



10 ways to *love* your body!

1.

Think what your body does for you each day.

2.

Your skin replaces itself once a month and your stomach lining every five days.

Your body is extraordinary-- begin to respect and appreciate it!

3.

Use the time and energy you waste worrying about your body to **try a new activity** instead.

4.

Every morning, **thank your body for rejuvenating** so you can enjoy the day.

5.

Keep a list of 10 positive things about yourself without mentioning appearance. Add to it!

6.

Put a sign on each of your mirrors saying, **"I'm beautiful inside and out."**

7.

Count your blessings, not your blemishes.

8.

Choose to find the beauty in the world and **in yourself.**

9.

Surround yourself with people that remind you of **your inner strength and beauty.**

10.

Be your body's friend and supporter, not its enemy.

For more info and online eating disorder screening tools visit:

www.usu.edu/swc

