



What is Honor Your Body?

Honor Your Body is a health promotion program that focuses on body image. We present information on how and why we view our bodies the way we do, offer behavior changes that can help increase our own body image, and how we perceive body image in general.

Why does Healthy Lifestyles focus on body image?

There is a strong correlation between the way we perceive our bodies and the behaviors we participate in. When there is a negative perception of body image, the likelihood of an individual practicing healthy behaviors decreases. Learning how to increase our resilience can improve our personal understanding of our bodies and instill positive health behaviors.

How does the program work?

New this year, we are offering events for participants to attend to increase the discussion for body image resilience. Participants who sign up will have access to a calendar with event locations available around the county. They will also receive daily emails with information to help build skills to maintain a positive body image. Attend **ONE** event and fill out the completion survey in order to earn **25 points** for the Honor Your Body program.

Is there an event that I need to attend?

Yes, you will need to attend at least **ONE** event in order to earn **25 points**. Healthy Lifestyles' will hold an event on **February 26 from 12-2 at the Government Center, Room S1-300**. Offsite events will be held at various locations around the county. Find an event on the Honor Your Body calendar on our website!

How do I earn points?

Participants will earn **25 points** for attending an event. A survey administered at **the completion of the program** is required in order to earn the points.

How long is this program?

Honor Your Body 2019 will run from **Tuesday, February 19 to Friday, March 1**.