“Loving Yourself is Universal”

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 28th – February 1st

Fabulous Chocolate Fondue and Art Display

Tuesday, January 29th
11:00 am - 1:00 pm
Memorial Union, Main Floor
In Front of the Healthier You Office

Meet, Eat & Learn

Body Images across Cultures

This presentation will focus on discussing body images across cultures. We will explore how body image ideals vary from culture to culture and why these differences exist. Learning about these differences will help us understand how the cultures we grew up and live in influence our views of the human body. Examples for this presentation will be taken from various African, Indian, Asian, Arab, and Western cultures.

Wednesday, January 30th from 12-1pm
at the International Centre
Lunch Served
Everyone Welcome

Sponsored By: UND Health & Wellness Peer Education Office, UND Wellness Center, UND Student Involvement and Leadership Office, and UND Women’s Center

Contact Information:

Staff:
Kay Mendick, Director
Patty McIntyre, Program Associate

Address:
UND Women’s Center
305 Hamline Street
Grand Forks, ND 58203

Phone:
701-777-4300

Website:
http://und.edu/student-life/womens-center/index.cfm

Hours:
Monday - Friday:
8:00 am - 4:30 pm
Cut and Hang; For your mirrors, walls, desk or to carry with you.

You Are Beautiful!

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

“You are not your buttocks.”
~ Kaz Cooke

“Even the models we see in magazines wish they could look like their own images.”
~ Cheri K. Erdman.
Where to Go For Help

If you or somebody you know is struggling with an eating disorder or just needs some support with self image, there are a number of campus resources. The following places offer an array of services including: information and referral, educational resources, nutrition and/or fitness counseling, and individual and group support.

**UND Counseling Center:** McCannel Hall room 200; 701-777-2127

**UND Student Health Services:** McCannel Hall room 100; 701-777-4500

**Health & Wellness HUB:** Memorial Union room 149; 701-777-2097

**UND Women’s Center:** 305 Hamline Street; 701-777-4300

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**Why Students are Vulnerable to Eating Disorders**

There are many reasons why students are especially vulnerable to eating disorders. "The two major life transitions that most commonly contribute to the onset of an eating disorder are puberty and leaving for college," explains Dr. Kenneth L. Weiner, M.D., founding partner and medical director of the Eating Recovery Center in Denver, CO. Adolescents and young adults are discovering their identities - who they are, what they want to do with their life in a career. Additionally, some deal with sexual orientation and gender identity issues. While the search for self can be exciting, it is also fraught with anxiety and ambivalence.

As students go off to college, they are beset with new responsibilities, which become the source of added stress. Many students have to balance jobs with school work and may additionally have family responsibilities. There is the pressure to receive good grades and keep up with the academic work load. Those who leave home for the first time suddenly are responsible for buying and cooking for themselves or choosing what to eat from college cafeterias or kiosks. They may restrict their eating or over eat or make poor food choices. They may develop unhealthy attitudes and behaviors over food and dieting.

Adolescents and young adults are especially self-conscious of what their appearance at a time in their life when they are looking for a lifelong mate. Their obsession with appearance and fitness may lead them to develop eating disorders and obsessions with exercising.

Adolescents and young adults are more willing than others to engage in experimental and risky behaviors, such as fad diets and other harmful weight reduction measures. They think they are invincible, but they are not. Furthermore, college campuses can be breeding grounds for eating disorders as students discuss amongst themselves their dissatisfaction with their body image and how to lose weight, and in turn, practice the dieting behaviors they talk about. Dieting becomes the "in" thing to do and those who lose the most weight are the most admired. While eating disorders are not contagious in the way the flu is contagious, people are certainly influenced by what others say and do, peer pressure, and the media. That’s why it is so important to exhibit healthy attitudes and behaviors about body image, food, weight, and exercise.

The Statistics

According to a poll by the National Eating Disorders Association (N.E.D.A.) in 2006 that polled 1,002 college students anonymously, 19.6% of them reported having an eating disorder. Of the nearly 20% reporting an eating disorder, 75% claimed they never had received treatment. 55.3% of those polled reported they know someone who suffers from an eating disorder.

Printed and distributed with permission from: The National Association for Males with Eating Disorders; website: namedine.org
LGBTQ Panel on Body Image

We invite you to a panel discussing Body Image in the Gay world on **Thursday, January 31st**, in the River Valley **Room from 11:30–12:30pm**. This panel is a chance to hear from a variety of people within the LGBTQ community as they talk about body image, its challenges within gay culture, and how it has affected them at UND. This event is hosted by the Student Involvement and Leadership Office, UND Women’s Center, Health and Wellness, and is part of a Love Your Body Week—a week long focus on taking care of your body and loving who you are.

*“When I go out, I never look as good as all the other guys.”

“I work out all the time but I never feel ‘hot’ enough.”

“I’ll never be happy the way I am.”

“My friends tell me I look fine, but they’re just being nice!”

“I hate the way I look!”

**Watch for other Love Your Body Week events**

**Monday Jan. 28th**

10am-2pm: information booth in the Memorial Union.

**Tuesday Jan. 29th**

11am-2pm: Fabulous Chocolate Fondue in front of the Healthier You office, Memorial Union.

**Wednesday Jan. 30th**

10am-2pm: information booth in the Memorial Union.

12–1pm: Meet, Eat, and Learn in the International Centre - Free Lunch provided.

**Thursday Jan. 31st**

10am-2pm: information table in the Memorial Union.

6:30pm: International Night- panel on body image across cultures; Loading Dock Memorial Union.

**Friday, Feb. 1st**

TBA Zumbathon; Wellness Center.