

Every BODY Is A Somebody

Facilitator's Guide

An active learning program to promote healthy body image, positive self-esteem, healthy eating and an active lifestyle for female adolescents

Every BODY Is A Somebody provides information and strategies on ways to promote positive body image among teen girls. The manual has six chapters, each providing background information for the facilitator and lots of activities and worksheets to use with teen participants. The topics included in the manual are:

- Media, Family and Friends
- Self-Esteem and Body Image
- Set-Point: The Body's Resistance to Dieting
- Healthy Eating and an Active Lifestyle
- Stress Management
- Relationships



Every BODY Is A Somebody Order Form

Please make cheques payable to: **Body Image Coalition of Peel** and mail to:

Body Image Coalition of Peel
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