

CARDSfit Fitness Month



What is body image?

... the mental picture I have
of my body + my thoughts
and feelings about that
picture

Positive healthy body image means helping children and teens to...

- Resist the pressure to strive for the "perfect" body.
- Find more lasting and meaningful ways to feel good about themselves than weight and appearance.
- Know how to take care of their bodies.

Fitness Tip

It is tough to be the only one who says "no" to peer pressure, but you can do it. Paying attention to your own feelings and beliefs about what is right and wrong can help you know the right thing to do. Inner strength and self-confidence can help you stand firm, walk away, and resist doing something when you know better.