

Having a Healthy Body Image

To have a healthy body image you must take care of it by:

- Eating the right food.
- Exercising.
- Practicing good hygiene
- Sleeping/resting.
- Playing/having fun.
- Working/keeping active.
- Sharing and caring.
- Keeping yourself safe from harmful cigarette smoke.



All of these things are important. They make you feel good and look good. Stressing out about the way you look or want to look is not going to help you feel good.

- Body is important, look after it.
- Only you can be yourself.
- Do you like your body?
- You should be yourself not someone else.

- I know how to look after myself do you?
- Most people try to be 'superstars'.
- A superstar is not always what it seems.
- Give your body the right food.
- Everyone should be the best they can be.

