

LOVING AND ACCEPTING YOUR BODY

Truly loving your body is no easy task in our diet-obsessed, fat-phobic culture. **But it is worth the effort, every second of it.**

Loving our bodies means accepting and embracing the diversity of all human bodies. It means recognizing and rejecting body-based discrimination, and celebrating the purpose and beauty of our individuality. Loving your body means, one day, making friends with the person looking back at you in the mirror.

Ditch the scale, for good. The number on the scale is one very small, essentially arbitrary figure that doesn't accurately reflect your level of health or beauty.

Recognize that healthy, beautiful bodies come in all shapes, sizes, colors and abilities.

Read books and blogs that feature people of all different sizes doing things they care about. Visit www.OpheliasPlace.org to find some suggestions.

Invest time and money in yourself rather than in the diet or weight-loss industries. Spend your money on caring for yourself, taking yourself on adventures, spending time with your loved ones, finding ways to express yourself from your heart-space.

Surround yourself with size-friendly people. Create a community of friends, doctors, and resources that accept you as you are and support your goals.

Stand tall and proud of who you are in this body. You have strength, energy, confidence and beauty to offer the world, and it flows from your head to your toes.

Keep clothes that make you feel beautiful and that fit, now. Ditch the "one day" clothes you've been hoping to fit into, and be in the moment. Life is too short to be uncomfortable while you wait for "one day."

Be patient with yourself. The habit of shaming our bodies takes a while to unlearn, but it is possible. Grant yourself some grace through this unlearning process, but never give up.

