



The Top 10 Ways to Choose and Celebrate Your Body

- 1. Get that you can only choose what you already have.**
- 2. Celebrate your body as PERFECT and WHOLE as is -no matter what.**
- 3. Celebrate your uniqueness. I dare you to find that other snowflake.**
- 4. Choose clothes that celebrate your perfect size and shape, and reflect who you are.**
- 5. Stand tall. Greet the world with balanced posture, proud to be alive in your body.**
- 6. Choose to respect your body by practicing a sound nutritional and fitness regimen that stretches and strengthens all of you.**
- 7. Honor you body's need for rest, sleep and down time.**
- 8. Be your body's best friend. Praise it. Congratulate it. Soothe it. Really listen to it: it's talking to you all of the time.**
- 9. Choose to be instrumental in supporting girls and women who choose their bodies.**
- 10. Live inside your body. You are your body. It's with you all of the time, so why not choose, love and celebrate it right now?**

About the Submitter

This piece was originally submitted by Teri Pirozzi, Lifestyle and Wellness Coach, Certified Personal Fitness Trainer, Motivational Speaker and Seminar Leader for Teri Pirozzi, Inc. "Coaching for Success"
You can reach Teri by email at teri@teripirozzi.com, or by visiting www.teripirozzi.com. Teri Pirozzi wants you to know: She inspires women to embody successful well being; The ability to take on all of life's challenges with energy, serenity, and resilience.
