Interested in becoming a PHE?
Email tami.wrigh@mail.ic.edu
Or call 217-245-3038

Don’t Forget!
Love Your Body Week:
February 16th-20th

PHE Toilet Paper
February 2015

National Eating Disorder Week: February 22nd-28th

In the United States, 30 million people will be impacted by an eating disorder at some point in their life.

Men and women of all ethnic backgrounds, ages, sizes, and sexualities can develop a poor body image and disordered eating.

It’s not just women! 10 million men and boys will battle some form of the illness at some point in their lifetime.

In a study of Division 1 NCAA athletes, over one-third of female athletes reported attitudes and symptoms placing them at risk for anorexia nervosa.

In weight-class and aesthetic sports about 33% of males and up to 62% of females are affected by an eating disorder.

5 Ways to Have a Positive Self Image

- Make a list of your positive qualities
- Refrain from comparing yourself to others
- Ask significant others to describe your positive characteristics
- Become comfortable with your body image
- Write down positive thoughts about yourself on a mirror or put sticky notes in commonly seen places

If you are struggling with an eating disorder contact Templeton Counseling Center in Bruner at 217-245-3073

You’re awesome!