

A graphic featuring a yellow speech bubble on a dark blue background. Inside the bubble, the text "Health Is More Than..." is written in white, and "How you look" is written in purple. There are also some decorative elements like a green swirl and a blue lightning bolt.

Health Is More Than...
How you look

**Health doesn't have
a look.**

**All bodies, all sizes, and
all shapes can be
healthy.**

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**For more information,
scan the QR Code**

- Being thin or looking muscular **does not** equal being healthy.
- Health does not have a look. Beauty does not have a look. **All bodies, all sizes, and all shapes** can be healthy.
- Focus on how you feel, not how you look! Try talking to yourself the way you would talk to a friend, wear clothes that make you feel good, and listen to your body to eat when you feel hungry, rest when you are tired, and move your body in ways that are fun.
- Remember, **who you are** is way more important than **how you look!**

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



Eating Disorders Awareness Week

#EDAW2026