



EMBRACING YOUR BODY & ENJOYING MOVEMENT

This information is to help you develop a positive relationship with your body and find joy in movement. Remember, every body is unique and beautiful in its own way.

The most important thing is to have fun and enjoy being active together as a family. Let's celebrate our bodies and all the amazing things they can do!

Embracing your body

- 1. Love yourself:** Appreciate your body for everything it does. Focus on what your body can do – not on how it looks.
- 2. Positive self-talk:** Be kind to yourself. Replace negative thoughts with positive ones. For example, instead of saying, "I hate my body," say, "I am strong and capable."
- 3. Healthy habits:** Treat your body with love and respect. Eat a variety of foods, get enough sleep and drink plenty of water.
- 4. Media awareness:** Be careful about what the media says about beauty and body image. Remember that most pictures are edited and do not show reality.
- 5. Celebrate differences:** We are all different. Embrace what makes you unique and celebrate the diversity of bodies.

Joyful movement

- 1. Find activities you love:** Try different types of physical activities until you find something you enjoy. It could be dancing, swimming, hiking or playing sports.
- 2. Playful approach:** Exercise doesn't have to feel like a chore. Approach physical activity with playfulness and curiosity.
- 3. Family fun:** Make staying active fun for the whole family. Choose things you can do together. Go for walks or bike rides. Play games in the backyard. Have dance parties in a big room.
- 4. Set goals you can reach:** Focus on how physical activity makes you feel. Set goals based on what brings you joy, not on changing your body.
- 5. Listen to your body:** Pay attention to how your body feels during physical activity. Don't push yourself too hard. Exercise should feel good – not painful.
- 6. Be mindful:** Practice mindfulness while moving your body. Notice your feelings, the rhythm of your breath and the beauty of your surroundings.