

BE STRONG

Eat.Move.Live

THE KNOWLEDGE

BE POSITIVE ABOUT YOUR BODY

This week's focus: How we can be more positive about our bodies, the Be Strong way!

Why is it important?: Being body positive is more than just loving your appearance. It's also about loving your body for everything it can do. When you start to love yourself, your confidence grows and from that comes more success, confidence and happiness.

What will we tell you?: Tips on how to be more body positive.

- 1 Adopt Body Neutrality** – It's ok to love some parts of you and not others. Focus on the bits you love and take the pressure of having to love every part of you.
- 2 Nourish your body** – Make sure your food and drink choices are those that make you feel good – and we don't just mean feeling good in the moment, we mean food that nourishes us from the inside out that makes us feel energised, less bloated and good in the long term.
- 3 Exercising regularly** – Exercise gives us energy, improves our mood and keeps our mental health in check. These are the immediate effects. But the long term effects of sustained exercise are even greater – helps us age well, keeps our bones and muscles strong, reduces the risk of slips, trips and falls, and reduces our disease risk. We think exercising regularly is the biggest act of self-care you can perform.
- 4 Compliment others and learn to take a compliment yourself** – Make it a habit to pay at least one person a compliment each day. It makes you feel good when you see the smile on their face, and it may also help you to appreciate your own attributes a little more. Saying thank you when you receive a compliment rather than talking it down, also helps you to focus on the positive aspects of yourself, rather than the negative.
- 5 Focus on what your body can do** – Our bodies are amazing. They do so much for us every single day, and we can achieve so much with them, no matter what our abilities or challenges are. Celebrate everything your body achieves mentally and physically, no matter how small.
- 6 Banish negative self-talk** – If you wouldn't say it to someone else, don't say it to yourself. It's a simple rule – treat yourself with the kindness that you have for others.
- 7 Surround yourself with positivity** – Switch off the news, have a clear out of your news feed and friends list on social media of the people that don't make you feel good about yourself. Search out the positive people, who are honest and real, not just the ones with filtered selfies and 'best life' posts. Find your tribe!!
- 8 Be your own competition** – Forget what everyone else is doing, and have one simple aim, to beat yesterday!! Focus on your own improvements and ignore everyone else, then celebrate every win!
- 9 Dress to impress (you!)** – The world is your catwalk and you have to own it! Pack away the clothes that remind you of your bigger or slimmer self. Focus on who you are now, and feeling fabulous while you're at it – whether that's at work or a workout, nights in or nights out. Just rock your look!
- 10 Do something nice for yourself** – Take time out for yourself. A bath, a walk in nature, a phone call or video chat with friends, a book, a movie, whatever it is that makes you feel good. Rewarding your body and mind for all that you achieve.

KEY MESSAGES

Body positivity is more than just learning to love our appearance. It's about loving all of you, looking after yourself properly and sharing that ethos with others. Being more body positive, will result in a growth in your own confidence which breeds further success and confidence in all aspects of your life – not just about how you look.

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