



TARGET TIPS

BE GRATEFUL FOR YOUR BODY

Being unhappy with your body is quite normal but a negative self-image may have negative consequences on your health. No matter your level of health, your size or fitness level, your body is doing its best by you. Learning to be grateful for your body and changing the way you think about it can be extremely difficult and takes time. Before diving into the new year with all the things you want to change, use these 5 tips to nurture your self-image.



METABOLISM MATTERS

An RMR test is a simple test anywhere from 5 to 20 minutes that tells you how many calories you need per day to gain or lose weight. Without knowing your specific RMR, it's impossible to set accurate goals to reach your daily caloric needs. Instead of following a generic 2,000 calorie diet, show your body some love by figuring out exactly what it needs.

Give yourself permission to be grateful. It's okay to have mixed feelings about your body. Be thankful for your beating heart and breathing lungs even though you might not love your waistline. Bottom line – it's all okay.

Write a list of things you're grateful to your body for, no matter how small. Be grateful for your legs that walk or your arms that allow you to hug someone you love.

Get your body moving. Your body is designed for movement and giving yourself the opportunity to stretch, move and play is one way to show appreciation for your body.

Get plenty of rest. Even though your body is designed for movement, your body needs to rest. Take time to slow down and recharge to keep your stress levels in check.

Stop comparing yourself to other people. The only comparison is the you yesterday to the you today. Stop paying attention to anything that is creating negative feelings about your body, even if that means unfollowing or unfriending people on social media. Also limit the amount of time you watch T.V. or read magazines that make you feel like you're not enough. Use that time instead to help you get more in sync with you and the things and people you love.