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## Events

4:30-6pm: The Fox Cityz Foxz  
Roller Derby Team demonstration on  
Irving Street

5:30-7pm: Free Massages

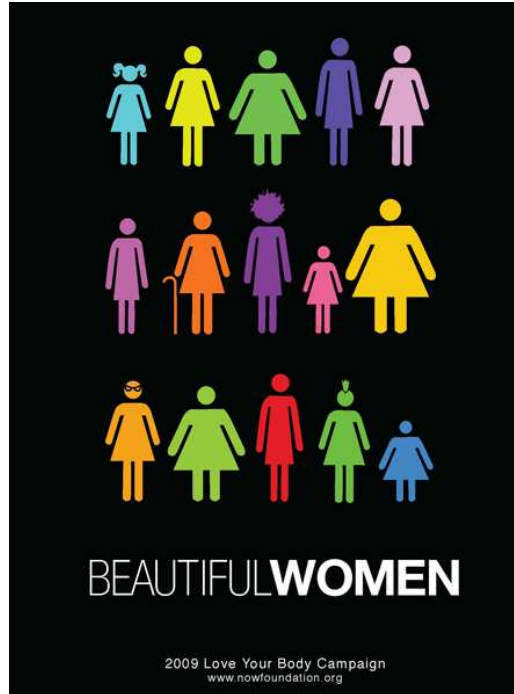
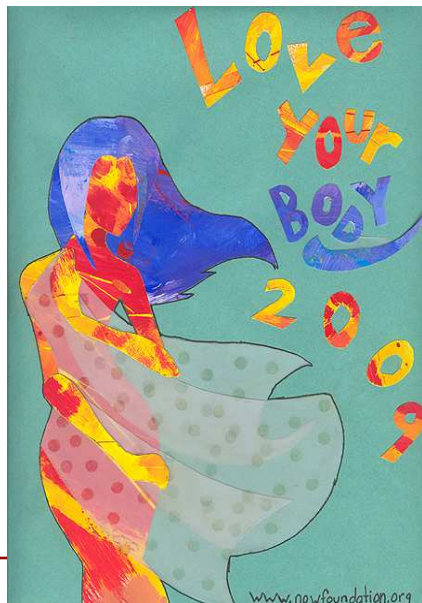
Free healthy snacks & yogurt

Love Your Body Day surveys

Help design the Love Your Body  
Day 2010 poster

Empowering crafts/chalking

Wisconsin Women Care– Breast  
Cancer Awareness Education



The Women's Center is accepting donations for The Christine Ann Center. Please bring any items to Love Your Body Day to help out: hairspray, body wash, deodorant, lotion, hand soap, gas/phone cards, gift cards for Target, & copy paper.

### For more information visit:

[loveyourbody.nowfoundation.org](http://loveyourbody.nowfoundation.org)

[uwosh.edu/womenscenter.edu](http://uwosh.edu/womenscenter.edu)

Questions? Email us at:  
[wac@uwosh.edu](mailto:wac@uwosh.edu)

# Love Your Body Day



October 21, 2009

4:30-7pm

At The Women's  
Center

Sponsored by: The Women's  
Advocacy Council & The  
Women's Center

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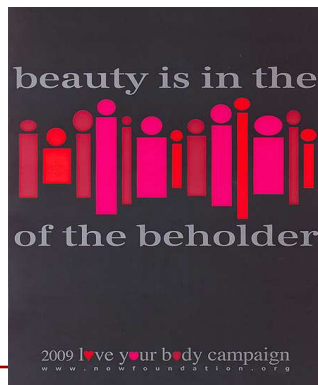


## Do you love what you see when you look in the mirror?

Hollywood and the fashion, cosmetics and diet industries work hard to make each of us believe that our bodies are unacceptable and need constant improvement. Print ads and television commercials reduce us to body parts — lips, legs, breasts — airbrushed and touched up to meet impossible standards. TV shows tell women and teenage girls that cosmetic surgery is good for self-esteem. Is it any wonder that 80% of U.S. women are dissatisfied with their appearance?

Women and girls spend billions of dollars every year on cosmetics, fashion, magazines and diet aids. These industries can't use negative images to sell their products without our assistance.

**Together, we can fight back.**



## What We Can Do:

- Contribute to NOW Foundation's Love Your Body Campaign
- Recycle all magazines that don't portray healthy bodies.
- Read magazines that inspire women by presenting positive, powerful images. Some examples are:
  - Ms. Magazine
  - BITCH
  - Teen Voices
  - Herizons
  - Bust
  - Working Mother
  - She Magazine
- Take off your makeup!
- Put on your most comfortable clothes.
- Compliment the next woman you see!
- Start designing your own poster to submit to next year's Love Your Body Poster competition.
- Throw away, or at least set aside:
  - Your scale and mirrors
  - Fashion magazines
  - One article of clothing that makes you feel badly about yourself
  - Diet books, diet pills, and other risky weight-loss aids.

- Put up sticky notes featuring quotes or positive affirmations on your fridge, mirrors, closet and front door.
- Clean out your closet and donate clothes that don't make you feel wonderful.
- Acknowledge yourself for 3 things you've done that are good for your body and mind--then set 3 new goals.
- Make a poster that says "You are beautiful the way you are" and stand outside a plastic surgery clinic with your friends.
- Start a blog about your perspective on body image and encourage your friends to join the conversation.
- Organize a petition drive. Identify a sexist ad in your community or campus newspaper, a degrading flier distributed by a local organization or business, or any other blatant promotion of the subordination of women and commodification of our bodies.



\*source: [loveyourbody.nowfoundation.org](http://loveyourbody.nowfoundation.org)