

THE BODY PROJECT

SPRING 2016 FEEDBACK



WHAT DID YOU ENJOY MOST ABOUT THE BODY PROJECT?

FEMALE PARTICIPANT:

"I liked that girls from all aspects of life were put together and able to talk and relate to each other about similar insecurities and issues we face daily!"

MALE PARTICIPANT:

"Being able to discuss things we all are thinking just hard to say"



The Body Project is a nationally recognized dissonance-based body-acceptance intervention designed to help college-age men & women resist sociocultural pressures to conform to the thin-ideal & muscular-ideal and reduce their pursuit of both. In the summer of 2014, starting with just 10 student facilitators, The Center for Health Advocacy and Wellness brought The Body Project to FSU. Over the past two years, the Body Project has reached 371 students & trained 66 facilitators. In keeping with the mission of The Body Project, this semester newsletter will include current news stories, videos & information all related to the improvement of body image. Our hope is that these newsletters can help you stay connected and engaged!

Best Wishes,
The Body Project

FSU NUTRITION SERVICES

NUTRITION EDUCATORS

INITIAL APPOINTMENT: **FREE**

FOLLOW-UP APPOINTMENT: **FREE**

REGISTERED DIETICIAN

INITIAL APPOINTMENT: **\$15**

FOLLOW-UP APPOINTMENT: **\$10**

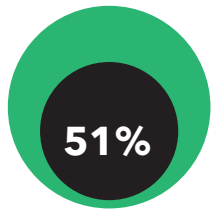
UPCOMING TRAININGS

**MUST ATTEND BOTH TO
BECOME A FACILITATOR**

CLICK HERE TO REGISTER

**CONTACT 850-644-8871
OR VISIT THE CENTER FOR
HEALTH ADVOCACY & WELLNESS**

STATISTICS



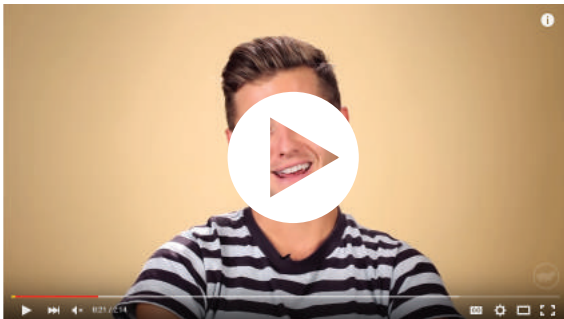
of FSU students report becoming concerned with their body weight & shape since becoming a student*

53%

of FSU students report "How to help a friend with eating & body image issues" as an important topic*



BODY IMAGE IN THE NEWS



ATHLETES RESPOND TO THE PERFECT BODY



HOW 'FAT TALK' BECAME A SOCIAL EPIDEMIC – AND HOW YOU CAN STOP IT

**HAVE SUGGESTIONS OR QUESTIONS?
WE WOULD LOVE TO HEAR FROM YOU!**

**SEND US AN EMAIL AT
thebodyprojectfsu@gmail.com**



be well. do well.
university health services