

Are you constantly comparing yourself to the 'girl next door?'

Do you feel 'ugly' more often than not?

Do you get discouraged when you notice other people working out more than you and eating less than you?

Do you get down on yourself for splurging every now and then?

Do you move to seek a balance in eating, fun, and exercise?

Do you always resort to wearing sweats because you can't find any clothes YOU think look good on you?

ARE YOU TOO CRITICAL OF YOURSELF??????

YOU CAN DO IT!

If you find you cannot, seek help from:

1. UD Student Health Center 229-3131
2. UD Consulting Dietitian

University of Dayton
Dining Services

Wylan Ganote RD/LD

Revised By Rebecca Wehner
Revised On 08/31/06

Email Questions to :
Wylan.Ganote@notes.udayton.edu



DINING SERVICES



Be
Better!
Celebrate A
Balanced



All kinds of negative attitudes toward yourself do nothing but make you miserable.

Your life turns into this vicious cycle that is almost impossible to break from ...



Now do yourself a favor and ...

-SMILE when you look in the mirror (whether you like what you see or not)

- STOP looking at magazines models as the way you should be. (know and work with the body type you are)

-FIND some sort of physical activity you actually enjoy (you will feel better about yourself for being active, and you are more likely to stick with something if it's fun!)

-LEARN about the nutrition that supports health

(a little research goes a long way...there are plenty of delicious and nutritious foods out there!)

Believe it or not, Knowing yourself is the first step to happiness

So throw away magazines ideals



Turn off that TV

Break that mind

STOP comparing yourself



get out there and just



BE

HAPPY!!!