

**Health Is More  
Than...**

**What you see**

**Social media algorithms  
are powerful.**

**The more we look at dieting or  
fitness posts, the more they pop  
up on our feeds. This can make it  
feel like that's all anyone cares  
about, even if it's not**



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

- Social media is full of videos and pictures about health, wellness dieting, and fitness such as “**what I eat in a day**”, new diet trends, ads for workout or wellness products, and so much more. When we see these posts, **it can be easy to start comparing ourselves to them.**
- It's important to remember that many things we see online **are not real**. People often use filters, editing tools, or certain poses to make themselves look different and match certain beauty or fitness ideas.
- Find ways to create a **safer social media feed**. Follow people who inspire you, make you feel good and help you feel confident. If someone's posts make you feel bad about yourself, **it's okay to unfollow them.**

**If you see this poster,  
snap a picture and tag  
us! @the\_nedic**



**Eating Disorders  
Awareness Week  
#EDAW2026**