

**Body
Image**

Renew

A Weight Loss Rx Lifestyle Class

Body Image

MODULE 3:

Mastering Your Health

Welcome to class!

Reflection Questions:

- How would you define your relationship with your body?
- What are some expectations you have about living in a smaller body?

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The SELF Principle



Sleep is health

Poor sleep is linked to obesity, heart disease, stroke, cancer, and dementia. Aim to sleep at least 7 hours each night.



Exercise is health

Help your heart, mind and body by moving throughout the day. Find what you enjoy and do it everyday.



Love is health

Gratitude, prioritizing healthy relationships, mindfulness, and self kindness all improve overall well being.



Food is health

Food gives us life, energy, and joy. Evidence supports a whole food, plant-rich diet may improve all aspects of health.

I value and appreciate my body, exactly as it is now.

On a scale of 1-10, how true does this statement feel to you?

1=not at all

10=Very accurate

POSITIVE CHOICE
INTEGRATIVE
WELLNESS CENTER



What is body image?

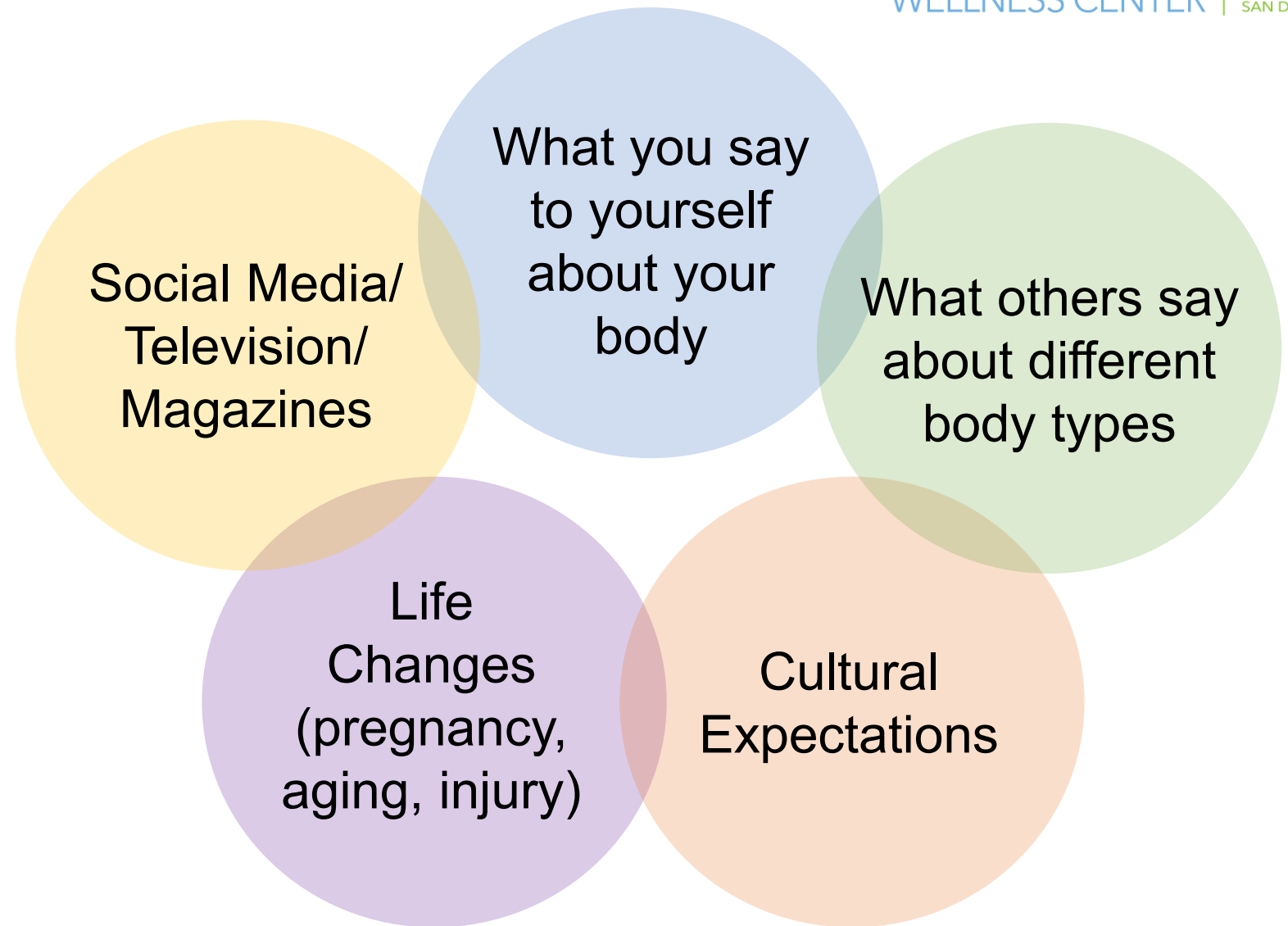


POSITIVE CHOICE
INTEGRATIVE
WELLNESS CENTER


thrive
SAN DIEGO, CA

Body Image

The thoughts, feelings, and beliefs you have about your physical body, its appearance, and how you feel in it.

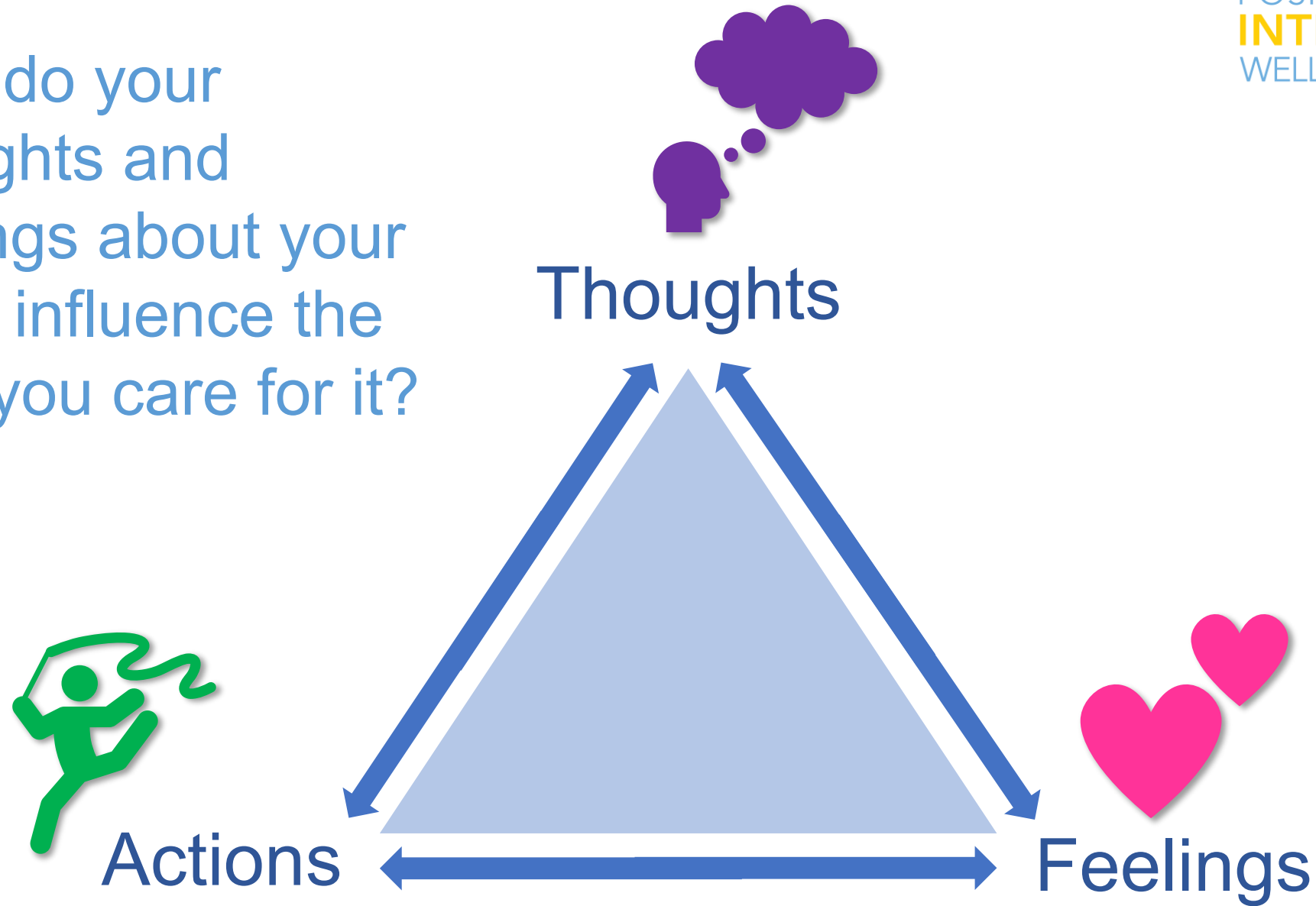


Body Image is Your Relationship with Your Body

- What words do you use to describe your body and how you feel about it?
- What has influenced your body image throughout your life?



How do your
thoughts and
feelings about your
body influence the
way you care for it?



Body Expectations

Sometimes we can have the fantasy that, “if I look a certain way, _____ will be better in my life”.

What are some expectations you have about living in a smaller body?

If I weigh x lbs, I'll get more respect from my family.

If I looked like I used to, I'd have more confidence.

When I lose x lbs, I'll be able to wear clothes I like.

I'm losing weight, but not fast enough or in the right places.



Body Image is the Relationship with Your Body



- How would you define a healthy relationship with your body?
- How would you define your relationship with your body?
- What might change or be different in your life?

Meaningful Ways to Appreciate Your Body

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Appreciate what your body can do!

*Your body is more than just appearance;
it is the vessel that carries you
throughout your life.*

- Name 5 things you appreciate about how your body supported you today.
- How does your body allow you to participate in activities that bring you joy?

Examples: walking your dog, carrying your groceries, hugging a loved one, dancing to your favorite song.



Stop fixating on your own and other peoples' bodies.

- Notice and question when you find yourself judging your body.
- Notice when you attribute positive or negative associations with other people's bodies.

This is an example of “Body Checking” where you’re constantly examining your body and making micro-judgements.



Surround Yourself with Positive People



- It is easier to feel good about yourself and your body when you are around people who are supportive and who recognize the importance of liking yourself just as you are.
- Prioritize spending time with people who encourage you on your journey and accept you as you are.

View Yourself as a Whole Person

When you see yourself in a mirror or in your mind, choose to focus on your unique qualities.

What are your unique qualities that you value about yourself?

- Intelligence
- Humor
- Kindness
- Strength under pressure



Curate your Media

- Pay attention to images, slogans, or attitudes that make you feel bad about yourself or your body.
- Unfollow people who support unhealthy body ideals.
- Find people to follow who are supporting body positive messages.



Wear Comfortable Clothes



You deserve to wear clothes you like and feel physically comfortable in.



Clothes are meant to fit your body. Your body doesn't need to change to fit certain clothes.



Tight clothes can be triggering for negative body thoughts.

Do Something Nice for Yourself

- Especially if you're noticing your inner critic being loud.
- Opt for something that lets your body know you appreciate it.
 - Take a bubble bath.
 - Take a nap.
 - Find a peaceful place outside to relax.



Learn to Honor Your Body's Needs



Hungry? Prepare a meal or snack



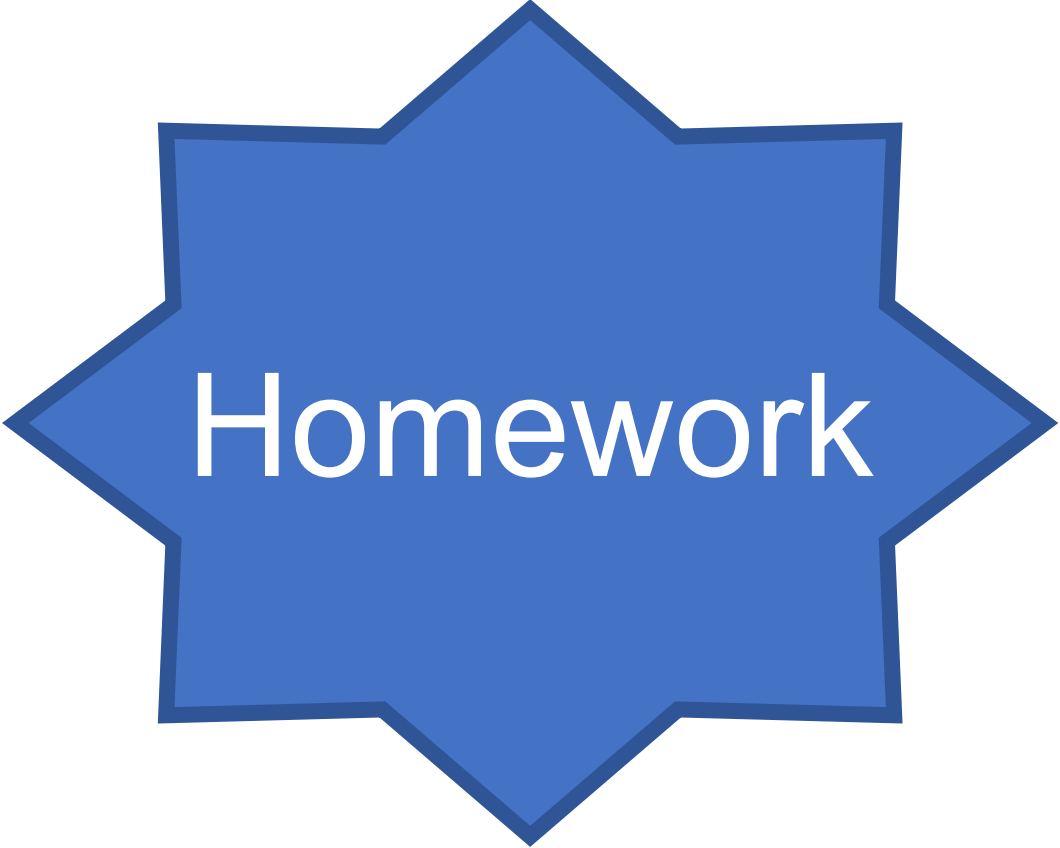
Tired? Nap or get extra sleep



Feeling overwhelmed? Take a break

Which tool resonated with you?

- Appreciate what your body can do!
- Stop fixating on your own and other peoples' bodies.
- Surround Yourself with Positive People
- View Yourself as a Whole Person
- Curate your Media
- Wear Comfortable Clothes
- Do Something Nice for Yourself
- Learn to Honor Your Body's Needs



Homework

Letter to Your Body

Add to Your Journal

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Letter to Your Body

Part 1:

- Write a letter to your body telling it anything you'd like to say
 - *“Dear body,.....” and sign your letter from you*



Letter to Your Body

Part 2:

- Write a letter from your body to you
 - *“Dear (your name),.....
Signed, Your Body”*
- Think about what your body would want to say to you if it had a voice





Today I Asked My Body What She Needed

*Today I asked my body what she needed,
Which is a big deal
Considering my journey of
Not really asking that much.*

*I thought she might need more water.
Or protein.
Or greens.
Or yoga.
Or supplements.
Or movement.*

*But as I stood in the shower
Reflecting on her stretch marks,
Her roundness where I would like flatness,
Her softness where I would like firmness,
All those conditioned wishes
That form a bundle of
Never-quite-right-ness,
She whispered very gently:*

Could you just love me like this?

—Hollie Holden





What's one thing
that stood out in
today's class?

What is one small step you
could take to incorporate
that this week?

Add this to your journal.

Resources



positivechoice.org/renew

Optional Meal Plan

Plan	Breakfast	Snack	Lunch	Snack	Dinner
LOW 1,000-1,200 calories 70-110 grams protein	2 oz protein 1 fruit 1 healthy fat 1 probiotic 1 grain, legume, or starch	1 protein supplement OR 2 oz protein 1 healthy fat	4 oz protein supplement OR 2 cups vegetables 1 healthy fat	1 protein supplement OR 1 probiotic	4 oz protein supplement OR 2 cups vegetables 1 healthy fat
Moderate 1,000-1,400 calories 80-130 grams protein	2 oz protein 1 fruit 1 healthy fat 1 probiotic 1 grain, legume, or starch	1 protein supplement OR 2 oz protein 1 healthy fat	4-6 oz protein supplement OR 1 healthy fat 1 grain, legume, or starch	1 protein supplement OR 1 probiotic	4 oz protein supplement OR 2 cups vegetables 1 healthy fat
HIGH 1,400-1,700 calories 90-140 grams protein	2 oz protein 1 fruit 1 healthy fat 1 probiotic 2 grains, legume, or starch	1 protein supplement OR 2-4 oz protein 1 healthy fat	4-6 oz protein supplement OR 2 cups vegetables 1 grain, legume, or starch	1 protein supplement OR 1 fruit 1 probiotic	4-6 oz protein supplement OR 2 cups vegetables 1 healthy fat

Getting Started with Strength Training



KP Health Resources

