Loving Your Body!

College can be difficult for many people as you start to discover who you are as a person and your thoughts, interests, and bodies change! Body image is the way you see yourself when you look in the mirror and the vision of your body when you think about how you look. Many factors influence body image including what you believe about your body, how you think about your body, and the way you control your body. There are no two bodies the same and it’s time to celebrate yours! January 25th through January 29th is Love Your Body Week and it’s a way to kick start the rest of the year with positive thoughts and affirmations about your body and what it can do.

Fast Facts

It is estimated that 20 million women and 10 million men will suffer from an eating disorder in their lifetime.

Substance abuse disorders are 4 times more likely in those who suffer from eating disorders.

Girls who diet frequently are 12 times as likely to binge as girls who don’t diet.

Having a poor body image can be dangerous as it might lead to serious eating disorders and encourages negative coping mechanisms like laxative use and vomiting. If you feel like you need additional resources — talk with a medical provider at Student Health Services or a counselor at University Counseling Center. There are many ways to improve your body image — try one of tips below to start loving your body!

What’s Happening at UND?

Love Your Body Week Events!

January 25-29th

Feel FANTAstic!
LYBW Event @ the Union
11:00-2:00 PM

DIY Spa Night
January 25 @ 5-7:00 PM
Wilkerson Commons

Lunch & Learn
January 27th @ 12:00-1:00 PM
International Centre

Media Manipulations
January 27th @ 4:30-6:30 PM
Wilkerson Commons

Cheap, Fast, & Healthy
January 27th @ 5:30-6:00 PM
Culinary Comer

Fabulous Fondue
January 28th @ 11:00-1:00 PM
Memorial Union

Late Night — Game Night
January 30th @ 10:00-12:00 AM
Wilkerson Commons

Find the Puck, Win Some Bucks
February 1st-12th
Like the Hub on Facebook for info!

Ski UND — Candlelight Skiing
February 5th @ 6:00-8:00
Wellness Center
Free Ski Rentals!