

Respect your body

Here are some ways you can show respect to your body:

- Accept that all bodies come in different shapes and sizes, including yours
- Recognize the many miraculous things your body can do
- Feel grateful for your body's abilities
- Take care of your body's needs
- Honor your hunger and fullness
- Say nice things about your body
- Wear comfortable clothes that you enjoy
- Do nurturing things for your body
- Stop comparing your body to others

Choose one of the above suggestions and consider how you can practice this in your life. For example, if you decide to spend more time feeling grateful for your body's abilities, you could take a moment after playing a sport to reflect on your gratitude for how your body moved and how good it felt to be active.

Reference: The Intuitive Eating Workbook for Teens by Elyse Resch, MS, RDN

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