

Body Positivity

Body Positivity

Body positivity is about loving the body that you are in and not comparing yourself to anyone else. This, however, should also include looking after your body and staying healthy. 'Healthy' looks different on everyone, but no matter what your 'shape' it is extremely important to eat foods that fuel your body (See page 86-88) and to look after your cardiovascular system, by for example living an active life (See page 89-90). Beauty can be seen from the outside, but fat cells will collect on your organs and long term organ strain will have devastating results.

Body positivity is about the fact that ALL women struggle with body insecurities at some point in their lives. Body positivity invites ALL women to love and accept themselves. Being skinny or not doesn't mean that someone is not struggling with self-esteem problems. Be kind, always!! Body acceptance is a journey, it will never be a destination.

The biggest mistake one can make are spending too much time trying to do everything you think you are supposed to do, and not enough time being simply you. For some you'll be too sexy, too smart, too quiet, too shy, too loud, too whatever it might be... Those are not your people and they don't have to like you.

Body acceptance is NOT about feeling good and sexy all the time. It's not about my weight or shape, it's about how I feel about myself when I wake up in the morning. A healthy mind and a healthy body radiates confidence and positive energy

You can have off days, weeks or months within your body acceptance journey. There is no such thing as a perfect relationship with yourself or your body, as it will always be a work in progress. So stay kind to yourself and mindful about your choices. You are deserving of self-love and care.

Health and happiness first!

