

Body Aloud & Proud!



Body Aloud and Proud! is a fun, educational and interactive program focusing on eating disorder prevention education, body acceptance and self empowerment for girls.

Eating Disorders affect over 8 million people every year.
Eighty-six percent of them report onset of illness by the age of 20.
(National Association of Anorexia Nervosa and Associated Disorders)

Body Aloud & Proud! helps girls identify and respond to the conditions in their lives that contribute to body image and eating problems.

Participants will develop tools to help themselves and their peers to:

- Combat body dissatisfaction
- Discover and honor their genetically inherited body size
- Eat and exercise intuitively in response to cues from their own bodies
- Understand their nutritional needs
- Access community mental health services to recover from eating problems
- Help their friends and family member who may be struggling with eating problems
- Focus on expressing their real selves rather than focusing on body concerns

“You should be proud of the way you look, because that’s the way you are, that’s the way you were born, that’s the way you were brought up to be. Have self-confidence because you should love your body and the way you are, because it’s cool!”

Olivia, middle school student
BodyTalk 2 video

Your students will have a great time at the Body Aloud & Proud! Event you bring to your school.



The program can be custom designed for any size group of girls from ages 7 and up.

For more information on how you can bring this exciting event to your school, contact Euell Consulting Group, LLC at 330-668-9778 or visit our website at www.sizematterstoo.com