



Wellness Buddy Wednesday Tip

Improve Your Body Image

Negative body image is a common problem in our society. Millions of people try fad diets, cosmetic surgeries, contact lenses, facials, or cosmetics in the hope of becoming more attractive each year.

Improving your body's appearance by means of informed nutrition choices and physical activity and/or regular exercise benefits your physical health and self-esteem.

Once you've achieved a healthy body, don't let that be enough! Don't compare your body with unrealistic, overly thin or the exaggeratedly developed standards for attractiveness that you see in advertisements or on television. Aim for fitness, not for thinness or bulkiness.

To improve your body image, use positive self-talk and positive imaging to turn reasonable ideas about what you'd like to be like into realities. Act as if qualities you wish for were already yours.

Try these actions to maintain a positive view of your inner and outer self:

1. Write out positive statements about yourself.
2. Find activities that are related to your goals, and join in.

3. Be grateful, remember to take count of and appreciate what you have.
4. Practice positive self-talk and positive self-imagining.
5. Seek out books and movies with positive themes.
6. Surround yourself with friends who believe in you.
7. Support others—believing in, supporting, and speaking positively about others helps you become more positive and stronger.
8. Refuse to think negatively about others.
9. Celebrate your successes.
10. Give and receive affection!

Additional specific tips include:

- Avoid talking negatively about food, weight, and about how “good” someone looks because they are thin.
- Have fun and nutritious foods available all the time.

“No man can make you feel inferior without your consent.” —Eleanor Roosevelt

Providing guidance and support to make the "healthy choice the easy choice!"

Healthy Communities, Healthy People Program
Jackson County Health Department
P O Box 310
3045 4th Street
Marianna, FL 32447

Phone: 850.526.2412 ext 282
Fax: 850.428.9564
Email: WellnessBuddy@doh.state.fl.us

