

# LOVING YOUR BODY

## **Bodies come in all shapes, sizes, and colours**

Society can focus on "the perfect body" but there's no such thing. All bodies, including yours are fantastic!

## **Your body is amazing!**

Your body carries you through all experiences and activities you love - good and bad!

## **Call out inequalities**

People in larger bodies, with disabilities, or minorities can experience discrimination. Call out inequalities!

## **Be critical of societal messages**

If you're insecure about your body, it benefits the beauty, fitness and fashion industries. You don't have to listen to them!

## **Be kind to yourself**

Instead of criticising your body, reframe your thoughts - what is something amazing your body has done for you lately?

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