**What is Body Image?**

How you see or picture yourself.

How you feel others perceive you.

What you believe about your physical appearance.

How you feel about your body.

How you feel in your body.

**Developing a Healthy Body Image**

Here are some guidelines (Adapted from BodyLove: Learning to Like Our Looks and Ourselves, Rita Freeman, Ph.D.) that can help you work toward a positive body image:

1. Listen to your body. Eat when you are hungry.
2. Be realistic about the size you are likely to be based on your genetic and environmental history.
3. Exercise regularly in an enjoyable way, regardless of size.
4. Expect normal weekly and monthly changes in weight and shape.
5. Work towards self acceptance and self forgiveness - be gentle with yourself.
6. Ask for support and encouragement from friends and family when life is stressful.
7. Decide how you wish to spend your energy -- pursuing the "perfect body image" or enjoying family, friends, school and, most importantly, life.

**Think of it as the “Three A's”:**

**Attention** -- Refers to listening for and responding to internal cues (i.e., hunger, satiety, fatigue).

**Appreciation** -- Refers to appreciating the pleasures your body can provide.

**Acceptance** -- Refers to accepting what is -- instead of longing for what is not.