



BE HEALTHIER

Free
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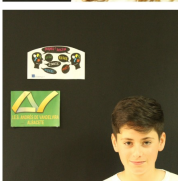


PLUS NO
STEREOTYPES
INSIDE!

See the new campaign

HOW ABOUT
SELF LOVE?

NEW MUSIC CORNER!





PROPOSALS FOR A BODY IMAGE CAMPAIGN

All of us know that our personal image cares, but, [does it care as much as we care about it?](#) We all know someone who is always saying that he or she is ugly, or fat, or too thin, but they are never happy with their own image, and it can cause a [big damage](#) on them: lots of people get diseases because of that, other commit suicide or die because of the diseases, and all who were or are around them suffer too, we need to prevent it, so we want to introduce some suggests to prevent it, here they are:

We would like to propose a [campaign](#) to work on that issue in our School. The campaign purpose would be to show students the virtues they have, and to forget their weakness, to show them that not only care about the opinion of others , if not yours too

-First is to [do talks](#) in High Schools around Albacete. They should be about the diseases of don't eating, people who changed their lives because of being worried of their body, etc. And then [how to change them into positive points](#). Ways of healthy eating, models with big sizes, people that have passed the anorexy,...

-We can do something to have some fun: [deforming mirrors](#). People can see themselves from another point of view, so they could be more satisfied with their body.

-We can put students in a circle in a way that they can [see everybody else](#). Then we can take someone to the middle and the others have to say something beautiful of the [body](#) of that person. Then, another round saying something beautiful about the [personality](#) of the same person. The people who is in the middle will be indeed proud of themselves.



But there are more ways, like ,for instance, using photos of people that don't have a standard image, and, then, to figure out if we can find something that we like about them.

In the end of it they should tell us what they think about what we have done, and what they think now about them, and to say if they thought that their colleges could think that about themselves and the others. This campaign could make people to be [happier](#) and to change people's concerns and [way to think or see things](#).

It's our chance to start a change.

Love yourself, no matter what

Get in front of the mirror. Look at all those details that make you be yourself. What do you see? **Are you happy with your image?** Think for a moment. Is there anything you would like to change? Something that you really hate about yourself? Well, now think of all the things that you like about yourself. That's what **Gok Wan** tries to do.

Gok Wan is an English fashion consultant, author and television presenter. He started his campaign to get body image classes taught in schools across the countries of England, Wales, Northern Ireland and Scotland in 2009.

Perhaps you're asking: **why is this campaign so important?** Well, let me explain it to you.

Everyday, everyone is exposed to some specific **beauty stereotypes** that show us how we should dress, how much we should weigh, or how much we should measure. Everyday we can see ads on television and in magazines that have as image boys and girls that are high, thin, that have perfect face and slim body. All these things make us compare ourselves to those models that we found in publicity, and prevent us from being happy with ourselves. And that's why this campaign is so important. All of us must learn to love ourselves the way we are. **We don't need a specific size to be beautiful.** We don't need to see us as if we were famous. Perhaps this might appear as obvious, but, in fact, many people suffer everyday because they think that they will never be perfect enough. These people need someone to make them see the good things that are in them, saying that they have beautiful eyes or a charming smile. They need that someone raise up their self-esteem, that **teach them they should not compare themselves with surreal images** that we can see daily.

There is a sentence that is said in Gok Wan's campaign: *"Just by opening up a dialogue and getting them to talk about it (body image campaign for schools) is as important as talking about Maths or talking about Science or talking about English."* I think that this sentence is quite right. We live in a world in which we do not see people, but sizes, height, clothes, money. We do not focus on what is really important. We need someone to remind us who we are and what we see in people. **No one should be judged by their physical appearance.** No one should suffer from eating disorders and self-harm. No one should have to be hurt because of foolish words, only focusing on the physical.

Teaching people that they should love themselves the way they are, no matter what others says, is **as important as solving equations in Maths or learn to conjugate irregular verbs in English.** So, a good idea for a similar campaign in our school would be to use one or more sessions a week in which we learn to live without complex and appreciate our virtues.

There are people who say that they will only be happy when they are perfect. Well, **you can be happy now, because you're perfect as you are.**



We are all different...



MUSIC CORNER

Put your make up on
Get your nails done
Curl your hair
Run the extra mile
Keep it slim
So they like you. Do they like you?

Get your sexy on
Don't be shy, girl
Take it off
This is what you want, to belong
So they like you. Do you like you?

You don't have to try so hard
You don't have to give it all away
You just have to get up, get up, get up, get up
You don't have to change a single thing

You don't have to try, try, try, try-i-i
You don't have to try, try, try, try-i-i
You don't have to try, try, try, try-i-i
You don't have to try
Yooooou don't have to try

Ooooo, ooooo, ooooo...

Get your shopping on,
At the mall,
Max your credit cards
You don't have to choose,
Buy it all
So they like you. Do they like you?

Wait a second,
Why should you care, what they think of you
When you're all alone, by yourself
Do you like you? Do you like you?

You don't have to try so hard
You don't have to give it all away
You just have to get up, get up, get up, get up
You don't have to change a single thing

"TRY" by Colbie Caillat:

You don't have to try so hard
You don't have to bend until you break
You just have to get up, get up, get up,
get up
You don't have to change a single thing

You don't have to try, try, try, try-i-i
You don't have to try, try, try, try-i-i
You don't have to try, try, try, try-i-i
You don't have to try

You don't have to try, try, try, try-i-i
You don't have to try, try, try, try-i-i
You don't have to try, try, try, try-i-i
You don't have to try
Yooooou don't have to try

Oooooo, oooooo
Oooooo, oooooo

You don't have to try so hard
You don't have to give it all away
You just have to get up, get up, get up,
get up
You don't have to change a single thing

You don't have to try, try, try, try-i-i
You don't have to try, try, try, try-i-i
You don't have to try
You don't have to try

Take your make up off
Let your hair down
Take a breath
Look into the mirror, at yourself
Don't you like you?
Cause I like you



Take off all the makeup, girl
Shine your light, show the world
Don't be shy, don't be scared
You don't have to hide under there

Let's throw away all the magazines
Turn off the static on the TV
Wish you could see yourself the way I do

[Chorus:]
Nobody ever told you
Nobody ever told you
You shine like a diamond
Glitter like gold
And you need to know
What nobody ever told you
Yeah
La la la la

Mirror mirror on the wall
Acting like it knows it all
Tells you lies of vanity
It doesn't care what's underneath

All hung up on the negative
Doesn't have to be the way it is
Wish you could see yourself the way I do

[Chorus:]

[Bridge:]
Free as a bird up on a wire
Just like a flower growing wild
You're beautiful, you're beautiful

[Chorus:]

[Outro:]
You shine like a diamond
Glitter like gold
You need to know
What nobody ever told you

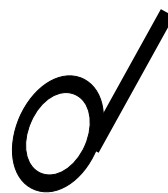
Na na na na...

Oh, you're free as a bird up on a wire,
yeah, yeah, yeah, yeah
Just like a flower growin' wild
Just like a flower growin' wild

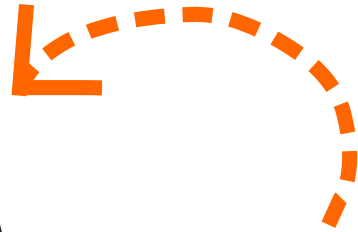
Na na na na...



**“NOBODY
EVER TOLD
YOU”** By Carpie
Underwood



THANKS TO:



2°C

PROPOSALS FOR A BODY IMAGE CAMPAIGN BY: María Díaz, Álvaro Iniesta, Celeste Piqueras, Paula Santos

Love yourself, no matter what BY: Sarai Villena Serrano, 2°C

LAYOUT BY Lidia López Piqueras 4ªA

Teachers Marian Chacón (Music teacher), Jose Miguel Nuñez (Art teacher)