



Rachel Naar
Nutrition

Rachel's Tips for BODY RESPECT

Sometimes it's hard to love your body.

With so much noise on its size and shape, we often forget to be grateful for what it does for us. So here's to my powerful legs for allowing me to run and frolic on the trails. My brain for letting me learn new information every day and the fat on my body for protecting my organs. I'll be honest. I have days when I don't love my body, but those are the days when it's even more important to RESPECT it. Loving your body today may sound out of reach for you, so instead, practice giving it some respect.

Below are some tips to help get you started:

1 *Clean out your social media feed*

Unfollow and mute those promoting unhealthy body image and weight loss, and start following people who understand the beauty in the diversity of bodies.

2 *Throw out clothes that don't fit*

Stop shaming yourself for not fitting into clothes! Changes in body shape are NORMAL, and clothing size does not define us. We are not meant to fit clothes, clothes are meant to fit us (and be a fun way to express ourselves.)

3 *Show gratitude for your body*

Your body is amazingly complex and functions mostly outside of your awareness. It's time to start thanking your body for what it does. Think of 3 things that you are grateful for that your body allows you to do now, and 3 things that you will be able to do in the future because of it. You can also keep a daily gratitude journal for your body (aim for 3 gratitudes a day!)

4 *Move your body intuitively*

Tune into your body, and let it decide how to move. Make sure you're ENJOYING what you're doing, whether that's going for a stroll through a park, a little yoga, or lifting some weights! If you want to "go hard" because you love the feeling, then go for it! But remember that off-days are absolutely okay (and necessary).

5 *Change your language around your body*

Would you be bashing your friend for how she/he looks? Probably not. Begin talking to your body as if it was your friend's. Start sharing that body positivity with yourself as well. Words are powerful, and even if you don't believe what you're saying at first, "fake it until you make it."

It's a hard and long journey to accept your body, but take it day by day. Trust me when I say that living your life for **yourself** instead of for the validation of others is 100% worth it. Your body will thank you.

Meet Rachel

Rachel Naar, MS RD CDN, is a Registered Dietitian Nutritionist and the founder of her private practice, Rachel Naar Nutrition (developed in 2018) where she helps clients redefine their relationship between food and mood. Food is social, cultural, emotional, spiritual, and creative. Her approach is to debunk and demystify food, draw connections to overall well-being, and make life palatable.

Services

Rachel takes an individualized approach working 1:1, with families, and couples incorporating background and lifestyle to establish goals to achieve mental and physical well-being.

Overall well-being

Food and Mental Health

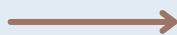
Eating disorders/disordered eating

Meal/snack ideas, grocery shopping

GI distress/ Allergies + Sensitivities



Work with
Rachel



Curious to learn more about working with Rachel?

[Click here to schedule a FREE 15 minute consultation.](#)