

Health Is More Than... How you look

Health doesn't have a
look.

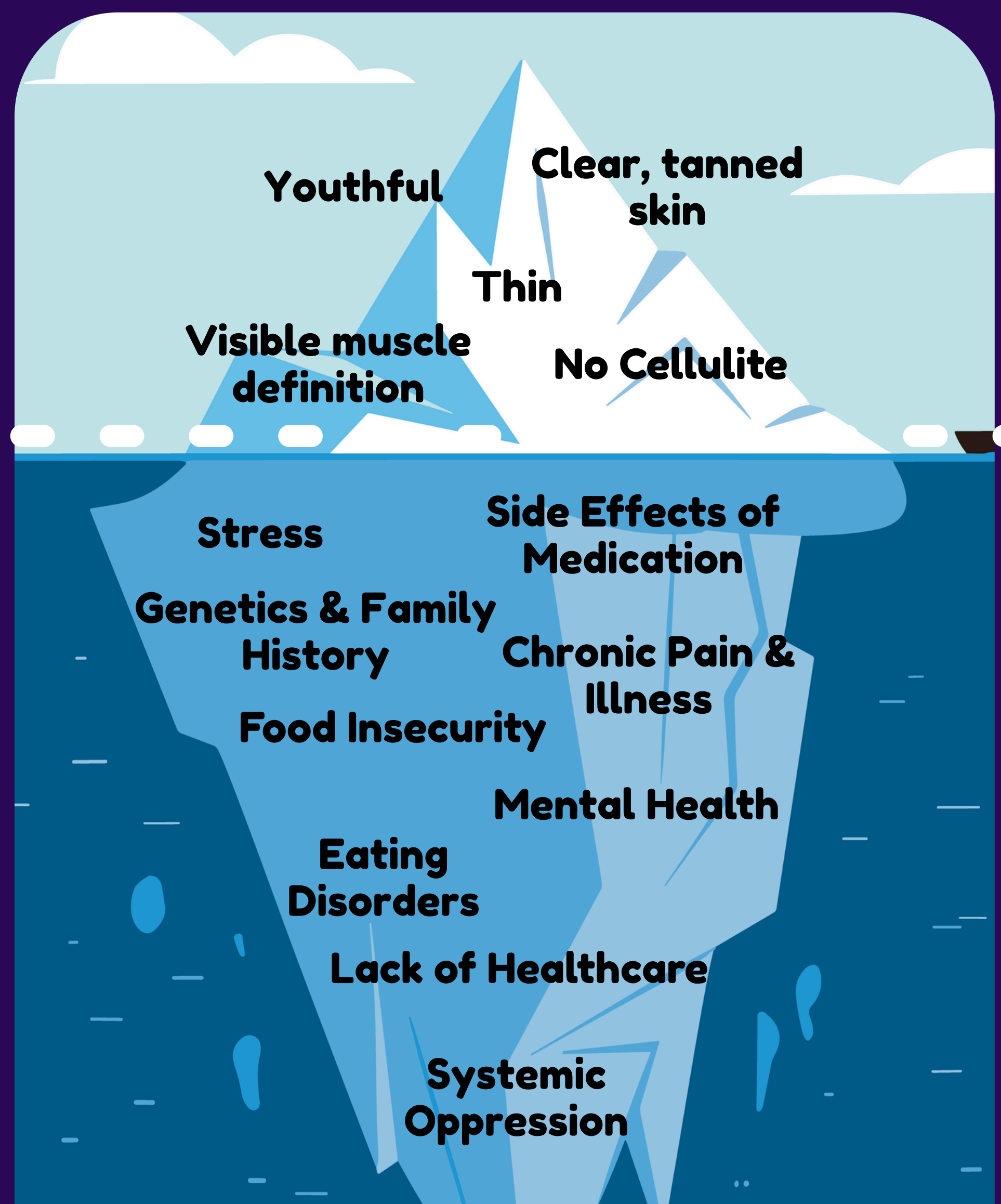
“Good” and “bad” health
can both exist in a range of
body sizes.

Visible: What people **think**
healthy looks like.



For more information,
scan the QR Code

Invisible: Factors influencing
health that we **cannot**
see.



- We often assume that health has an appearance. However, **true indicators of health aren't always visible**
- Many important influences **lie beneath the surface**, such as social & environmental factors, genetics, and behavioural factors. You can't tell how "healthy" someone is just by looking at them
- Instead of focusing on appearance, **try tuning into how your body feels**. This can look like practicing respect rather than making comparisons, wearing clothes that feel comfortable, listening to your body's needs for food, rest, and movement, and seeking support when needed.

If you see this poster,
snap a picture and tag
us! @the_nedic



Eating Disorders
Awareness Week
#EDAW2026