

# 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