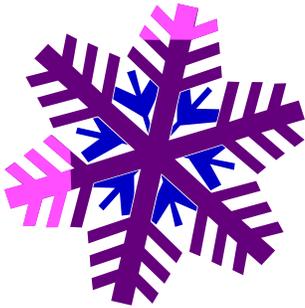


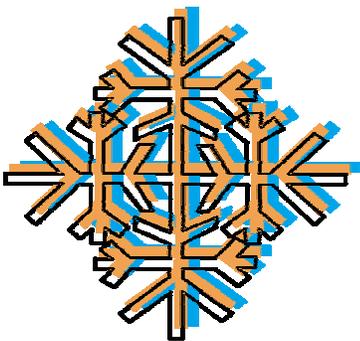
A New You: Health for Every Body

Self Talk



*This is my body.
Like a snowflake,  I am unique.
I reflect my genetic heritage,
my age, my eating habits,
and my physical activity.*

*My body is my home.
I am going to enjoy
my life as much as possible.
I pledge no longer to
speak unkindly
about my body.*



Betty Holmes
Regional Project Coordinator
WIN the Rockies