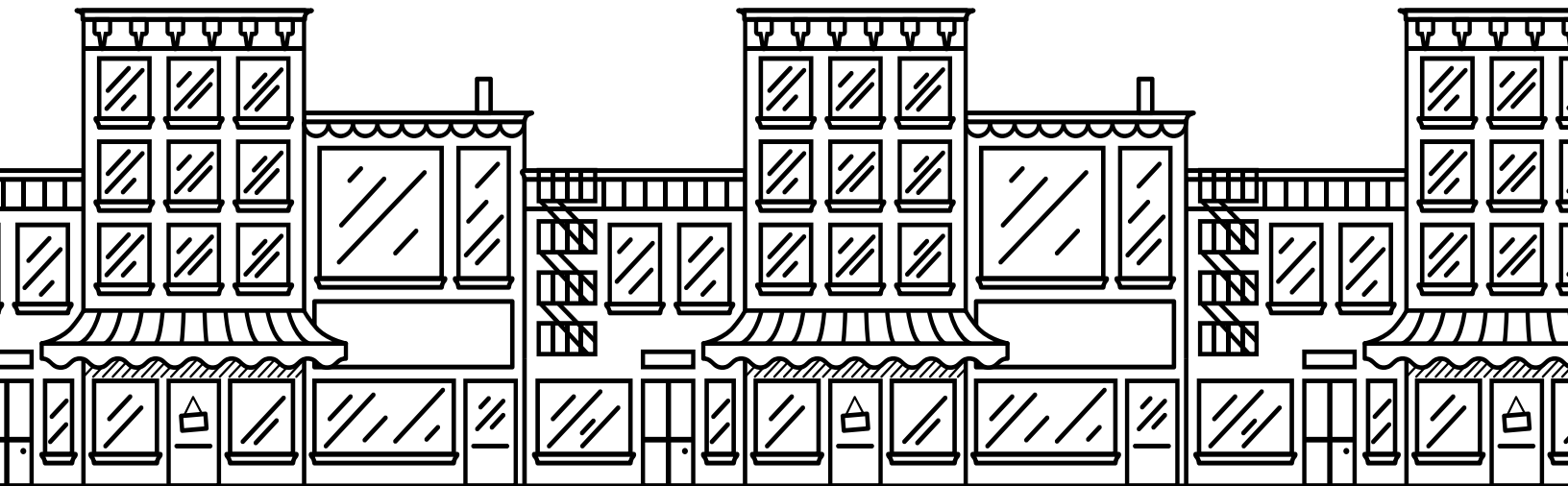


BODY PEACE TOOLKIT


*A toolkit to help
you create a
body inclusive
environment in
your community.*



women's
health clinic

www.womenshealthclinic.org/nodietday


What is body peace?




Body peace is about having respect for all body types, including your own. It means being non-judgmental about food choices and exercise habits. With Body Peace, together we create an environment where people of all size and shapes feel welcome.

Why should I help?

Healthy communities foster healthy individuals. Negative body image impacts mental and physical health in a number of ways, such as anxiety, depression and eating disorders. It benefits everyone when your business/organization is more accepting and accessible to everyone's bodies, regardless of size.



How can I help?



Do not participate in diet/weight loss talk or competitions.

Promote International No Diet Day (May 6th)

Compliment your colleagues on their skills, achievements and contributions instead of focusing on appearance.

Create workspaces and provide chairs that accommodate all body types.

Use visuals in your workplace and advertising that shows a diverse range of body types in a positive way.



To find out more about No Diet Day and why diets don't work, visit www.womenshealthclinic.org/nodietday



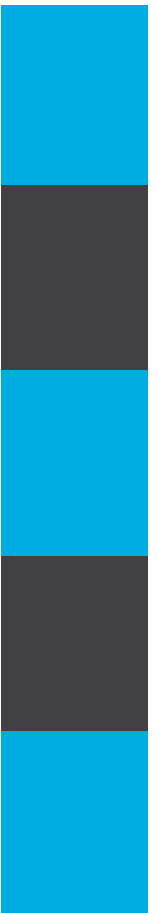
May 6th is **International No Diet Day**

There are a number of ways to promote body peace and celebrate **INTERNATIONAL NO DIET DAY** within your workplace, such as:

- host an potluck over lunch - focus on enjoying and savoring all the different tastes, textures and smells.
- encourage sending cards or emails to co-workers to thank them for their contributions or to tell them what skills or personality traits you admire most about them.
- post notes in the washroom with body peace messages such as "You are enough!" "The number on the scale is not a measure of your worth." or "All bodies are welcome here." These are included in your toolkit.
- designate a recycling bin for a No Diet Day magazine toss and encourage colleagues to get rid of their diet or weight loss magazines. Get them out of your waiting rooms too!

On May 6th, become a
BODY PEACE ZONE!

- 1** Starting May 1st put our poster up in visible high traffic areas (don't forget staff rooms and areas for the general public).
- 2** Place our inspiring quotes on mirrors.
- 3** On May 6th use the hashtag **#nodiетday** & tag **@WHCwpg** and let us know how you are promoting body peace for **INTERNATIONAL NO DIET DAY**.



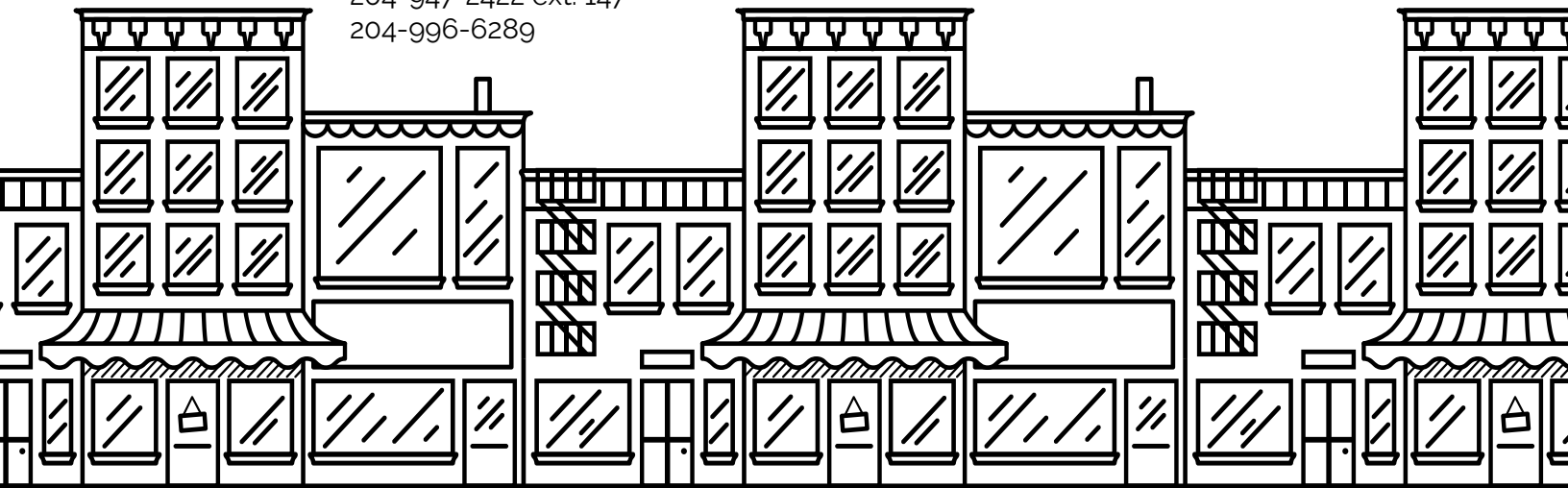
Women's Health Clinic takes a woman-centred approach to health services, education and advocacy. We advocate for a range of reproductive and mental health services, birthing and parenting support, and health education.

We promote Health at Every Size, which is a healthcare approach that focuses on mental, physical and spiritual well-being while focusing less on the relationship between weight and health.

To find out more about Women's Health Clinic, visit our website at **www.womenshealthclinic.org**.

If you have any questions about this campaign please contact:

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PRINT/CUT THESE OUT AND PLACE ON BATHROOM MIRRORS!



#NODIETDAY

WARNING

REFLECTIONS IN THIS MIRROR
MAY BE DISTORTED BY SOCIALLY
CONSTRUCTED IDEAS OF BEAUTY.

#NODIETDAY

#NODIETDAY

★ ALL BODY TYPES ★



The number on
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#nodietday