



Accept All Body Shapes

Adapted from Joanne Ikeda, Health at Every Size

- ◆ Human beings come in many shapes and sizes. We should celebrate our differences.
- ◆ There is no perfect body size, shape, or weight that everyone should have.
- ◆ Every body is a good body, no matter its size or shape.
- ◆ Judging people based on how they look is unfair. It is based on factors over which the person has little or no control.
- ◆ We must respect the bodies of others even though they may be different from our own.
- ◆ We must take care of our body, self and mind.
- ◆ Good health is not defined by body size. It is physical, mental and social well-being.
- ◆ People of all sizes and shapes can improve their health by living a balanced lifestyle.