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