

UWM BODY ADVOCACY CLUB

WHO WE ARE:

A club dedicated to challenging the social influences that pressure us to succumb to unrealistic body ideals

Follow our club on instagram
@uwm_bodyadvocacy

OUR GOALS:

- Provide monthly newsletters with strategies to increase and promote body positivity and acceptance
- Offer small goals, tips and resources that focus on body appreciation, self-love and empowerment

AGOAL FOR YOU!

For the next 2 weeks, try incorporating body-positive self-talk. Each morning, think about one thing you appreciate about your body. Write it down or say it to yourself in



the mirror!

TIPS & TRICKS:

- Think about information related to the body you digest through social media. How does it make you feel?
- Add a person or account that embraces body inclusivity OR decrease screen time altogether
- Next time you move your body, focus on what it can do and how the movement makes you feel!

WHO TO FOLLOW

Jessamyn Stanley

 @theunderbellyyoga
 Jessamyn Stanley

Jessamyn Stanley is a yoga instructor, author, and advocate for body positivity across all bodies and abilities! She self-identifies as a queer plus-size woman of color who urges all people to feel good about the person they are today. In her practice, she promotes embracing how activity makes you feel and loving your body as it is. Follow along with her yoga sequences on Youtube, read her book "Every Body Yoga", or check out her body-positive Instagram for more!

Great job making it through the first few weeks of classes! Be proud of yourself going forward, and remember that you've got this! Keep an eye out for our next newsletter!