

Navigating Self Image & Weight Loss

How to navigate the line between self improvement & shame

- You have to at some point like your body the way it is now & shift the focus to things you do like: those arms that are flabby carry your children...your legs that have cellulite enable you to walk
- Healthy has to start inside
- There is no magic formula, but we have to appreciate our bodies for what they are now. You'll never be happy if you're waiting for a number.

signs you have a self image problem

- Thinking about food all the time
- Not wanting to go somewhere because of how you look or how you think you should look,

Steps to addressing self image

- There is no magic formula, but we have to appreciate our bodies for what they are now.
- You'll never be happy if you're waiting for a number
- Shift the focus to things you do like: those arms that are flabby carry your children...your legs that have cellulite enable you to walk
- Appreciate your body for what it can do to
- Healthy has to start inside

#1 Recommendation

- Baby steps-be mindful of what you're eating.
- Educate & empower yourself with the knowledge of what food can do for you.