



KIDS

WHAT ABOUT WEIGHT?




If you are being bullied about your weight, you may be tempted to try to lose weight to make the bullying stop. But it is important to remember that unhealthy eating habits are dangerous and can be very harmful to your health. Anytime you try to lose weight too quickly, you can often gain the weight back and develop a cycle of unhealthy eating. Here are some tips for healthy things you can do to feel better about yourself and your body:

Eat well and be active.

This is an important time in your life when your body is doing a lot of growing, so you'll want to make sure that you are nourishing it properly. Have you ever eaten a meal that was really greasy, like something from a fast food restaurant, and gotten a stomach ache afterwards? Or have you ever had a sugary drink, like soda, and felt a rush of energy followed by feeling really tired? These are signals that our bodies send us when we have too many foods that aren't good for us. It's important to listen to our bodies and nourish them with healthy foods and drinks as often as we can.

Look for activities that you enjoy doing (like walking, yoga, swimming, martial arts, biking, or team sports). When we are physically active on a regular basis it can improve our mood, increase our energy levels, and reduce stress. Physical activity benefits people of all shapes and sizes! Sometimes the hardest part is developing the habit of being active, but it is usually easier if you have a friend or family member do it with you.



Be comfortable in your own body.

Look around you – no two bodies are alike. It's okay that people are different shapes and sizes. Remember that good health comes from eating a healthy diet and being active – not from being thin. Some people may think: “If I was thin, I would be happy with my body”. But even thin people can be unhappy with their bodies.

Remember that being comfortable in your body is not about how big or small you are, it's about having a positive attitude toward yourself. Focus on your health instead of how much you weigh – learn how to eat well and exercise, find healthy role models, and get support from your family and friends.

