Love Your Body Week is a series of events designed to celebrate a positive body image, raise awareness of the impact of negative media messages, and promote self-acceptance as well as healthy behaviors and attitudes.

Love Your Body Week is January 27th – January 30th

Meet, Eat & Learn

Heather Jackson, a UND graduate student, will be speaking about her lifelong struggle with an eating disorder, body image, and self-image. Heather will also speak on her research and published works on eating disorders.

Wednesday, January 29th from 12-1pm
at the International Centre
Free Lunch Served
Everyone Welcome!

Fabulous Fondue

Join us for a day of indulgence! Fondue will be served with a variety of fruits, marshmallows, graham crackers, and so much more! Additional information will be available for participants to learn more about healthy body image, nutrition, and other fun facts.

Thursday,
January 30th
11:00 am - 1:00 pm
Memorial Union, Main Floor
Ten Tips to Love Your Body

1) Indulge yourself once in a while.
2) Exercise to be healthy, not to lose weight.
3) Take a hot bath.
4) Throw out the bathroom scale.
5) Cook a new recipe.
6) Look at yourself in the mirror and compliment yourself.
7) Take a yoga class.
8) Don’t let others criticize your body.
9) Try positive affirmations
10) Remember media portrays unrealistic expectations about appearance.

No Makeup Monday

Makeup plays such an important role in many people’s lives. Whether you wear makeup daily, for special occasions, because you like to, or you don’t wear makeup at all….Your Naked Face is Beautiful! Join us for “No Makeup” Monday on January 27th and celebrate being who you are without the foundation, mascara, and eyeliner! An information booth will be at the Memorial Union from 10:00am-2:00pm.

*Post your “No Makeup Monday” selfies on Facebook, Twitter, or Instagram #loveyourbody #nomakeupmonday

Cut and Hang; For your mirrors, walls, desk or to carry with you.

You Are Beautiful!

“Change How You See, Not How You Look.”

“Every body is good enough and worthy of respect and love.”

"My body is peaceful, healthy, and happy, and so am I.”
Advertising, Health, and Cosmetics

According to some recent articles makeup and cosmetic use is a large part of people’s lives. In a 2011 article in Self Magazine they discussed the percentage of women surveyed who reported using certain kinds of makeup. 66% say they use foundation daily, 31% says that makeup makes them feel "sexy," 27% say that makeup makes you look “professional,” and more than 50% touch up makeup at least once a day. Huffington Post reported that of 1,000 men surveyed in the US and UK, 54% used skincare products such as moisturizers or eye cream, 33% use hair waxing kits, 39% use chapstick, 11% use bronzer, and 10% use concealer. Every day individuals expose themselves to countless chemicals in things like household products, plastics, food, and cosmetics. These chemicals have been linked to many cardiovascular, immune, and reproductive disorders.

Many advertisements that individuals are exposed to portray some kind of standard or ideal of attractiveness that may be far from natural. Many Ads make promises of “looking younger” or “feeling better about how you look.” While using makeup may increase confidence at times, and some even consider makeup use self-care, there are aspects of the cosmetic industry that play on stereotypes of femininity, masculinity, and appearance in order to market items. Additional information about the toxins in cosmetics and alternatives to using them is available through resources, like the Love Your Body Campaign, so people can make educated choices about their product use. Their website provides some awareness tips and health conscious suggestions such as the following:

In choosing cosmetics and household cleaners, AVOID or MINIMIZE the following:

- Products that contain ingredients with long, difficult-to-pronounce names. These are usually synthetic ("man-made") chemicals that are untested for their effects on human health.
- Products with strong scents or odors. This includes perfume, cologne, scented lotion, powder, etc. These items contain chemicals called volatile organic compounds (VOCs) which can destroy brain cells, disrupt hormone function and can cause cancer. When inhaled, these VOCs have easy access to the brain, bloodstream and organs.

For safer options/alternatives, look for:

- Products labeled "organic" or "all-natural" (personal care products and foods), but read further to see how these terms are defined.
- Personal care products with plant-based oils such as almond oil or jojoba (rather than petroleum-based oils).

* For more information on this topic and other body image related issues visit http://loveyourbody.nowfoundation.org

AAUW and UND Partnership

The University of North Dakota and AAUW (American Association of University Women) have recently formed a college/university partnership. Kay Mendick and Patty McIntyre from the Women’s Center are the C/U representatives and will be collaborating with the AAUW Grand Forks Branch. AAUW’s mission is to advance equity for all women and girls through advocacy, education, philanthropy, and research. Through membership one belongs to a community of men and women breaking through education and economic barriers so that women and girls have a fair chance. Undergraduate students can join for FREE as an e-student affiliate by filling out a simple online form.


There are benefits for students, faculty and staff which include free e-student affiliate membership for undergraduates, access to education, grants, leadership development opportunities, fellowships for graduate students who are AAUW members, advocacy for federal public policy, ground breaking research, and AAUW internships.

Visit www.aauw.org and see what the opportunities available to the University of North Dakota community.

Watch for future announcements regarding opportunities to meet, greet and get to know AAUW better.
How to Stay Healthy during the Winter Months

- Stay hydrated
- Exercise regularly
- Wear layers
- Avoid soups with high salt contents
- Use a heavy duty moisturizer
- If you’re shoveling snow, bend your knees to avoid hurting your back

BEYOND HAIR

Join us for a panel discussion about Hair! Panelists will discuss what their hair means to them. Lunch will be provided.

Tuesday
January 28th 11:30am–12:30pm
Red River Valley Room, Memorial Union (2nd Floor)

Watch for Love Your Body Week events

Monday Jan. 27th No Makeup Monday
10am-2pm: Information booth in the Memorial Union.

Tuesday Jan. 28th “Beyond Hair” Discussion Panel
11:30am-12:30pm: Red River Valley Room, Memorial Union.

Wednesday Jan. 29th Meet, Eat, and Learn
Eating Disorders with speaker Heather Jackson
12-1 pm International Centre
Free Lunch provided.

Thursday Jan. 30th Fabulous Fondue
11am-1pm: Main Floor of the Memorial Union.

Thursday Jan. 30th, UND Wellness Center
5pm-7pm: Information about body image and nutrition and free snacks

UND Women’s Center
305 Hamline Street Stop 7122
Grand Forks, ND 58202

21880-5180

Where to Find Us: