

THE SEVENTEEN *Body Peace* PROJECT

Vow of the Month:

Never allow a dirty look from someone else influence how I feel about my appearance.

Repeat after me ladies: **Haters to the left.** Okay, so that's more Beyonce than me, but you get what I'm saying, right? One thing I've learned from being the awkward girl in middle school to the awkward girl on set -- High school follows you everywhere, and sometimes, so do those "mean girls."

But y'know what else I learned? Girls who have the time to be mean to you are two things: **Bored and insecure.** They probably feel terrible about themselves, and want you to feel terrible, too. In fact, you probably have something they wish they had. So next time you get the stink eye, just wink right back. All it means is... **you've got it goin' on.**

August Body Peace Award Winner *Tina Fey*, Actress & Writer



17 Trainer Vid: Back to School Body

Wow 'em with your new toned look!



Book, pencils, masking tape: You might need to do some school shopping for this **Back-to-School workout!**

Jessica shows you the **Book Pick-up, Pencil Plié and the Tape Drill.** You'll put your new supplies *and* your summer body to work with back, thigh and cardio work!

Body Peace Blogroll

Have you read the latest?

Dear Jess: People Call Me Ugly

Kids at school tell me I'm ugly and overweight. Some say to ignore them, but I can't -- What do I do?

[Read more...](#)



All Access Fitness: Work Your Vacation

Rachel's gotten 5 cardio sessions in this week, 3 weight sessions, and finished a new book! Are you making the most of your summer down time? Seventeen's All Access bloggers can show you how!

[Read more...](#)



Featured Actionist: Ariel Fox

Couldn't find positivity... So she made it herself!

While enduring those horrible years of middle school, Ariel Fox decided she wanted to do something **to help other girls feel better about themselves.** When she couldn't find stickers with encouraging messages, she decided to make her own.



Calling the project **Sticker Sisters**, Ariel designed a few stickers with slogans like "Girls Can Do Anything" and "Punk Rock Isn't Just For Your Boyfriend."

[Read more...](#)

Real-life Resources: Teen Obesity

Learn how to get help for you or a loved one.



Teen obesity is the most common chronic illness in American youth. Obesity is defined as having over 95% body mass index. If untreated, obesity can lead to kidney disease, gallbladder disease, heart disease and diabetes.

The most important step to take is to seek professional help.

- **[What is obesity, and how is it dangerous?](#)**
- **[What are some tips for teens coping with obesity?](#)**

Body Peace Blogroll

Have you read the latest?

Dear Jess: People Call Me Ugly

Hello, I'm a 13 year old 8th grader. I would like to know how to deal with people who just tell me that I'm a ugly girl and that I need to go home and stay home. I can honestly say that I am a little over weight for my age. So, Jess, what should I do about my weight and the people at school? My boyfriend tells me that I shouldn't pay attention to them but I can't. It's been going on since I was in kindergarten!!

Submitted by: *Merissa, 13*



Dear Merissa:

Plain and simple- those people who say such harsh things are **IDIOTS!!** Other people's opinions can devastate us and make us see nothing but what they say when we look in the mirror. It doesn't matter if someone is joking around or actually trying to be mean: it still hurts and ignoring them, or smiling at them and walking away, may make them stop, but it might not make their voices go away.

So, instead of working on changing them, change yourself! Create a new label for yourself, one that celebrates your favorite features and reminds you of all the things you want to (and can) achieve! The next time someone calls you ugly, say: **"That's not who I am! I am a beautiful girl who's gonna change the world."** It might not get instant results, but you will notice a difference! I am glad you have someone supportive in your life like your boyfriend and if you need extra support, I'd tell a teacher, a parent or a counselor so you don't have to endure such bullying. But in the end - it is the voice inside your head that counts most. Make sure you are being kind in your words to yourself and don't take on their cruelty as a way to treat yourself. You deserve so much more!

[Want to read more from Jess's Body Peace Blog?](#)

Extras: Ziplining, Giveaway, Burgers, Oh My!

QUIZ: What's the best back-to-school lunch for your body?

GIVEAWAY: Need new workout gear for the fall? ASICS and Nike want to give it away, exclusive for Body Peace participants!

RECIPE VIDEO: The hottest new afterschool snack is chips n' hummus. Seventeen's own chef Colombe shows you an easy at-home recipe!



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