

BODY IMAGE

WHAT IS BODY IMAGE?

Body Image is a person's inner perception of their own body.

WHY BE CONCERNED?

Negative Body Image may result in:

- Poor Self Esteem
- Less Participation in Physical Activities
- Limiting food choices
- Disordered Eating
- Anxiety or Depression



WHAT CAN YOU DO?

- Remind yourself that genetics play an important role in determining a person's weight, size and body type
- Promote exercise and healthy eating as a means to physical, mental and emotional well-being and enjoyment
- Trust your internal hunger and fullness cues
- Understand how the media portrays unrealistic physical appearances

DID YOU KNOW?

- *By age 4, children want to be thin.
- **38% of boys and 50% of girls used unhealthy weight control behaviours.

This information was compiled by:

* Elementary Teachers Federation of Ontario (www.etfo.ca)

**University of Minnesota (2010—study of 5000 youth)

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Positive Body Image Is...

- + A clear, true perception of your shape—you see the various parts of your body as the really are.
- + You celebrate and appreciate your natural body shape and you understand that a person's physical appearance says little about their character and value as a positive person.
- + You feel proud and accepting of your unique body and refuse to spend an unreasonable amount of time worrying about food, weight, and calories.
- + You feel comfortable and confident in your body.

Negative Body Image Is...

- A distorted perception of your shape—you perceive parts of your body unlike they really are.
- You are convinced that only other people are attractive and that your body size or shape is a sign of personal failure.
- You feel ashamed, self-conscious, and anxious about your body.
- You feel uncomfortable and awkward in your body.

People with negative body image have a greater likelihood of developing an eating disorder and are more likely to suffer from feelings of depression, isolation, low self esteem, and obsessions with weight loss.

NEDA (ND). What is Body Image? Retrieved from <http://www.nationaleatingdisorders.org/what-body-image>

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