

# BODY

FONDATION  
JEUNES  
EN TÊTE



# IMAGE





# BE ACTIVE, YOUR WAY

## DON'T SET YOURSELF ANY LIMITS

Do all the activities  
that you enjoy and  
that get you moving,  
just for fun.

## TAKE CARE OF YOUR BODY

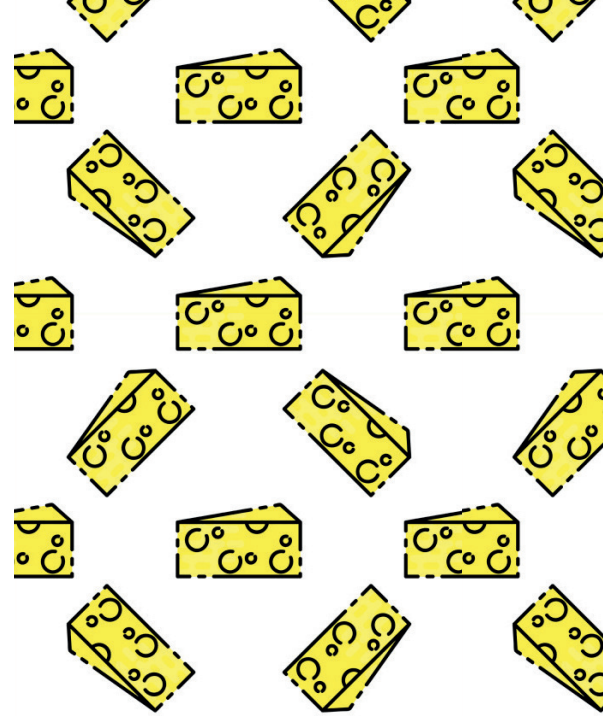
Treat it with kindness,  
by connecting with  
your physical sensations  
through mindfulness  
or sport.

© Fondation Jeunes en Tête and Marie-Michèle Ricard, psychoeducator,  
psychotherapist and professor in the Department of Psychology at the Cégep de l'Outaouais.

# FIND JOY IN COOKING



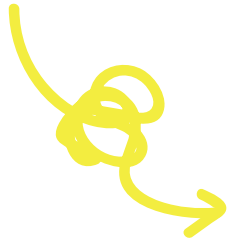
Give cooking a try to share fun times with your family and friends.



By learning to prepare your own meals, you can:



**discover** new flavours, smells and textures.



try **intuitive eating** (eating what you want when you're hungry, while still being able to know when to stop).

Find out about **the risks**:

- of going on a diet to lose weight
- of controlling your weight without medical monitoring.

You are growing and there could be several risks.





# BECOME YOUR OWN BIGGEST ADVOCATE



Step 1

Reflect on the parts of your body that you like and concentrate on them, instead of your flaws and the parts that you don't like as much.

Step 2

In high school, more than half of all people are dissatisfied with their appearance: 46% of girls want a slimmer figure and 27% of boys want a stronger one. *Remind yourself that you're not alone!*

Step 3

Wear clothes that represent your personality and that you feel good in. *You can donate clothes that don't fit you anymore!*

Step 4

Become a **body diversity** advocate and get involved by signing the Charte québécoise pour une image corporelle saine et diversifiée: <http://www.scf.gouv.qc.ca/egalite/chic/>