The Body Image Building Blocks

This advice is wise to follow.

It helps to support each other in having a healthy body image, in eating well, and in being active.

Hardly anyone looks as perfect as the models in advertisements. I will be careful not to compare myself or others to them.

People become unhappy trying to control something that is not in their power to control. As for looks, it's best to make the most of who we were born to be.

These behaviors keep us strong.

Choose role models you admire for things deep inside and who make you feel good about who you are.

It's important not to sit too much in our free time. Being active is one of the best things we can do for our health and self confidence.

Satisfy hunger completely with enough wholesome food at regular meals and snacks.

The way we look is only one part of us. We need to pay attention to *all* of who we are.

These are facts we must accept.

Weight-loss diets are not a good idea. We can hold back hunger for a while but will eat more to make up for it later.

Each person's body works to grow and maintain a weight that is natural for him or her.

Most of the way we look is determined before we are even born: taller, shorter, fatter, thin—all are normal, all built in!

There are many different normal ways for looks to change in puberty. Sooner or later, most girls and boys gain weight and fill out.

The way we look will change as we grow up.