HOW TO GET A SUMMER BEACH BODY:

1. Get a bathing suit
2. Put the bathing suit on your body
3. Go to the beach and HAVE FUN

Getting to a place where you feel comfortable and confident in your body is not an easy accomplishment in today’s diet obsessed culture. I am so happy to see the movement to body positivity instead of constantly shaming our bodies for not fitting some unattainable thin ideal. However, when you’re potentially starting from a place of “body hatred”, “body love” may sound extremely far fetched.

Having a healthy and positive relationship with your body, in my opinion, is defined as not spending all of your time thinking about your body because you are off living your own incredible life. Coming to understand that human beings are not all meant to look the same can be a frustrating concept. However, the more we celebrate body diversity the more we are able to focus on our health to lead us to happy lives, instead of our weight.

ACTIONABLE STEPS TO PROMOTE BODY CONFIDENCE

Practice Body Gratitude. I often think of body love in three phases. Body gratitude, body acceptance, then body love. When practicing body gratitude, think about a part of your body you are grateful for and why. Allow your focus to shift from appearance to function. An example might be, I am grateful for my legs because they help me walk and move everyday without pain.

Toss the Scale. The scale does not define you as a person or your health, and it should not dictate your happiness. Instead of wasting time worrying about an arbitrary number, check in with your energy levels, sleep routine, hunger, fullness, and cravings, and daily movement to assess health.

Move Your Body, in a way you ENJOY. Ask yourself this: if you were not trying to change your body, would you still be doing the exercise you’re currently doing? Human beings are meant to move; research has proven that we are much healthier when we are moving our bodies routinely. However, in order to actually stay motivated with exercise, it is crucial to do something you actually like. It doesn’t matter if it’s running, yoga, swimming, or weight lifting. Do what makes you feel good!

Do a Social Media Cleanse. We check our phone some absurd number of times each day. When you’re mindlessly scrolling through your preferred social media engine, what are you seeing? If it is a constant stream of unrealistic bodies, I empower you to unfollow any accounts that don’t leave you with a positive vibe.
COOL DOWN WITH A CHOCOLATE CHERRY SMOOTHIE

As we get ready for the warm summer weather, smoothies are making a come back a nourishing meal or snack. This smoothie highlights cherries as they are in their peak harvest until mid June!

INGREDIENTS

- 1/2 cup pitted cherries
- 1 frozen banana
- 1 tablespoon almond butter
- 1 tablespoon cacao powder
- 1 scoop chocolate protein powder (Orgain)
- 1 cup unsweetened almond milk
- Ice to desired consistency

NUTRITION

- CALORIES: 367
- CARBS: 54 g
- PROTEIN: 19 g
- FAT: 14 g
- SAT. FAT: 1 g
- CHOLESTEROL: 0 mg
- SODIUM: 311 mg
- FIBER: 9 g

DIRECTIONS

1. Add all ingredients to blender and blend desired consistency.
2. Serve immediately!

This monthly nutrition newsletter is a collaboration from Sodexo Dining Services Registered Dietitians supporting colleges and universities in the northeast region.

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