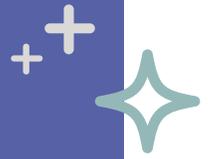# Healthy Habits 4 LiFE

Healthy Body Image
Tips for Feeling Great About Yourself

Your body is amazing. It does so much for you—so let's give it the love and care it deserves! Here are some ways to boost your body confidence and feel good about *you*:

Celebrate what your body can do.
Your body lets you run, dance, breathe, laugh, dream, and so much more. **Focus on the incredible** things it helps you do every day!

Make a "Top 10" list of what you love about yourself.
Write down your strengths, talents, and things you're proud of that *have nothing* to do with your weight or appearance. **Keep it where you can see it—and read it often!**

See yourself as a whole person.
When you look in the mirror, remember: you are so much more than how you look. You are **smart, kind, funny, creative, strong**—*and* so much more.

Surround yourself with positive people.
It's easier to feel good about yourself when you're around **people who lift you up**, not tear you down.

Wear what feels good.
Choose clothes that make you feel **confident and comfortable.**

Be a media detective.
Remember, lots of images in magazines, ads, and online are edited or filtered. **Real life isn't Photoshop!**

Be kind to yourself.
Do things that make you feel good—like taking a bubble bath, going for a walk, listening to music, or finding a quiet spot to relax.

Give back.
Helping others makes a positive impact on the world and boosts your own self-confidence.
A win-win!

YOU ARE GREAT

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For Parents: How to Support Your Child's Healthy Body Image

Kids are always watching and listening—what you say about *yourself*, their bodies, and others

What to Watch For:

- Your child talks about their looks in a negative way.

- They're always comparing their body to others.

- They seem worried about weight, dieting, or fitting in.

- They often talk about others' looks, too.

- They feel down, stressed, or have low self-esteem.

What You Can Do:

- Remind them: **bodies grow and change**—and that's totally normal!

- Help them understand: there's **no one "perfect" body.**

- Watch your own language. Avoid words like *fat or ugly*—kids pick up on what you say.

- Focus on **strengths, skills, and personality**, not appearance.

- Encourage **fun, healthy activities** like dancing, swimming, or family walks.

- Promote **healthy eating for feeling good**, not just for looks.

- Discourage constant weighing—it's not the best measure of health.

- Be a positive role model: focus on health, not weight.

Building a healthy body image starts early— and it starts with you. Help your child focus on their strengths, abilities, and what makes them uniquely awesome.

Adapted from National Eating Disorders Association.

I am confident

I wake up motivated

I am powerful

Today will be a productive day

I am successful

I feel more grateful each day

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