MOVE!®

Body Image

Our society places a lot of value on being thin. An unrealistic body image can keep you from achieving a healthy weight and feeling good about yourself.

Here are some tips for having a more positive acceptance of your body:

- Losing weight is more about starting to **feel good** and having **good health** than it is about having the perfect body. Losing just 5 percent of your weight can improve health.

- Get rid of the thought that you can only be happy if you achieve the perfect body! It's not true!

- Recognize that what your body looks like is NOT who you are.

- Focus on what wonderful things your body does for you. It allows you to move, have fun, relax, sleep, and experience lots of great moments.

- Pay attention to the aspects of your appearance you like, such as nice-looking hair, attractive eyes, great smile, and so on.

- The most important people in your life respond to who you are, not what you look like.

- Accepting yourself is important for well-being. You wouldn't judge a book by its cover, would you?