

# Respecting Our Bodies

## A Different New Years Resolution

### Does your new years resolution always begin with a new fitness plan?

Well it's time to flip the script... Now it's time we start activities that not only improve mental well being but also approach our bodies with respect

Tips to work toward body respect:

- Wear clothes that fit YOUR body
- Stop weighing yourself everyday!
- Move in a way that feels GOOD
- Change your thinking

If you're struggling with negative self talk, poor body image, or want to start off this year differently, there is help and there are resources available.



**Most importantly, ask for help when you need it.**

**Contact us today to find out how we can help**

Whatever your holiday season looks like, and as we look forward into the new year, remember to give yourself grace and compassion in the process.



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**Contact Us Today!**

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