

Be Yourself

10 Steps to a Healthier You

Do you measure your happiness only by acceptance from others?

It's time to adopt new measures for a happier and healthier you.

Enjoy being unique

Like your fingerprint, your body is one of a kind – the result of genetics, lifestyle and experiences. Stop comparing yourself to others and focus on the best possible you. Adopt a healthy attitude for life.

Accept yourself

Recognize that healthy bodies come in different shapes and sizes. Celebrate those unique qualities that set you apart from the rest. Love and appreciate yourself – body and mind.

Forgive yourself

If you stray from your eating or activity goals, forget about it and carry on with your plan. A chocolate bar cannot break your overall spirit! Celebrate your successes.

Turn negatives into positives

Recognize how people or events trigger negative feelings about your body image. Develop coping strategies to deal with these situations. Don't let others control your happiness – only you have that power.

Celebrate you

Remind yourself of all your skills, accomplishments, relationships and interests. What matters most is how you feel on the inside.

The fashion world isn't reality

Advertising, fashion magazines, the entertainment industry and the media promote an unrealistic body shape. Look around you – there are a lot more people like you than like "them". Feel good in your own size.

Like yourself

Make a list of the things you really like about yourself and focus on them. The list can include traits like humour, intelligence, kindness or enthusiasm. Have a healthy attitude and focus on what's on the inside.

Make time for yourself

Strive for balance at home, at work, in relationships and in life. Set aside personal time every day – even if it's only 15 minutes – to care for yourself.

Reward yourself

When you achieve one of your healthy eating or activity goals, reward yourself with flowers, a leisurely bath, a good book or soothing music. Appreciate yourself.

Relax

Sleeping well, managing stress and feeling good about yourself are as important to your health as eating well and being active. Deep breathing, walking or talking to a friend are all good stress relievers. Experience the joy of relaxing your mind and body.



Love and appreciate your body and mind. Commit to taking care of yourself.

Healthy Measures

Be active • Eat well • Be yourself