

# Celebrate Your Body & Food!

## Respect Food

Reclaim the pleasure of eating and become aware of the variety and quantity of food your body needs and desires.

Eat slowly and focus on enjoying the food you eat

Strive to listen to your hunger and satiety cues.

Pleas-ure senses by taking advantage of the various smells, textures, sounds, appearances and tastes of food.

Expose yourself to a variety of foods. No foods are “forbidden.” Eat *all* foods in variety and moderation.

Challenge yourself to respect and enjoy the gift of food.

Treat yourself well by including the foods your body needs. Your body needs both nutrient rich foods and pleasure rich foods, sometimes they are the same and sometimes they are not. Include them all!

## Accept Your Body

Assert: “It is with great joy that I share with you my personal discovery that my body is not my enemy and that your bodies are not my competition.” –M. Griffin

Celebrate your body. Respect it. Accept it. Take advantage of all it offers – maybe the ability to dance, walk, laugh, write, cook

Use your body as a functional instrument that will evolve with you over time rather than as a decorative ornament.

Every body, regardless of size or shape, deserves acceptance and recognition.

Participate in physical activities for the joy of feeling your body move.

Talk back to messages that focus on unrealistic body images as symbols of success and happiness.