

## The Building Blocks for Healthy Body Image

### Be the best you can be.

People become unhappy trying to be something that they are not. As for looks, it's best to make the most of who you were born to be.	Hardly anyone looks as perfect as the models in advertisements. I will be careful not to compare myself to them.	Support each other in having a healthy body image, in eating well and in being active.
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### Some things we can choose.

How we look is only one part of us. Pay attention to <i>all</i> of who you are.	Satisfy hunger completely with plenty of different, wholesome food at regular meals.	It's important not to sit around too much in your free time. Being active is one of the best things you can do for your health	Choose role models you admire for things deep inside, and that make you feel good about who you are.
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### Some things we cannot control

How we look will change as we grow up.	There are many different normal ways for looks to change in puberty. Sooner or later most girls and boys will gain weight and fill out.	Most of how we look is determined before we are even born: taller, shorter, fatter, thin. All are normal, all built in!	Each person's body works to grow and maintain a weight that is natural for them.	Weight loss "diets" are <i>not</i> a good idea. People lose weight at first, but they'll probably regain it, often with <i>added</i> pounds.
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