



Healthy Body Image

Healthy body image for teens

Body image is a vitally important part of our self-image, and it often is influenced by how we think others — both peers and society — view us. Body image dissatisfaction clearly is a problem among teenagers of both genders. Data from the Indiana State Department of Health show that while about 15 percent of Indiana teens in grades 9 through 12 were actually overweight in 2005, almost 32 percent described themselves as overweight, and more than 46 percent were trying to lose weight. Helping young people develop a healthy body image requires an understanding of a variety of weight-related concerns. Purdue Extension has created four online publications that address these issues.

► **CFS-735-W, Healthy Body Image: *Being an Advocate for Your Child or Grandchild***

www.ces.purdue.edu/extmedia/CFS/CFS-735-W.pdf

This 15-page publication contains four main sections: 1) understanding weight-related concerns; 2) role modeling a healthy body image; 3) providing a healthy environment; and 4) recognizing signs of a possible eating disorder.

► **CFS-736-W, Healthy Body Image: *A Lesson Plan for Middle School Students***

www.ces.purdue.edu/extmedia/CFS/CFS-736-W.pdf

► **CFS-737-W, Healthy Body Image: *A Lesson Plan for High School Students***

www.ces.purdue.edu/extmedia/CFS/CFS-737-W.pdf

Each of these 17-page publications provides background information, a lesson plan outline, plus four age-appropriate activities and handouts to teach groups of teenagers that society often places an unhealthy emphasis on an idealized body image. Each publication teaches that eating nutritious foods and being physically active are the keys to good health. Instructors should plan to provide each teenager with a copy of CFS-738-W, *Healthy Exercises for Every Body*.

► **CFS-738-W, Healthy Body Image: *Healthy Exercises for Every Body***

www.ces.purdue.edu/extmedia/CFS/CFS-738-W.pdf

This 17-page publication explains and illustrates various cardiorespiratory, flexibility, and resistance exercises. It also discusses who should get a doctor's advice before beginning an exercise program, lists exercises to avoid, and outlines recommended lifting techniques.