

Body Image Web Sites

Extreme Measures... Dying To Look Good

<http://noextrememeasures.org/tour.html>

Information on actions being taken on college campuses.

Body Positive

www.bodypositive.com

Promotes health and fitness at any size

About Face

www.about-face.org

This San Francisco based media literacy group combats negative and distorted media images of women and girls.

National Eating Disorders Association

www.nationaleatingdisorders.org

Information related to eating concerns issues including treatment referrals, articles, media literacy, reading lists, and how to make a difference in the fight against eating disorders. Also contains information on how to take social action and speak out against offensive advertising.

Adios Barbie

www.adiosbarbie.com

A body image site for every body that contains Barbie facts and interactive activities.

Beyond Hunger

www.beyondhunger.org

Body Hunger uses a non-diet approach to explore body hatred and psychological, cultural and spiritual issues underlying disordered eating.

4 Women

www.4woman.gov/BodyImage/

Loving your body inside and out.

Center for Media Literacy www.medialit.org

Dedicated to promoting and supporting media literacy and works to help citizens, especially the young, develop critical thinking and media production skills needed to live fully in the 21st century media culture.

Girl Power

www.girlpower.gov

the national public education campaign sponsored by the U.S. Department of Health and Human Services to help encourage and motivate 9- to 13- year-old girls to make the most of their lives.

Healthy Weight Network

www.healthyweight.net

The Health at Every Size paradigm comes as a refreshing shift that focuses on total health and well-being, not weight. It's a health-centered, compassionate approach that leaves restrictive thinking behind and promotes health in body, mind and spirit for children and adults of every size.

Hugs

www.hugs.com

Health focused, centered on Understanding lifestyle behaviors, Group supported, and Self esteem building....

I am Beautiful

www.iambeautiful.org

Self-esteem and self-awareness through discovery.

New Moon Network

www.newmoon.org

Celebrating a 13 year history of success, New Moon Magazine is for every girl who wants her voice heard and her dreams taken seriously, and for every adult who cares about girls.

We Insist on Natural Shapes

www.winsnews.org

Changing standards of beauty to those that do not define us by our weight and do not promote eating disorders.

Healthy Place: Men and Body Image

www.healthyplace.com/communities/Eating_Disorders/men_3.asp

Everyone knows women who have body image issues. The secret: men have them too.

Our Bodies, Ourselves for the New Century

www.feminist.com/resources/ourbodies/body.html

An exclusive excerpt from the "Body Image" chapter of Our Bodies, Ourselves for the New Century.

ED Referral

www.edreferral.com/body_image.htm

Articles and resources on body image.

Love Your Body Day

<http://loveyourbody.nowfoundation.org/>

Annual event promoting healthy body image and encouraging people to stand against the unrealistic body expectations the media portrays.

For more information on body image to to make an appointment with our Nutrition Counselor, call the Office of Health Education and Promotion, Health Services at (603) 862-3823

www.unh.edu/health-services