Well Devils – Accept Yourself and Others
Body acceptance is having a favorable opinion of one’s body image. Individuals with body acceptance have a greater likelihood to take care of their bodies, experience high self-esteem and appreciate the uniqueness of others.

How to Improve Body Acceptance?
Focus more on wellness and health and less on appearance and weight. Practice healthy eating, active living, self-acceptance, respect and appreciation for others. Learn more at ASU Wellness Body Image & Eating Disorders.

Wellness Activities & Events
2/23 – 2/27 ASU Body Pride Week 2015
2/23 – 2/27 Pac-12 Fitness Challenge
2/23 – 2/25 Register to attend Feb. 28 Red Watch Band Training
2/24 Farmers Market @ ASU Tempe
2/26 Dine Healthy, Be Healthy, Downtown Phoenix
2/28 Night of the Open Door, Tempe

Well Devils Resources
ASU Counseling Services
ASU Health Services
ASU Wellness
Body Pride Week 2015
Sun Devil Dining
Sun Devil Fitness

*The Well Devils Update is produced by ASU Wellness. For additional information, contact 480.965.4721 or email wellness@asu.edu
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