

BE REAL. BE PROUD. BE A.S. YOU!

Too many of us measure our worth by a number on a scale or the size of our biceps. Feel comfortable in your body and with your self. Join us for a week of activities as we all work together to improve our diets, body image, and confidence!

Stop by our contact table in the Union during the week to "picture" yourself with confidence as well as find other information in regard to eating disorders, body image, and self esteem.

MONDAY, FEBRUARY 25

America's Obsession with Thinness

5:00–6:00 pm Attic Window Room, Student Union

A witty video using over 160 ads to critique advertising's image of women. Viewers are invited to look at familiar images in a new way that moves and empowers them to take action. The video will be followed by a discussion.

Beginners Exercise Club

7:30–8:30 pm Life Fitness Center, Student Union

Be good to your body and let it move in this basic class for those who are having a hard time finding the motivation to take that first step toward wellness.

TUESDAY, FEBRUARY 26

How to Help a Friend, Lover, Roommate Who You Think Might Have an Eating Disorder

12:30–1:30 pm Calloway Peak Room, Student Union

The Body Challenge

4:00–9:00 pm Student Recreation Center

Test your knowledge on the Real Facts about Real Bodies. Win Prizes and Get Info!

Ladies Night Out

8:00 pm Appalachian Panhellenic Hall

Discover your Beauty both inside and out....A night of manicures, crafts, snacks, and other feel good stuff!

WEDNESDAY, FEBRUARY 27

The Best Diet Ever: Eating Mindfully

12:00–1:00 pm Calloway Peak Room, Student Union

Feeding the Hungry Soul: A Spiritual Conversation about Food, Diet, and your Body

4:00–5:00 pm Roan Mountain Room, Student Union

For the Love of Nancy: A Journey into the Painful World Of Anorexia

6:00–8:00 pm Room 114 of Belk Library

A video drama based on the true story of one woman's struggle through an eating disorder

THURSDAY, FEBRUARY 28

A Day with a Sport Nutrition Expert (featured on CNN and Fox News) presenting the following programs:

The Body Tool Kit: The Do's and Dont's of Nutritional Supplements and Fad Diets

2:00–3:00 pm Roan Mountain Room, Student Union

A College Student's Guide to Nutrition and Exercise

5:00–6:00 pm Table Rock Room, Student Union

How to Eat Like a Pro Athlete: Gatorade products, Power Bars, Muscle Milk, pre-game meals? Learn from an expert.

8:30–9:30 pm Mountaineer Room, Owens Field House

FRIDAY, FEBRUARY 29

Fearless Friday

Go A Day Without Dieting and Feel How Empowering a Diet Free Day of Self Acceptance Can Be.

Sponsored by
The Counseling Center (an office in the Division of Student Development),
The Athletic Department, Housing & Residence Life, and University Recreation

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