



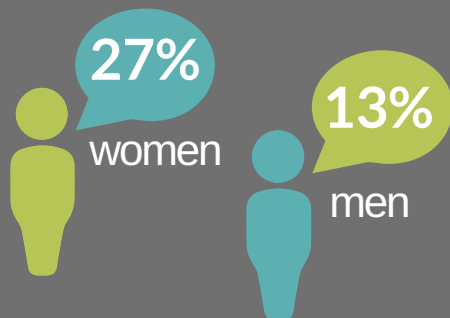
Why work towards a #bodypositivesummer?

Body dissatisfaction can lead to an avoidance of people, places and **meaningful life experiences** like raising your hand in class, voicing an opinion at work or spending time with friends.



withdraw from life-engaging activities because they feel badly about their **bodies.** (Etcoff, et al., 2006)

Body dissatisfaction is also a **major risk factor** in the development of **eating disorders.**



Percentage of college students who said their appearance was **traumatic or difficult to handle.**

(National College Health Assessment Report, 2011)

Body dissatisfaction may begin **as early as 2nd grade** in both girls & boys of various racial and ethnic backgrounds. (Heron, et al., 2013)



Research points to an association between body dissatisfaction and depression in the **elderly.**

Stop missing out. Start living life in the body you have!
Join the **#bodypositivesummer** movement and find tips and resources for improving body image at **eatingdisorder.org**

