



*It is normal
for your body
to change as
you go
through
puberty and
grow in your
teen years.*



**NEED HELP
MOVING
FORWARD?**

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**IMAGINE:
BELIEVING
YOUR BODY
IS BEAUTIFUL**

by learning
healthy body habits

Good to know...

- 64% of female and 45% of male teens check their bodies
- Checking includes weighing yourself and looking at the sizes of your body parts
- If you do not check your body, you are more likely to eat in a way that is healthy for your body
- If you practice being neutral about your body as a teenager, you will have better mental health and physical health later in life
- Find a team that can help, including a dietitian, a doctor, and a therapist

Build a strong support system by asking for help if you are struggling



A little more than half of teenagers eat in a way that is not healthy for their bodies

Healthy Food Tips

- Eat from all five of the food groups, every day
- Eat when you feel hungry, **or**
- Set a timer and eat something every 3-4 hours

Healthy Mind Tips

- Talk to your friends about fun things while eating at lunch
- Unfollow people who only post what they look like or what they eat
- Ask your doctor to do a blind weight or not weigh you
- Remove scales and mirrors from your bedroom

Healthy Body Tips

- Make a list of what your body can do for you
- Make a list of what you love about yourself - **not** related to weight or the way you look
- Make a resist/engage T-chart for bodychecking