

The Body Positive Issue

Stall Seat Journal
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Body positivity is about valuing people of all body shapes and sizes and recognizing that health is about a lot more than weight. Accepting and appreciating all bodies eliminates stigma. Everybody deserves nourishing food, enjoyable activity, and feeling comfortable in their own skin. Especially you!

What can you do?

Recognize negative body talk. Comments like "Eating that would make me fat," or "I need to hit the gym to get bigger," impact us all by reinforcing inflexible and unrealistic image ideals. This can negatively impact self-esteem and one's relationship with food and exercise.

Change the conversation.

Reframe it: "You look great, have you lost weight?" becomes "Great to see you!"

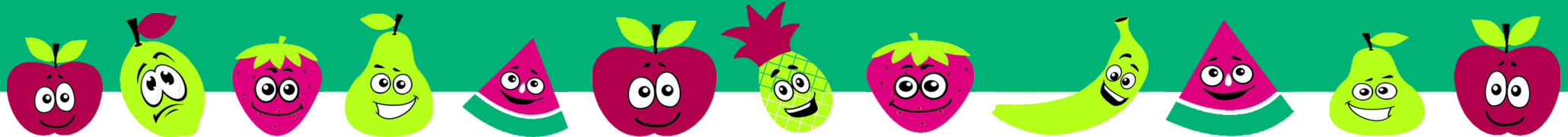
Shift the focus: talk about interesting stuff you've heard, seen, or done instead.

Confront it: make a pact to practice tolerant, affirming body talk instead.



"Your looks do not define you as a person. There is more to you than your appearance."

D.M., Curry 2017

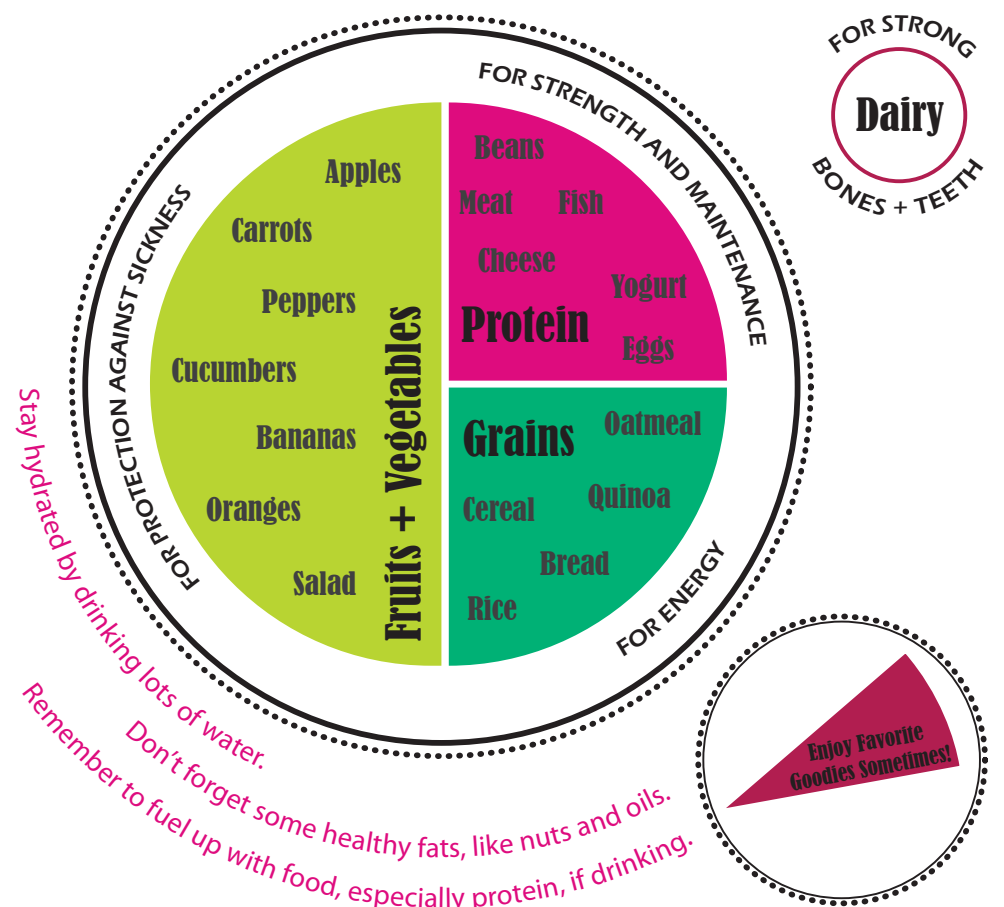


Balanced nutrition and regular physical activity help your body function at its best.

Intuitive eating is the healthy habit of eating when hungry and stopping when full. Paying attention to your body's signals and learning a few strategies can help you eat intuitively.

- 1** Take time to sit down for meals by planning ahead when scheduling classes and activities and by getting away from studying and screen time so you can savor every bite.
- 2** Eat a variety of nutritious and tasty foods you enjoy so that your body stays strong, you feel satisfied and able to focus, and you keep food choices flexible.
- 3** Eat several meals and snacks throughout day for consistent energy and a satisfied appetite. Eating breakfast and carrying snacks on busy days can help.

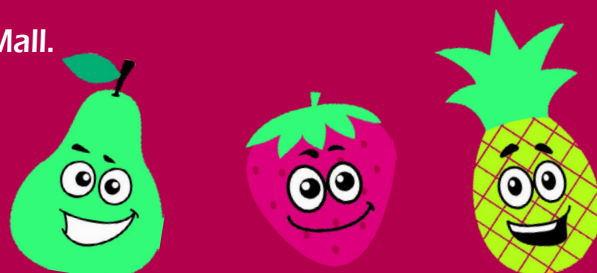
For a colorful, balanced meal, make your plate:



Regular physical activity 3 – 5 days per week helps bodies feel good and work well. Although physical activity can't guarantee a certain body size or shape (because these depend on many factors, like genetics and metabolic rate), it does support a healthy body and mind.

Physical activity doesn't necessarily mean hitting the gym. Find something you LIKE to do! Here are some ideas for fun, fitness, and getting outside:

- 1** Walk to class, extracurriculars, or the Downtown Mall.
- 2** Play intramural sports or join a dance club.
- 3** Do yoga anywhere with a mobile app.
- 4** Explore the hiking trails on Observatory Hill.



**HOO
KNEW?**

95.0% of UVA students who drink eat before and/or while drinking.*

*From the Spring 2015 Health Survey with responses from 931 UVA students

RESOURCES

For nutrition consultation related to meal plans, food accommodations, and eating at on-Grounds dining locations, call UVA Dining at (434) 982-5117.

For nutrition counseling with a dietitian or education with a trained Peer Health Educator (PHE), call the Office of Health Promotion at (434) 924-1509.

For assessment, consultation, and counseling related to eating or exercise concerns, call Counseling and Psychological Services (CAPS) at (434) 243-5150 or General Medicine at (434) 982-3915.

For body positive education, advocacy, and support services, as well as eating disorder screenings, call the Maxine Platzer Lynn Women's Center at (434) 982-2252.

For body positive events, check out Celebrate Every Body Week February 20 - 24.



Want this poster for your room? Feel free to take me home: Feb. 13-17.