

Boosting Positive Body Image

by Bodymatters Admin, February 22, 2017



Reposted from [Eating Disorders Blog](#) with permission. Adapted from [original article](#) by [Laura Cipullo](#).

Take a moment this week to focus more on the positive, forget black and white thinking, and exercise your passion with this inspirational blog post!

More on the Positive – Instead of focusing on weight, scales or muscles, think about the positive characteristics you possess...humor, creativity, passion. Focusing your positive characteristics can help you build self-esteem and positive body image.

Forget Black and White Thinking – No food is “bad” or “good.” Food provides us with energy and nutrients but in varying amounts. By refraining from labeling foods, we can help prevent ourselves from internalising those same labels. To learn more about how to foster a healthy habits with food, check out the [Healthy Habits Program](#).

Exercise Your Passion – Do you enjoy swimming, hiking or basketball? Have you ever tried a relaxing yoga session or an upbeat spinning class? Trying a new activity with a friend or simply going hiking with your family can be a great way to socialise and fit in physical activity. Experiment with different activities and find what you enjoy the most. It’s important to exercise for health, wellness and enjoyment rather than just weight loss. For physical activity, think about overall wellbeing rather than pinpointing areas you find negative.

Additional Tips for Boosting Positive Body Image

1. Surround yourself with positive people
2. Accept that every shape and body size is beautiful
3. Understand that the media portrays beauty in varying ways. The media and advertisements project images that are often not realistic.

