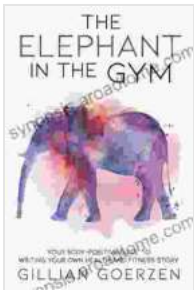


Your Body Positive Guide to Writing Your Own Health and Fitness Story

Are you ready to write your own health and fitness story? One that is body positive and empowering? If so, this is the book for you.



The Elephant in the Gym: Your Body-Positive Guide to Writing Your Own Health and Fitness Story by Gillian Goerzen

★★★★☆ 4.8 out of 5

Language	: English
File size	: 828 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 202 pages
Lending	: Enabled



This book will teach you how to:

- Overcome negative body image
- Set realistic goals
- Find joy in movement

It's time to ditch the diet mentality and start living a life that is healthy and happy, both inside and out.

Chapter 1: Overcoming Negative Body Image

Negative body image is a common problem that can affect people of all ages, shapes, and sizes. It can lead to a variety of problems, including low self-esteem, eating disorders, and depression.

In this chapter, you will learn how to:

- Identify the root of your negative body image
- Challenge negative thoughts about your body
- Develop a more positive body image

Chapter 2: Setting Realistic Goals

When it comes to health and fitness, it's important to set realistic goals. If you set goals that are too ambitious, you're likely to get discouraged and give up. But if you set goals that are too easy, you won't see the results you're looking for.

In this chapter, you will learn how to:

- Set SMART goals (specific, measurable, achievable, relevant, and time-bound)
- Break down large goals into smaller, more manageable steps
- Stay motivated and on track

Chapter 3: Finding Joy in Movement

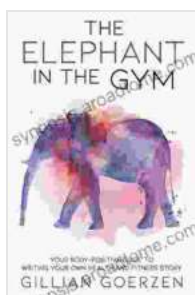
Exercise doesn't have to be a chore. In fact, it can be a lot of fun! If you find an activity that you enjoy, you're more likely to stick with it and see the results you're looking for.

In this chapter, you will learn how to:

- Find activities that you enjoy
- Make exercise a part of your daily routine
- Stay motivated and have fun while exercising

Writing your own health and fitness story is a journey, not a destination. There will be ups and downs along the way, but if you stay committed to your goals, you will eventually reach your destination. This book will help you every step of the way.

So what are you waiting for? Start writing your own health and fitness story today!



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