
♥ It's possible to be conscientious about what you eat without obsessing. Choose foods that are healthy and you enjoy. When you're getting all the nutrients you need from eating healthy, you'll feel better all around.



♥ Dress up! No matter what your size, wear clothes that flatter your shape and walk with confidence.

♥ Have a positive attitude. The more you smile and are genuinely friendly and interested in other people, the more you'll feel and appear to be a beautiful and interesting woman.

♥ **Beauty is more than facial structure and weight; it's open attitudes, authentic actions, and good cheer.**

♥ Treat yourself to something nice. You should never feel guilty about spending some quality time or money on yourself every now and then. **YOU DESERVE IT!!!**

Mission Statement

The Pat Walker Health Center, University Health Services provides professional and comprehensive medical care, mental health care, health education, and health promotion for a diverse community of students, faculty, and staff. We, the University Health Services Staff of the Pat Walker Health Center, have a commitment to physical, mental, spiritual, social, and emotional health, the highest standards of quality, and appreciation of the value of each individual. Through these endeavors we support the educational mission of the University of Arkansas and the growth of each individual.

Pat Walker Health Center University Health Services

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Feel Great About Your Body And Your Health!



Department of
Health Promotion and Education

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Do you ever feel completely dissatisfied with your body? Like you want to change every single aspect of it- from the shape of your nose to size of your feet?

There isn't a single person who doesn't deal with issues related to body image. Everyone you know struggles with the way they look, how others perceive them, and how they perceive themselves.

Instead of gazing at the mirror or studying fashion magazines, we propose that you reject the idea that there is only one way to be beautiful.



YOU MIGHT ASK "HOW?" HERE ARE SOME IDEAS...

♥ Spend some time with a real friend, somebody who values you for who you are. Know that you are so much more than the shape or your nose or the width of your hips.

♥ You're a valuable human being and **SOMEBODY'S** life would be missing something if it weren't for you.



♥ Do not let yourself be influenced by media attempts to define the ideal image of beauty. While it is beneficial for the weight-loss industry it is gravely detrimental to the emotional, physical and personal well being of women across the globe.

♥ Exercise!! Not for the sole purpose of weight loss or to "look a certain way." It's clinically proven that movement will improve your mental, emotional, psychological and physical health. You'll feel better and you'll perform better ... so grab that invaluable friend and go for a walk!

♥ Focus on the things you love about yourself. Don't obsess over the things you don't like. They may exactly the qualities that someone else loves about you!

♥ Find something to do that you thoroughly enjoy. Maybe it's knitting, baking, sewing, bike-riding, swimming, babysitting, listening to music, or just driving around. You're guaranteed to feel happier and fulfilled if you're doing something you love to do.



Beauty \byü-të\ : the quality or aggregate of qualities in a person or thing that gives pleasure to the senses or pleurably exalts the mind or spirit.

-Merriam-Webster
Collegiate Dictionary
Tenth Edition

