PRACTICING BODY NEUTRALITY

Our thoughts MATTER.
How we talk to ourselves may be an unintentional obstacle to creating optimal health.
The good news is that you can change default thinking one thought at a time.

Body Neutrality Involves Three Steps:

1. **Acknowledge.** The thought in the moment.
2. **Breathe.** Take a timeout from the thought.
3. **Change the thought.** Reframe the thought to neutral – focus on what your body does for you instead of how it looks.

**Example:**

“I hate my thighs.”

Take a breath.

“My thighs enable me to walk.”

Neutral is good enough.
Taking a breath and stopping the negative thinking in its tracks interrupts the downward spiral that negative thinking often leads to. The key is to notice and redirect to a more neutral action or thought. Remember – you can’t hate your body toward better health!