



## Love Your Body!

Body image is the mental picture we have of our bodies. It is affected by how we feel and value ourselves. Those who feel really good about themselves usually have a positive body image.

As children's bodies grow and change it is important to promote a positive body image. Eating healthy, being physically active and getting enough sleep are some ways that help children learn to love their body!

### Promote a positive body image:

- Enjoy a variety of healthy foods at regular meal times.
- Be physically active. Encourage your child's unique interests.
- Be a positive role model. Don't criticize yourself or others for size or shape.
- Get enough sleep.
- Discuss unrealistic media images.



For more information for ages 5-11, please visit:

<http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-healthy-eating-active-living-for-your-5-to-11-year-old.pdf>

For more information for ages 13-18, please visit:

<http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-healthy-eating-active-living-for-your-13-to-18-year-old.pdf>

For more information on Healthy Eating, visit:

<http://www.albertahealthservices.ca/nutrition/page2914.aspx>