



12 ways to Love Your Body

1. Think of your body as an instrument of expression that allows you to experience life. It is the paintbrush we use to create our **masterpiece called life**.
2. Create a list of 5-10 of **your good qualities** – smart, a good friend, great sense of humour. Read it often.
3. **Don't let your weight or shape keep you putting off something you really wanted to do. Life is too short to worry about how you look to other people. Follow your dreams** and be thankful your body supported you.
4. Wear comfortable clothes that you like, that express your personal style, and that feel good to your body. **Confidence** will make you happier than any diet ever will!
 5. Count your **blessings**, not your blemishes.
6. Think about all the **things you could accomplish** with the time and energy you currently spend worrying about your body and appearance. Now try one!
 7. **Be your body's friend and supporter**, not its enemy.
8. Your skin replaces itself once a month, your stomach lining every five days, your liver every six weeks, and your skeleton every three months. **Your body is extraordinary**—begin to respect and appreciate it.
9. **Find a type of exercise that you enjoy and do it regularly. Don't exercise to lose weight. Do it to make your body healthy and strong** and because it makes you feel good.
10. Think back to a time in your life when you felt good about your body. Loving your body means you get to feel like that again, **even in this body, at this age**.
11. Put a sign on each of your mirrors saying, **"I'm beautiful inside and out."**
12. Eat when you are hungry. Rest when you are tired. Surround yourself with people that remind you of **your inner strength and beauty**.



Embrace and love your body.
It's the most amazing thing you will ever own.