Body Image

What can you do to have a healthier body image? Check out these 10 tips:

1. **De-emphasize weight.** Weight isn’t the best indicator of health or fitness. Your eating habits, exercise patterns, and other lifestyle choices are more important!

2. **Stop buying magazines that portray unrealistic body types.** If magazines make you feel badly about your body, don’t read them!

3. **Notice & comment on personality, intelligence and other strengths of others as opposed to appearance.**

4. **Think critically about unrealistic body ideals in the media.** Realize there is a physiological limit to how muscular you can get naturally. Many of the muscular male bodies you see in the media are the products of drugs. It is not possible to be that muscular and that lean without chemical assistance. Remind yourself that actors and models often use body doubles or are airbrushed. The flawless bodies we see may not even be real!

5. **Shift focus from appearance to health.** Did you know that the more important an individual feels physical appearance is to happiness, the more critical the person will be of her/his appearance?

6. **Create a healthy body environment around yourself.** When you choose to speak about your body, speak positively. Change the subject when conversations focus on weight, size or body dissatisfaction. Surround yourself with people who have healthy relationships with their bodies and food.

7. **Stop weighing yourself.** Focus on how your clothes fit and how you feel in them rather than a number on the scale.

8. **Move and enjoy your body.** Go walking, swimming, biking, and dancing. Do yoga, aerobics, and weight training…. not because you have to, but because it makes you feel strong and energized!

9. **Realize that you cannot change your body type.** Learn to love and respect the body you have. Choose clothing that flatters your unique body type.

10. **Remind yourself that true happiness comes from within!** It’s not uncommon for people to think that they would be so much happier if only they could lose weight or have a more muscular physique. After all, our society equates thinness and extreme leanness with happiness. In reality, our bodies are probably not the problem, and dieting and muscle building supplements are not the answer. Nurture your inner self!

Got nutrition, fitness or body image concerns? [www.snac.ucla.edu](http://www.snac.ucla.edu) can help! Still got questions? Ask at nutrition@ashe.ucla.edu.

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Try one of these **workshops** for more information on being successful at UCLA.

**Procrastination**
December 13 12-1pm  Ashe Center 414

**Stress**
November 29 3-4pm  Ackerman Union 3517
December 6 4-5pm  Covel Commons West Coast Room
Sleep  
November 29 12-1pm  Ashe Center 414  
December 6 3-4pm  Ackerman Union 3517  
Offered by: Student Psychological Services

Academic Stress  
November 29 5:00pm  Covel Commons 203  
December 4 5:00pm  Covel Commons 203

Dealing with Procrastination  
November 29 7:00pm  Covel Commons 203  
December 6 7:00pm  Covel Commons 203

Study Skills  
November 28 7:00pm  Covel Commons 203

Time Management  
November 20 7:00pm  Covel Commons 203  
Offered by: Academics in the Commons

Career Exploration & Making Career Plans  
Online registration required at career.ucla.edu/workshops/registration.asp. Registration limited.

December 1 F 12:30-2pm  Career Center 3rd Floor

How To Discover Your Dream Career – Online registration required (see above)  
November 20 M 3-5pm  Career Center 3rd Floor  
Offered by: Career Center