



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 and 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. By increasing our personal understanding of our bodies, we hope to instill positive health behaviors.

How does the program work?

Participants who sign up will receive daily emails with information regarding a specific action to be completed. Each action or mini challenge will help build skills to maintain a healthy body image. Complete one mini challenge each day and fill out the completion survey that will be sent the week after the Honor your Body program.

How do I earn points?

Participants will earn 25 points for completing a mini challenge each day of the week. A survey will be administered at the completion of the program where participants will enter whether they have completed each of the mini challenges.

Is there an event that I need to attend?

No, there will not be an onsite event for Honor Your Body 2018.

How long is this program?

Honor Your Body 2018 will run from Monday, February 26th to Friday, March 2nd.