

Ways to Boost Your Body Image

- Be realistic about your body size. Give up trying to change your body into a shape it was never meant to be.
- Get moving! People who are physically active are more likely to feel good about themselves. Fit activity into your daily routine. Choose activities you enjoy doing.
- Enjoy eating a variety of foods. Grain products, vegetables and fruit, milk products, meat and alternatives should be the basis of your food choices. Try to choose lower fat foods more often. Developing a positive attitude towards yourself is harder than a diet. If you feel good about your body, you will want to be physically active and to eat well.
- Give up judgements about your body. If you have a negative thought, counter it with a positive. For example: my thighs are too big -- I am a caring, worthwhile person...
- Stop thinking that thinner thighs or larger biceps are the answer to all life's problems. Deal with and set goals about the real issues in your life, school, family, friends, job.
- Let go of the need to be thin to feel good about yourself. Realize your weight does not determine your self-worth.
- Begin by doing two things per day that you would have done in the past only if you were thinner. For example: wear a belt, buy clothes, visit an old friend.
- Dress yourself well, buy nice clothes that fit and wear them. Get rid of all the clothes that don't fit.

**Enjoy eating well and being active.
Feel good about yourself!**

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Nutrition Matters

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Are You Preoccupied With Your Weight?

More than 50% of people report being unhappy with their body shape or size.

Do you:	Yes	No
• weigh or measure yourself one or more times a day?	<input type="checkbox"/>	<input type="checkbox"/>
• allow the scale to determine how you feel about yourself?	<input type="checkbox"/>	<input type="checkbox"/>
• find yourself constantly critical of your body or specific body parts?	<input type="checkbox"/>	<input type="checkbox"/>
• eat less in front of people, but overeat when alone?	<input type="checkbox"/>	<input type="checkbox"/>
• feel guilty and ashamed when you eat anything other than diet food?	<input type="checkbox"/>	<input type="checkbox"/>
• believe that your problems would be solved if only you were thin?	<input type="checkbox"/>	<input type="checkbox"/>

If you answered YES to any or all of the questions, you may be preoccupied with your weight. This pamphlet will give you information to help you feel better about your body.

Did You Know?

Society, the media and the fashion industry have made us want to be a perfect shape. For females, we are told, this is tall, very thin and shapeless. The average fashion model is 5'8" and weighs 115 pounds. This is 23% less than the average woman weighs. These ideals are not realistic for many. As a result, about one third of women who are a healthy weight are on weight loss diets when they don't have to be.

Men are also faced with living up to an "ideal". The desire for a strong, muscular body has led many into the dangerous practice of using steroids and buying unnecessary protein body-building powders.

We must learn to ignore society's pressure, concentrating on who we are. This includes accepting our own body. There is no ideal body type, but a wide range of healthy weights and body shapes.

Fighting Fat Prejudice

Don't comment on someone's weight. Even if you "compliment" them on losing weight, you're still focusing on self-worth through body image, and you're giving them the message that you like them better thin.

Start trying to appreciate different achievements in yourself and others. Work toward the point where weight is no longer something by which you rate your success.

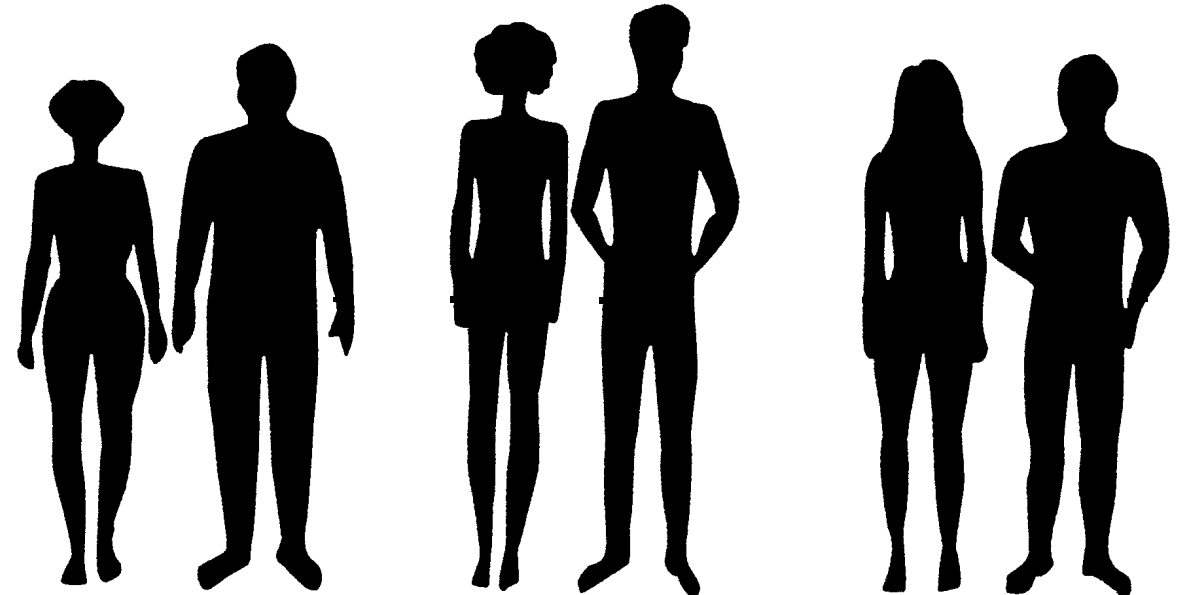
Allow yourself and others to begin enjoying food for the pleasure it brings and for its nutritional value. Try to eliminate the category of "forbidden" foods from your mind.

Challenge common stereotypes about fat and thin in your daily life. For example: that fat equals failure, unhealthy, lazy and so on.

Every Body is Different

Basic Body Types

There are three basic body types. Most people resemble one or a combination of these body types. You can have a healthy body with any of these types.



Endomorph

- average to large frame
- usually wider at the hips
- higher percentage of body fat

Ectomorph

- lean, usually thin, tall
- little muscle or fat
- long arms and legs, few curves

Mesomorph

- strong, solid, medium height
- muscular
- broad shoulders and narrow waist