

Well Devils Update

February 23, 2015

Sun Devils are Well Devils



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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