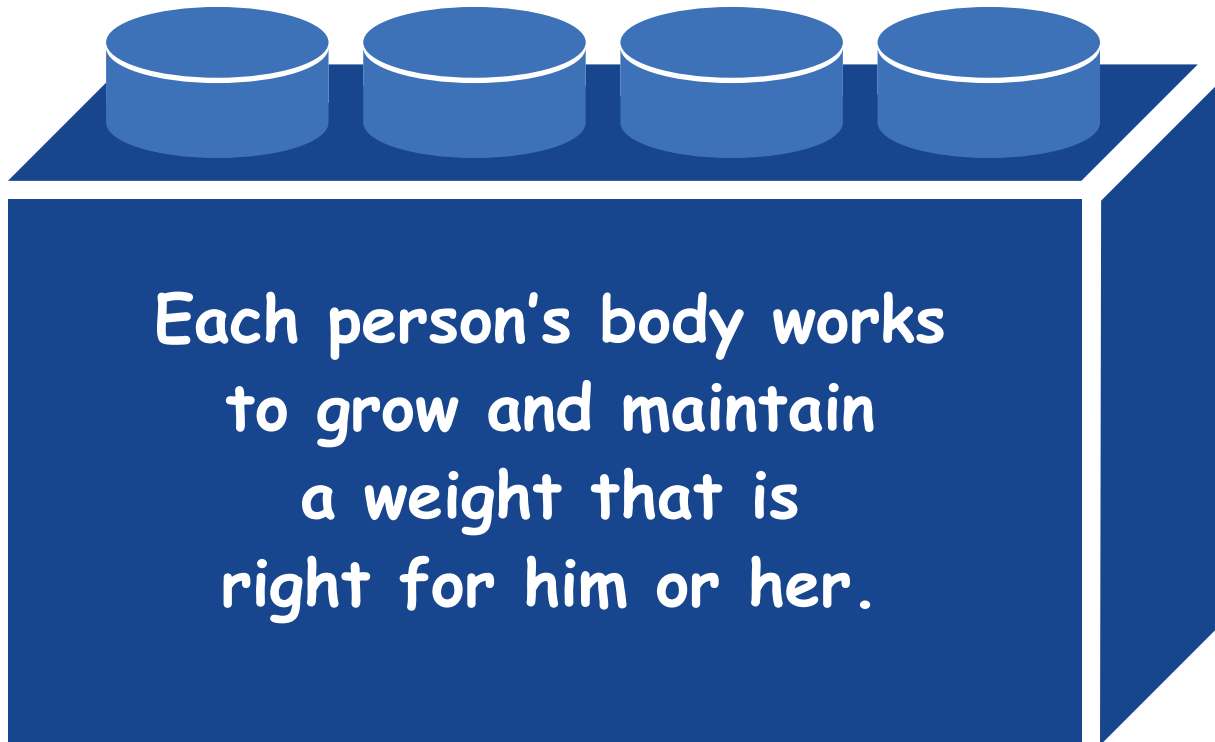
All bodies are born to be fatter, thinner, or in between. People can sometimes **FORCE** their bodies to gain or lose weight, but this is not what nature intended. If you eat well and stay active, nature will reveal the size and shape that's right for **YOU**.

Always **CARE FOR** and **TAKE GOOD CARE OF** your body



Healthy Body

Building Block #4




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.

Always **CARE FOR** and **TAKE GOOD CARE OF** your body



Healthy Body

Building Block #5



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.

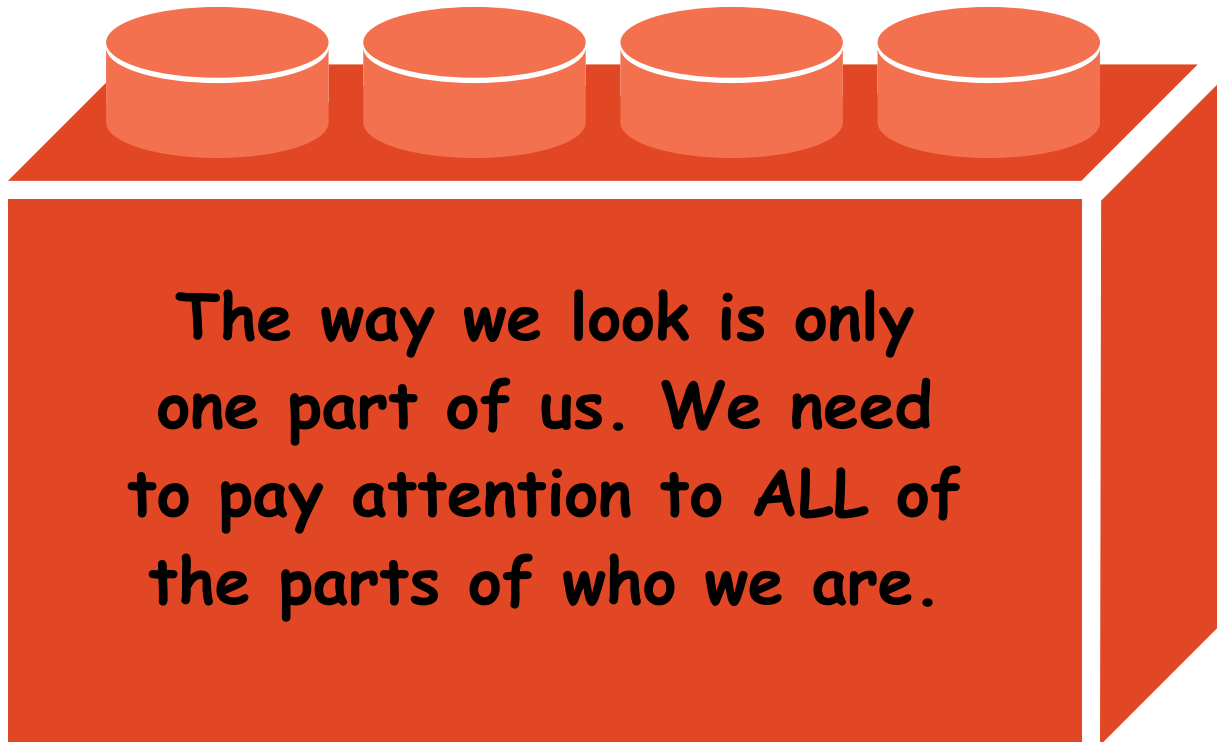
Eating less than you need to satisfy hunger may cause weight loss at first, but this is like **caging a LION**. When the lion gets free, it will want to eat everything in sight! Better to **always eat enough** nutritious food to satisfy your body's needs (AND your inner lion).

Always **CARE FOR** and **TAKE GOOD CARE OF** your body



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.**

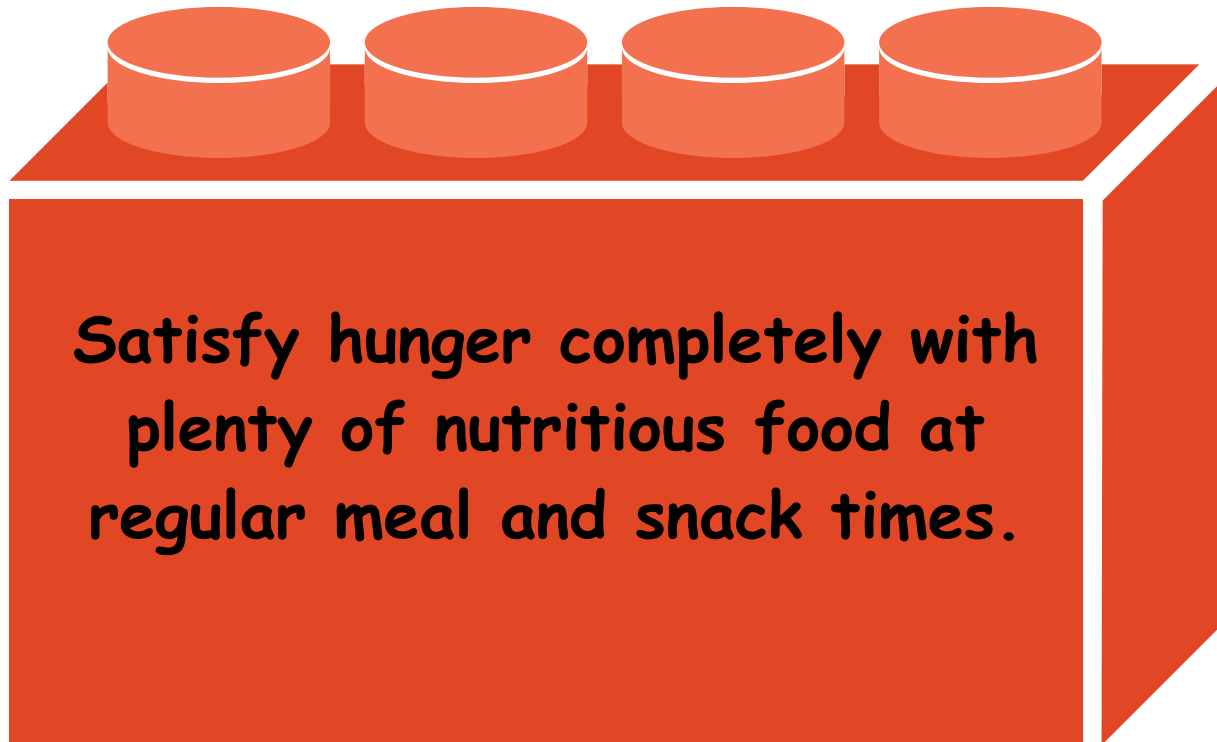
Either way, there is a **LOT** about you that is **AWESOME!!!**
Your worth does not depend on how you look.

Always CARE FOR and TAKE GOOD CARE OF your body



Healthy Body

Building Block #7



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.

Always **CARE FOR** and **TAKE GOOD CARE OF** your body



Healthy Body

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.

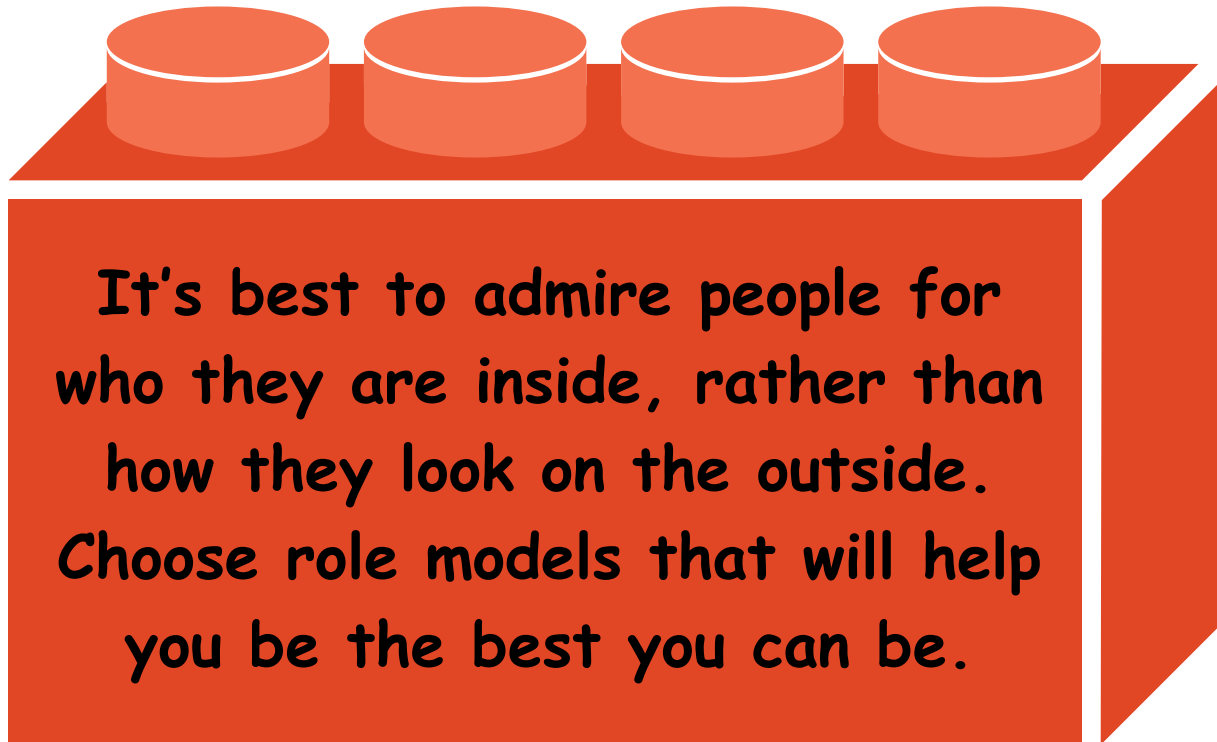
Try to **listen** to your body's need to be active every day—not because you “should,” but because you **care** about your body—and you **WANT** to keep it strong! Be sure to find the **kind** of movement your body **enjoys**. It's not the same for everyone!

Always **CARE FOR** and **TAKE GOOD CARE OF** your body



Healthy Body

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.

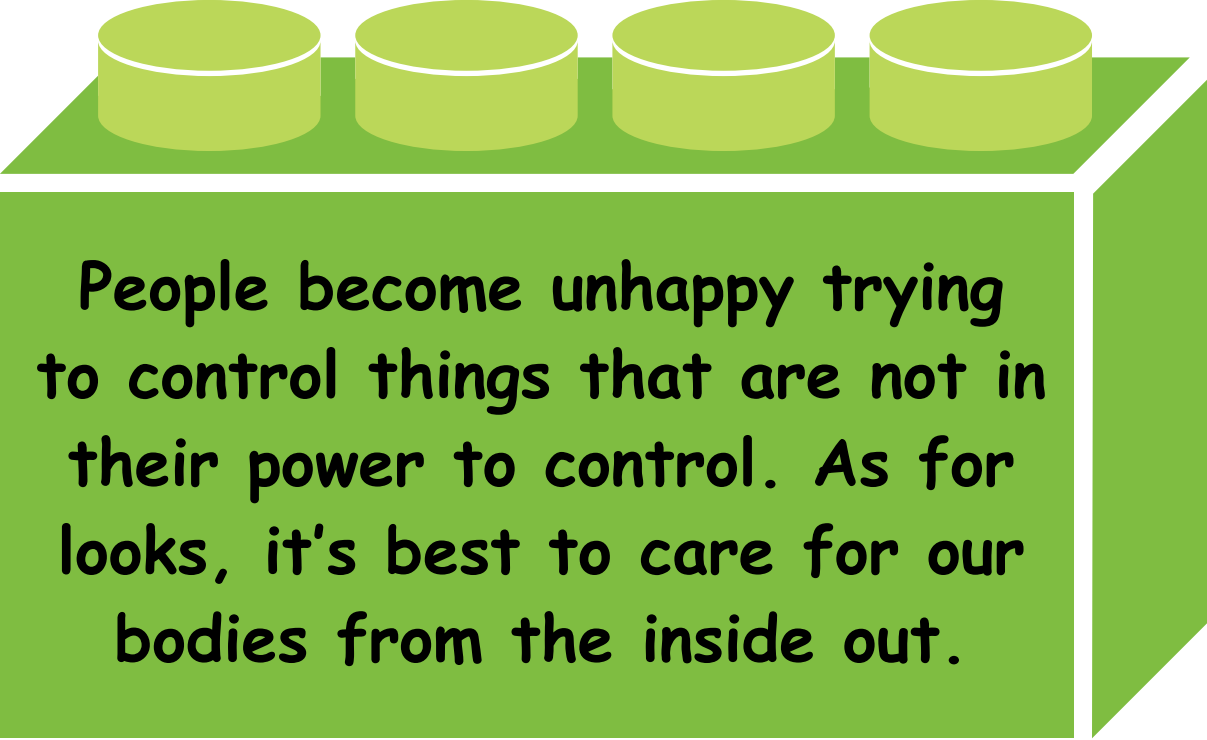
You can learn a lot by watching people you admire. But you have to be **YOU!** If comparing yourself to others leads you to ask "Am I good enough?" ask yourself instead, "**What's good for me?**" Be the best **YOU** that you can be!

Always **CARE FOR** and **TAKE GOOD CARE OF** your body



Healthy Body

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.

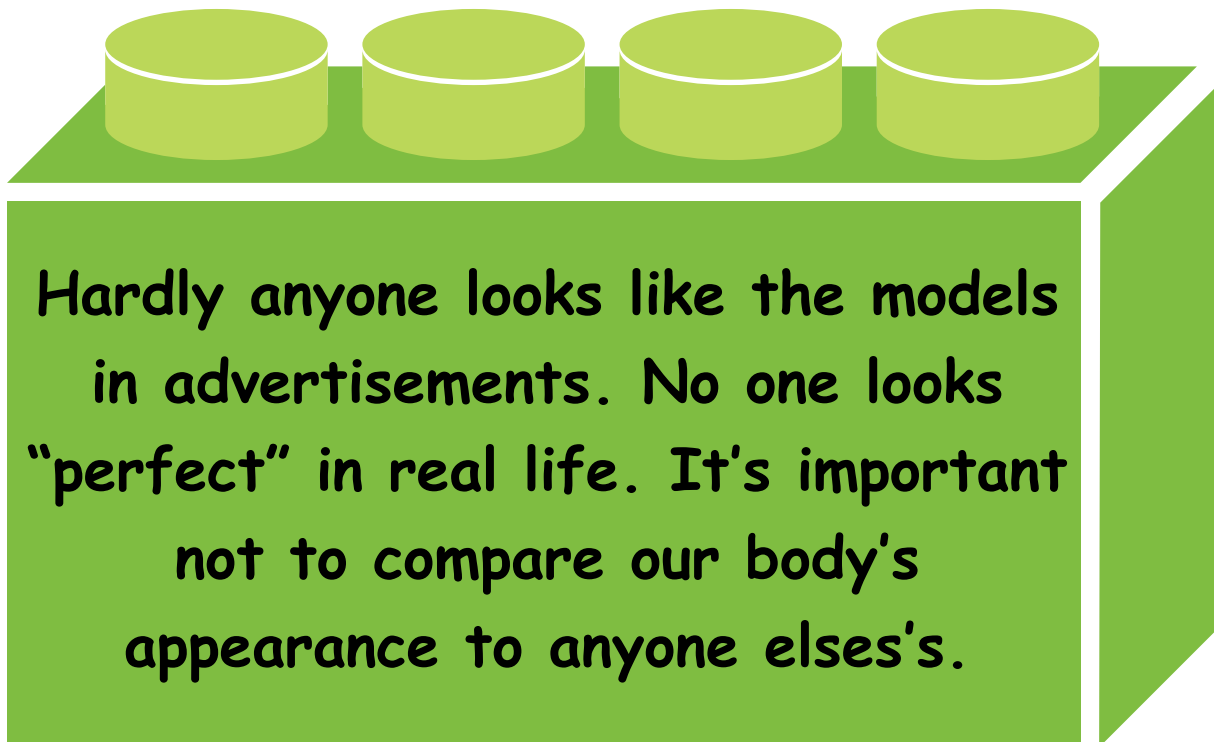
To be happy, it helps to understand what is and is not in your power to control. You may hear that you should try to have the "right" body size and weight, but bodies are born to be **DIFFERENT**. There is no "right" size to be. Eat well, stay active, and love the body that is right for you.

Always **CARE FOR** and **TAKE GOOD CARE OF** your body



Healthy Body

Building Block #11



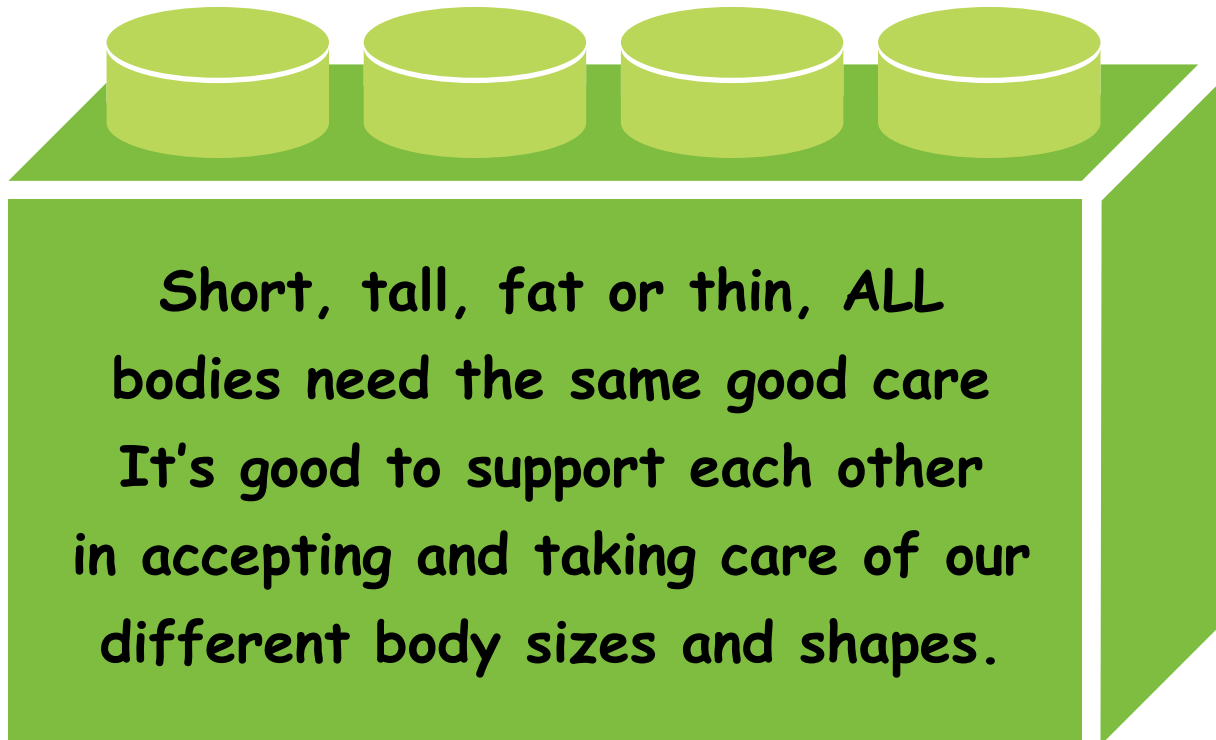
You can admire how someone looks **without** comparing yourself to them. Whether your body is short, tall, fat, or thin, be sure to **appreciate** and **care for** the body size and shape you were born to have.

Always **CARE FOR** and **TAKE GOOD CARE OF** your body



Healthy Body

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!

Always **CARE FOR** and **TAKE GOOD CARE OF** your body