Learn to love and appreciate your body!

Research has repeatedly found that people who dislike their bodies are less likely to lose weight.

Taking steps to improve your body image can help you lose more weight and maintain your weight loss.

Furthermore, people who have a better body image are more likely to pick a diet they can sustain and try new activities that will help them reach their goals.

The following activities can help boost your body image:

- Exercise

- Appreciate what your body can do

- Do something for yourself, such as getting a massage or manicure

- Surround yourself with positive people

- Stop comparing yourself to others, especially models

- Wear clothes you like and that fit you well

- Look in the mirror and say the things you like about yourself out loud