

# BODY VITALITY



# Week by Week

~~Week 1: Overview of the Program~~

~~Week 2: Food, Mood & Cravings I~~

~~Week 3: Food, Mood & Cravings II~~

~~Week 4: Weight Worries I~~

~~Week 5: Weight Worries II~~

~~Week 6: Body Image~~

~~Week 7: Body Image~~

Week 8: Social & Family Sabotage

Week 9: Resistance To Change

Week 10: Healthy Food Choices

Week 11: Healthy Exercise Choices

Week 12: Healthy Habits

# The Themes

- What is the negative body image and the reason to shift it
- Unhelpful body labels
- The ideal thin messages
- How to clear judgments about the body and face
- Opening to self acceptance

# Avoidance Of Situations

Being concerned about our body, may make you avoid certain situations, for example:

- Places (e.g., the gym or beach)
- Events (e.g., dates or family gatherings), and/or
- People (e.g., friends you haven't seen in a while or people you perceive as more attractive)

# Positive Body Image

- Freedom yourself from unhelpful body thoughts, attitudes, or beliefs
- Let go of the thin ideal and develop your own beauty standards
- Embrace your body with acceptance, compassion, and love
- Create a more positive sense, experience, and reality of your body
- Eat well, move regularly, and take great care of yourself from a place of acceptance
- Feel confident, calm, and content in the body you have right now.

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