

LOVE YOUR BODY WEEK



In honor of love your body week, we worked with students so we could advocate for them and share how they feel about their bodies and what loving their body means to them.

LOVING YOUR BODY MEANS

letting it rest
To nurture it to be the best it can be
Nourishing your body well
Being kind to it
Comfortable

SOMETHING I LOVE ABOUT MY BODY IS

My curves
That it allows me to be active
how strong it is
It is strong and takes me where I need to go
It gets me through my day
My muscles
It's healthy

MY FAVORITE THING I DO TO SHOW MY BODY LOVE IS

Nourishing it with foods that fuel me and make me feel good
dance around to music that makes me feel good
Taking care of it
Eat
eat fruits and veggies
Rest
Any type of self care: walks, nutrient dense meals, working out, massages

IF YOU COULD GIVE ONE PIECE OF ADVICE TO YOUR TEENAGE SELF ABOUT LOVING YOUR BODY, WHAT WOULD IT BE?

bodies change and that's okay. My adult body may look different but that's because I'm in a different stage of life
No one cares about your body as much as you do. The less stress and pressure you put on yourself to be a certain way, the easier it becomes to accept your body and love it.
Focus less on what it looks like / how others see you and more on what your body does for you both mentally and physically.
It's okay to not look like people on Instagram because they don't even look like that themselves
no one else is looking at you as harshly as you're looking at yourself
Who cares what others think