

I was sent this quote today:

*Imagine a world where women are introduced to exercise as a means to build strength, muscle and confidence, instead of a means to be “thin”, and taught that nutrition is more about health, longevity and actually being nourished rather than just being “skinny”. ~ Marcia Harvey Talbot*

This approach to nutrition and exercise is based in self-love.



Thinking of yourself in positive ways includes thanking your body for the work it does every day for you. For example, if you are having trouble digesting, thank your digestive system for working so hard to get you the nutrients it needs to function properly. Thank it for letting you know it needs extra attention and care from the symptoms you are experiencing.

Recognizing how hard your body is working on your behalf, will inspire you to do more to help it, which will cultivate respect. It is said that respect is one of the greatest expressions of love. Loving yourself deeply and completely promotes healing.