

THIS IS AN *embrace* SPACE



We don't talk
about diets or
restricting food



We fuel and listen
to our bodies



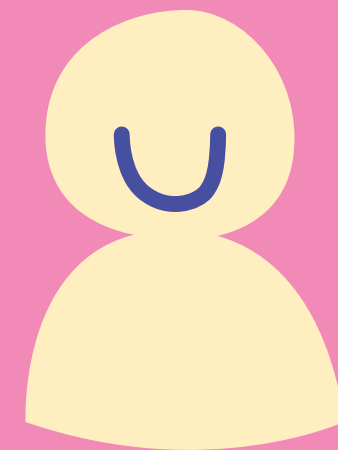
We don't talk
about exercise
as punishment



We move our bodies
in ways that are fun
and feel good



We don't say
negative things
about our own
or others' bodies



We accept and
appreciate all bodies