

Live Well, Be Well

Let's Talk Body Positivity

Introduction

Welcome to Live Well, Be Well! A podcast where we speak candidly about all things wellness! My name is Zarah Rubio and I'm a Health and Wellness Educator at UC San Diego.

On this episode of Live Well Be Well, we'll be discussing body positivity and how reframing our relationship with our bodies to a more positive one make us healthier and happier.

So we hope you get inspired, we hope you feel connected, and we hope you discover new ways to live your best life. Let's get started!

This week we are celebrating Women's Health Week, where we are encouraging women and girls to make their health and well-being a priority. Throughout the week we will be participating in a 7 Day Challenge where we will be sharing activities that will hopefully empower you to live your best healthy and well life.

So we're kicking off the week by talking about body positivity and how we can reframe our mindset when it comes to being more confident in our bodies and practicing a lifestyle that encourages that. Oftentimes, we measure health with what we see in the mirror and how healthy we are compared to others. When thinking about being well, one of the things we want to start with is thinking about how we feel in our bodies and where we are in our well-being journey. What we want to focus on is reframing our relationship with our bodies and the things we do to be healthy and well.

So what does it mean to be body positive? To me body positivity is honoring and accepting the body that you have and recognizing that it will go through many changes in shape and ability because of life circumstances. It is to treat our bodies right by nourishing it, practicing self-care, and engaging in physical activities that give us joy. And not punishing ourselves for what we look like.

Here are simple things you can do to live a more body positive life:

- *Number 1: Wear clothes that make you feel good, comfortable, and give you more confidence.*
- *Number 2: Eat foods that nourish the body and give you energy.*
- *Number 3: When engaging in physical activity, choose activities that you enjoy and make you feel stronger. Yes, we want you to get active, but that doesn't mean we are limiting it to certain types of activities. Dancing does count as exercise!*
- *Number 4: Choose to watch or follow accounts on social media that promote positivity, messages you believe in, and makes you feel empowered.*
- *And number 5: Adopt behaviors that you can sustain. You are more likely to follow through with your goals and turn it into a habit. Don't be afraid to try new healthy habits but listen to your body if it's not working out for you.*

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When achieving milestones in your health journey, I want you to ask yourself these questions:

- *Do I feel stronger today compared to when I started my journey?*
- *Do I feel more energized and alert eating foods that are nourishing?*
- *Do I feel more confident when I see myself?*

It's also important to recognize that there may be times when it's difficult to take care of yourselves the way you want to or there may even be rough days where it's harder to feel good about yourself. And that's okay! Be kind to yourself, forgive yourself. Listen to what your body needs. Acknowledge that your worth and well-being is measured beyond your physical appearance.

There are other ways we can honor our body, outside of our physical appearance. We can remind ourselves of talents and movements that our body allows us to do. And give thanks for our ability to breathe, think, and feel.

This week and beyond, we encourage you to find your health through what makes you feel stronger, nourishes our bodies, and things that give us joy.

Closing

So that concludes this episode of Live Well Be Well! If you like what you heard and would like to learn more about topics related to health and wellness, there's much more to come! Be sure to check out our website healthpromotion.ucsd.edu and follow us on Instagram and Facebook under @ucsdhps. Stay tuned for our next episode of Live Well, Be Well.

Until next time, be kind, be true, be you. And remember, to be well is to live well.