

REAL TALK, REAL BODIES, REAL CONFIDENCE - TIME TO BE HONEST



Let's be honest - we all have days when it's hard to feel good about our bodies. But what if confidence wasn't about how we look, and more about how we feel?

DID YOU KNOW?

A review of 83 studies found that the more we compare ourselves to people on social media, the more likely we are to feel unhappy with how we look and how we feel about ourselves.

1. The Pressure to Look Certain Way

Let's be honest - everywhere we turn, we're told what we should look like.

Social media, magazines, ads - they're full of airbrushed skin, six-packs, and perfect smiles. And it's easy to start believing that's the "right" way to look. But here's the truth: **Those images aren't real life.**



Real life is the body that's carried you through hard days, raised kids, done the night shifts, survived heartbreak, built things, lifted things, and gotten you here today.

Every 'body' tells a story - and every one of those stories deserves respect.



We've been sold the lie that beauty means being one size, one shape, one age. But actually, beauty is energy. It's how someone makes you feel.

The warmth in a smile,
The way someone laughs,
The confidence that says,
I'm comfortable being me.



Let's take the pressure off looking a certain way! Because when we stop chasing an image, we create space to actually enjoy being who we are

2. Live for YOU, Not for the Pressure

Here's something we see all the time: people living their lives trying to meet everyone else's expectations - what family thinks, what society says, what they think they "should" be doing. It's exhausting, right?

Your body, your life, your choices? They're **yours**. You don't owe anyone perfection. Healthy means energy, balance, and joy.

What's one small thing you could do this week just for you? Something that makes you feel good - not for approval, not to "earn" rest - but because it brings you joy.

going for a walk with a friend

FEEL GOOD FROM THE INSIDE OUT

CONFIDENCE STARTS WITHIN



FEED WHAT LIFTS YOU UP, NOT WHAT DRAGS YOU DOWN

3. What to Avoid and What to Embrace

What really helps us build positive body image, and what gets in the way.

First, what to avoid:

Comparison - it's a trap!

There's always someone taller, fitter, thinner, younger. But NONE of that takes away from your worth.



Negative self-talk

When you catch that inner voice saying "I hate this about myself," stop and ask, "Would I say that to a friend?"

Diet culture

The one that says "no carbs," "no fun," "no joy." Spoiler alert - it doesn't work long-term, and it steals your happiness.



Now, what to embrace:

Gratitude for what your body can do

It might not run a marathon, but maybe it dances, maybe it walks the dog every morning, or hugs friends or grandkids and that's amazing.

Kind people

Surround yourself with those who celebrate you - not those who make you feel less.



Joyful movement

Move because it feels good, not because you're trying to 'fix' something.



Your body doesn't need to be perfect. It just needs to be yours - loved, respected and cared for.

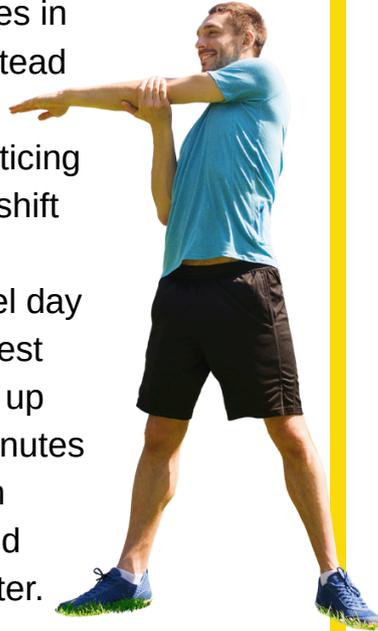
4. Movement - Feel Good in Your Body!

Movement is one of the most powerful tools we have for feeling better about ourselves, inside and out. When we move our bodies (even gently) our brain releases chemicals like endorphins, serotonin and dopamine. These are the same chemicals that help lift your mood, lower stress, clear your mind, and boost confidence.

IT'S TIME TO FEEL GOOD IN YOUR OWN SKIN



Movement also helps us reconnect with our bodies in a positive, kind way. Instead of judging how our bodies look, we start noticing what they can do. That shift alone can make a huge difference in how we feel day to day. And here's the best part - the benefits show up fast. Just a couple of minutes of gentle movement can brighten your energy and help you feel a little lighter.



Let's do a little mini movement reset:

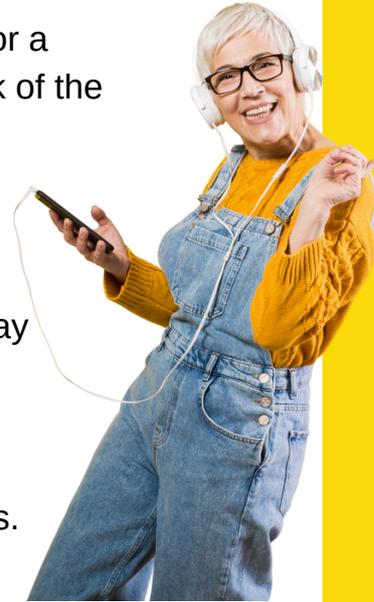
1. Take a deep breath in, lift your arms up.
2. Exhale, drop them down.
3. Roll your neck gently side to side.
4. Lift your knees one at a time - just getting some blood flowing.
5. Swing your arms a bit.
6. And give yourself a little stretch - big reach up to the sky, and a sigh out.

Movement is one of the simplest, most powerful ways to boost confidence and positive body image!



5. Redefining Beauty and Confidence

Let's talk about beauty for a moment. When you think of the most magnetic, beautiful people you've met - it's rarely about their looks, right? It's their energy. Their confidence. The way they light up a room just by being comfortable in their own skin. Confidence is contagious. It draws people in.



And it's built from acceptance — not perfection.



Next time you look in the mirror, instead of scanning for flaws, try asking, *'What's something I appreciate about myself today?'* It could be your smile, your laugh, your resilience, or even just the fact that you showed up. Because you did - you showed up today to invest in you. **And that's powerful.**

FEEL GOOD FROM THE INSIDE OUT

BUILDING A POSITIVE BODY IMAGE



5 KEY TAKEAWAYS

1. I am strong, I am capable, and I look great

Because strength isn't about muscles - it's about showing up. Capability isn't about perfection - it's about trying. And looking great isn't about fitting an image - it's about being real, warm, and alive.



2. Today is my day - and I'm doing something for me

Not for the internet. Not for strangers. Not for opinions. For you. Even if it's small - that counts.



3. I'm not reacting to the negativity out there - or the haters

People will always have opinions. Social media will always have filters. You get to decide what you take in... and what you let go.



4. I'm going to move - to get those happy hormones pumping

Because movement changes your mood fast. It boosts energy, lifts confidence, and reminds you your body is here to support you - not punish you.

5. I've got this. I care about life and the people around me

Say hi to the old man on the bench. Smile at the lady at the checkout. Connection and kindness make us feel good. And they remind us we're part of something bigger.



FEEL GOOD FROM THE INSIDE OUT BUILDING A POSITIVE BODY IMAGE



Say it to yourself every morning, out loud if you can:
I AM REAL

Stick it on your mirror. Put it in your phone. Make it the first message you give yourself each day. Confidence doesn't come from waiting for the world to approve of you - it comes from choosing, every morning, to back yourself.



TRY OUR CONFIDENCE BOOSTING CLASSES



If you're looking for a place where fitness feels supportive (not intimidating), you've found it! Our **free** community classes will help you feel good inside and out, surrounded by friends who cheer you on every step of the way. [Click here](#) to become a member and start building confidence through movement today!



We also have over 300 fitness and recipe on-demands you can watch in your own time! Click the image to tighten & tone abs with Jade!



If you can't make it to an in-park class, we've also got a roster of live sessions, 7 days per week, to get you feeling fit, confident and fabulous! Click the image to register for a live class.