10 Ways to Love Your Body!!

1. Create a list of all the things your body lets you do. Read it and add to it often.

2. Be your body’s friend and supporter, not its enemy.

3. Create a list of people you admire: people who have contributed to your life, community or the world. Consider whether appearance was important to their accomplishments.

4. Don’t let your weight or shape keep you from activities that you enjoy.

5. Wear clothes that are comfortable and that make you feel good about your body. Work with your body, not against it.

6. Count your blessings, not your blemishes.

7. Keep a list of 10 positive things about yourself without mentioning your appearance. Add to it!

8. Say to yourself, “Life is too short to waste my time hating my body.”

9. Surround yourself with positive people. It is easier to feel good about yourself and your body when you are around others who are supportive and who recognize the importance of liking yourself just as you are.

10. Do something nice for yourself—something that lets your body know you appreciate it. Take a bubble bath, make time for a nap, find a peaceful place outside to relax, etc.

For more information visit www.usu.edu/nutrition