



RESPECT

YOUR

BODY

EVEN THE BITS YOU DON'T LIKE!

HUNGRY

2 MOVE



How your



BODY



MOVES



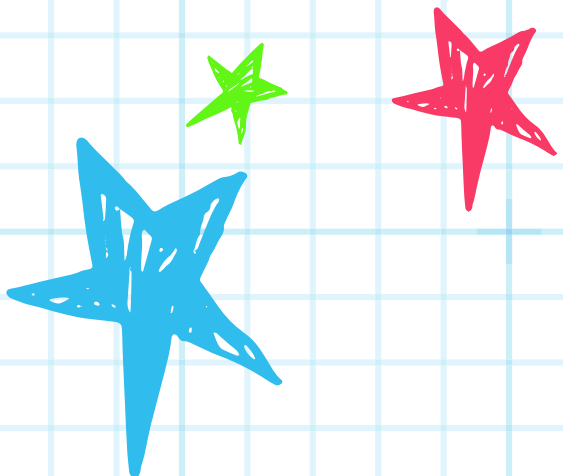
is more important
than how it



LOOKS



HUNGRY  MOVE



TOP TIPS

**FOR NAVIGATING BODY IMAGE
AS A DANCER**



**Focus on Enjoying the
Feeling of Dancing**



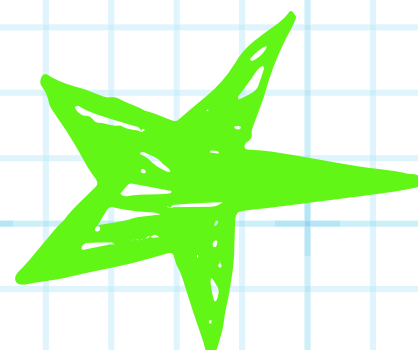
**Allow Yourself to Enjoy Food,
and Fuel Your Body**



**Watch Dancers in Different
Shaped Bodies**



Challenge Negative Thoughts



DAILY REMINDER:

Your body
is your
instrument
—unique,
powerful,
and made
to move.

DAILY REMINDER:

Every
dancer's
body tells its
own story—
yours is
worth
celebrating.

DAILY REMINDER:

**Your worth
is not
measured
in mirrors,
but in
movement.**

DAILY REMINDER:

Confidence
is the most
beautiful
thing you
can wear
on stage.

DAILY REMINDER:

Dance
celebrates
what your
body can
do, not how
it looks.

DAILY REMINDER:

The stage
does not ask
for
perfection—
it asks for
presence.

DAILY REMINDER:

Dance is not
about shaping
yourself to fit
an image, but
letting your
image
dissolve into
motion.

AFFIRMATIONS

For Dancers

I HONOR MY BODY AS MY
CREATIVE INSTRUMENT,
NOT A DECORATION.

I AM MORE THAN
ENOUGH — ON STAGE, IN
REHEARSAL, AND IN LIFE.

MY WORTH IS NOT
DEFINED BY A MIRROR, A
COSTUME, OR A SCALE.

I DANCE FOR JOY, NOT
FOR PERFECTION.

I AM CONFIDENT IN MY
BODY, MY TALENT, AND
MY PURPOSE.

I EMBRACE REST AND
RECOVERY AS VITAL
PARTS OF MY ARTISTRY.

I AM PROUD OF THE WAY
MY BODY MOVES AND
EXPRESSES MY SOUL.

ALL BODIES ARE GOOD
BODIES AND MINE IS ONE
OF THEM.

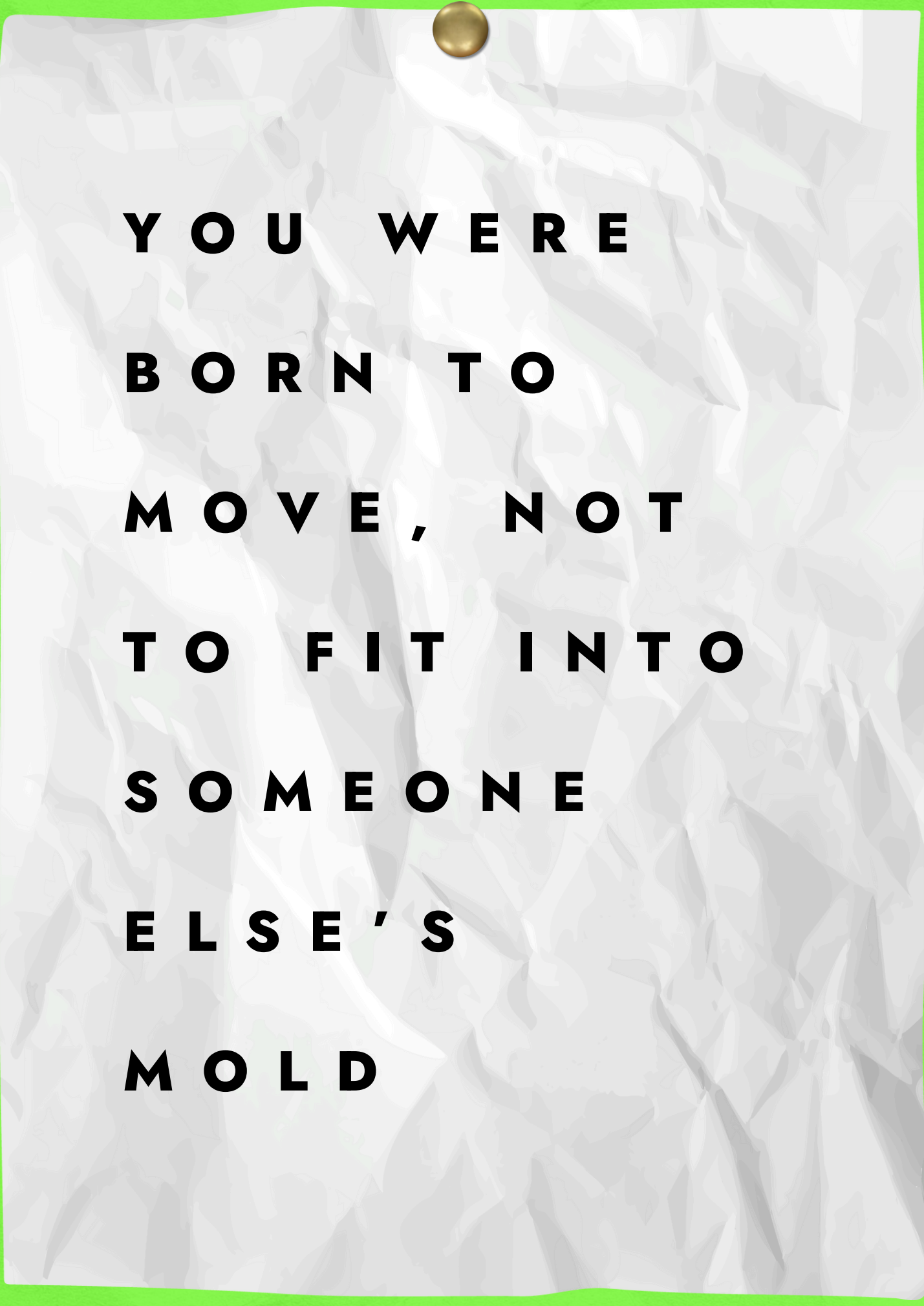


the best
dance
COMES FROM
confidence
NOT
comparison

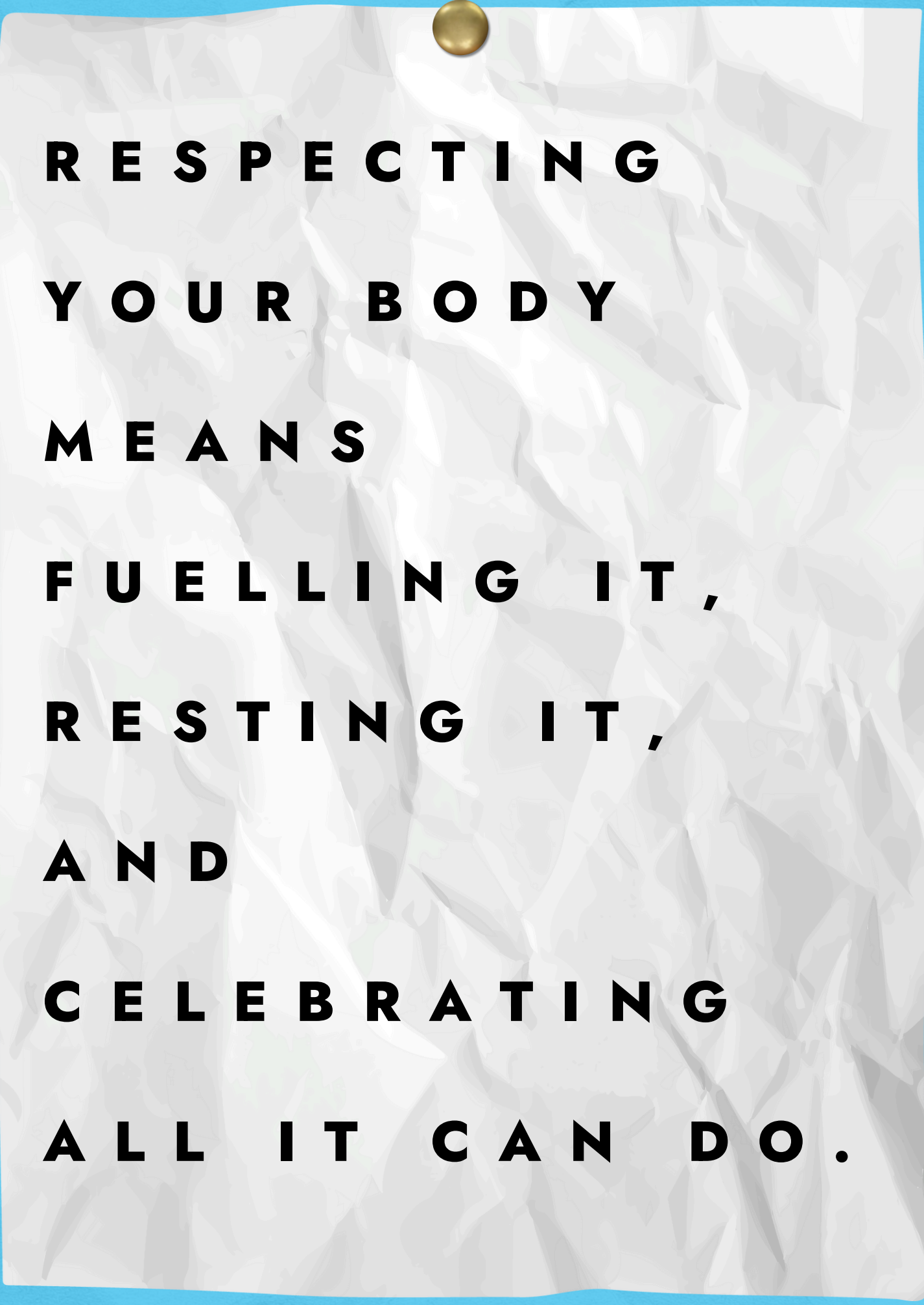




**Y O U A R E
N O T H E R E
T O S H R I N K
— Y O U A R E
H E R E T O
T A K E U P
S P A C E A N D
O W N I T**



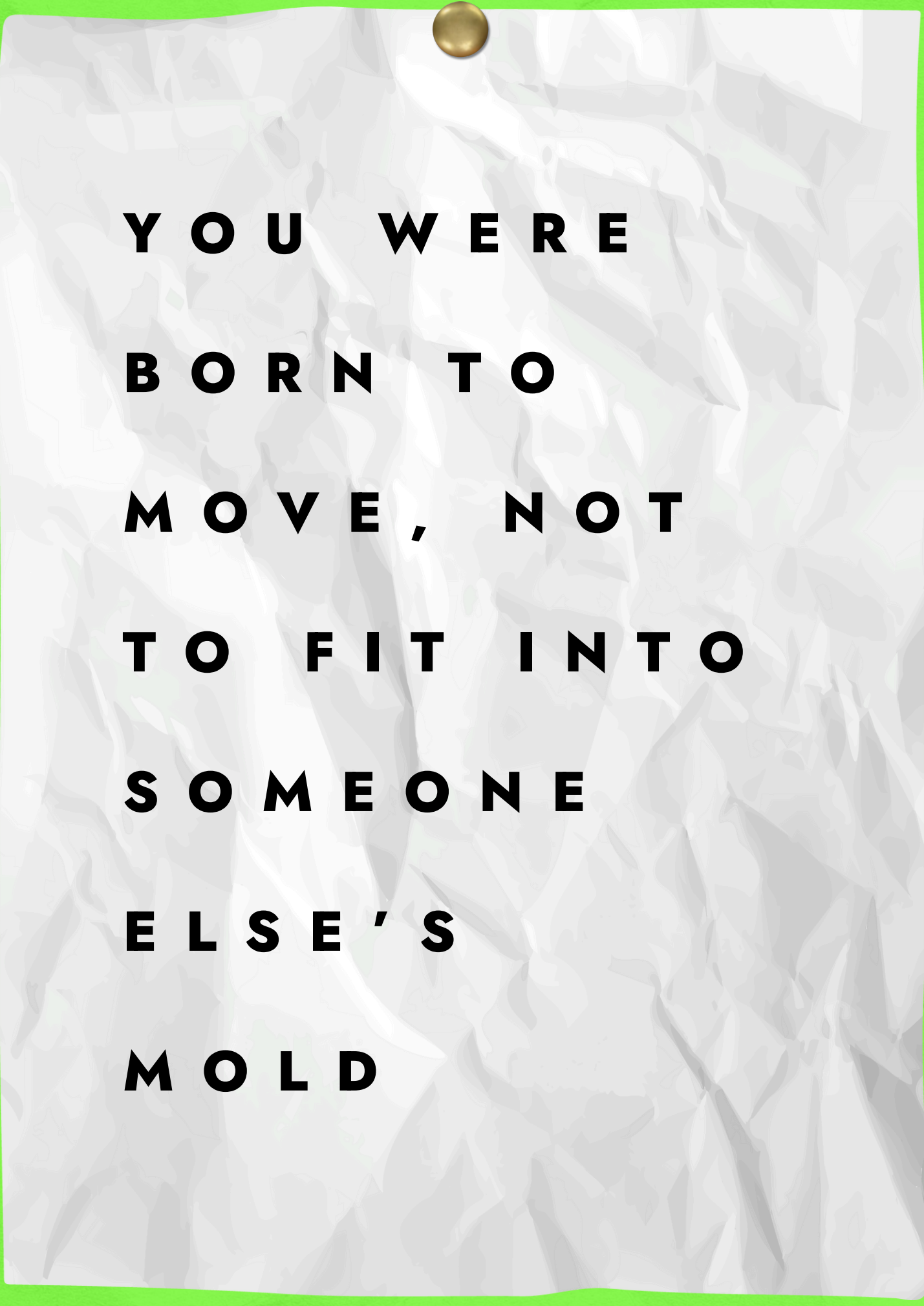
**YOU WERE
BORN TO
MOVE, NOT
TO FIT INTO
SOMEONE
ELSE'S
MOLD**



**R E S P E C T I N G
Y O U R B O D Y
M E A N S
F U E L L I N G I T ,
R E S T I N G I T ,
A N D
C E L E B R A T I N G
A L L I T C A N D O .**



**P E R F E C T I O N
I S N ' T T H E
G O A L —
P A S S I O N ,
P R E S E N C E ,
A N D
P R O G R E S S
A R E**



**YOU WERE
BORN TO
MOVE, NOT
TO FIT INTO
SOMEONE
ELSE'S
MOLD**



SUPPORT & HELP



PLACES YOU CAN GO TO FIND
OUT MORE OR ASK FOR HELP



MIND

MENTAL HEALTH CHARITY



BEAT EATING DISORDERS

SUPPORT FOR EATING DISORDERS

YOUNG MINDS

SUPPORT FOR YOUNG PEOPLE'S MENTAL HEALTH



SWIFT

TALKING THERAPY AND COUNSELLING

EVEN MORE
SUPPORT HERE



IF YOU ARE WORRIED ABOUT YOURSELF
OR SOMEONE ELSE
TALK TO A TRUSTED ADULT OR FRIEND
THERE IS ALWAYS HELP AVAILABLE
YOU ARE NOT ALONE

