

# BODEQUALITY'S BODY IMAGE AWARENESS PROGRAMME

WORKPLACE EDITION

**BODEQUALITY BRINGS YOU AN EXCITING ADDITION TO YOUR EMPLOYEE WELLBEING PACKAGE.**

**AN EASY-VIEW COURSE THAT EXPLORES GROWING RESEARCH AROUND BODY IMAGE AND ITS EFFECTS. OFFERING SIMPLE WAYS OF IMPROVING OUR BODY CONFIDENCE AND AS WE'LL SEE THAT CAN HAVE OTHER REALLY POSITIVE HEALTH BENEFITS.**

We live in a socially skewed reality, where the natural diversity of humans has been dropped in favour of the kind of desirable body that is so far beyond what is achievable, as to be impossible. This is well documented, what might not be so well documented is what impact trying to achieve this, has on so many areas of people's lives.



## LET'S CHECK OUT THE STATS:

Reports indicate that



**90%**  
OF WOMEN

&

**45%**  
OF MEN



don't feel good about their bodies.

Unrealistic body standards can impact stress. For example:

**36%**

of women who felt high levels of stress related this to their comfort with their appearance and body confidence, compared to 23% of men.

**49%**

of 18-24 year olds who have experienced high levels of stress, felt that comparing themselves to others was a source of stress.

**46%**

reported that they ate too much or ate unhealthily due to stress and 29% reported that they started drinking or increased their drinking.

Body image ideals impact:

academically, socially,  
professionally,  
romantically,  
parentally, sexually,  
health-wise...

BOD  
Equality  
CHANGING BODY IMAGE

It speaks of a gap in corporate wellness programmes but it is an area that you as a business / employer can seek to easily support, with body confidence training, elevating colleague consciousness around the issue and educating the workforce on real body expectations and a healthy all-round approach to our bodies.

So if you're ready to start a conversation around idealised bodies in your workplace, BodEquality computer-based training courses are what you need.

**BOD**Equality

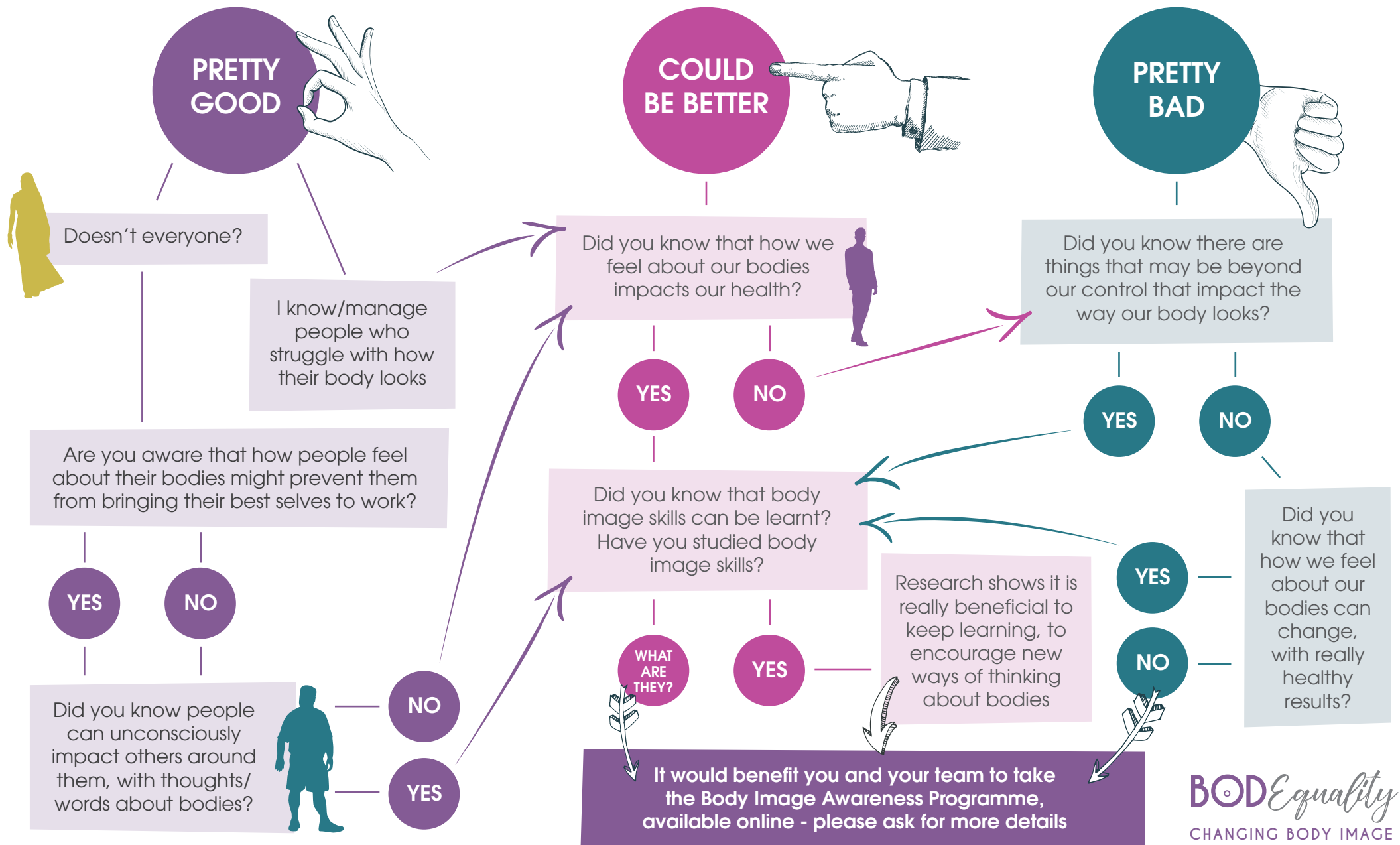
CHANGING BODY IMAGE

t. 07919 441 581

w. [bodequality.com](https://bodequality.com)

 [@bodequality.com](https://www.instagram.com/bodequality.com)

# How DO YOU FEEL ABOUT YOUR BODY?



# OUR WORKPLACE **SUPPORTS** BODY EQUALITY, INCLUSION & DIVERSITY.

**BOD***Equality*  
VALUING REAL BODIES

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