

National Eating Disorders Awareness Week

EVERY BODY IS DIFFERENT

...We all have different genetics that influence our bone structure, body size, shape, and weight differently.

...Avoid comparing your body with your friends' bodies.

To Be Your Healthy, Ideal Weight:

- Treat your body with respect.
- Give it enough rest.
- Fuel it with a variety of foods.
- Exercise moderately.
- Resist the pressure to judge others based on weight, shape, and size.
- Respect people and yourself for qualities of character and accomplishments, rather than appearance.

LISTEN TO YOUR BODY...

- Eat what you want, when you are truly hungry.
- Stop when you are full.
- Eat what appeals to you.
- Use this approach, and you are likely to maintain a healthy weight and avoid eating disorder triggers.

W&L RESOURCES...

Student Health Center.....540-458-8401
University Counseling Center.....540-458-8590
Available to friends seeking to help friends.



changing the conversation
about mental health