



Positive Body Image

I'm too fat. I'm too thin. I'd be happier if I were taller, shorter, had curly hair, straight hair, a smaller nose, bigger muscles or longer legs. Do any of these statements sound familiar? If so, you are not alone. We all want to look our best, but a healthy body is not always linked to appearance. In fact, healthy bodies can come in all shapes and sizes! Changing your body image means changing the way you think about your body and healthy lifestyle choices are key!

The first step to improving one's body image is to recognize that your body is your own no matter what shape, size, or color it comes in. If you're worried about your weight, check with your doctor to verify that you are within a healthy body weight. Next, identify which aspects of your appearance you can realistically change and which you can't. After identifying what you would like to change, you can start setting obtainable goals for yourself. Obtaining a goal is a great way to increase your self-esteem and to keep you motivated. Other helpful ideas to improving self-esteem and body image are:

- Eating healthy. This can promote healthy hair and skin along with keeping bones strong.
- Daily exercise. This can be shown to boost self-esteem, self-image and energy levels.
- Getting plenty of rest. This is key to reducing stress.
- Wear clothing that you feel comfortable in and show off parts of your body that you are proud of.
- Cut labels out of your clothing. It's not about the size of the clothing, it's about how they make you feel. The size shouldn't dictate your mood for the day.
- Stay away from the scale. Your weight should not affect your self-esteem
- Remind yourself that looking healthy is something positive.

For more tips and advice about a positive body image, contact Sharon Rateike, corporate wellness program coordinator at (920) 568-5475 or Sharon.Rateike@forthc.com.

