

# THE SEVENTEEN *Body Peace* PROJECT

## Vow of the Month:

Stop joining in when my friends compare and trash their own bodies.

Summer's here, and some girls are worried about how their bodies look. My friends & I would get into this chorus of what we hated most, what we wanted smaller or bigger, what we wished was tighter or firmer -- it was almost irresistible to join in the trash talk.

Now I know: As tempting as it is to bond with friends over body issues, it's a toxic habit. The self-hate circulates and reinforces itself, and you all end up feeling terrible and insecure. Friends should be celebrating each other's bodies and encouraging health & fitness -- if not, it's best to walk away.



June's Body Peace Award Winner **Gabby Sidibe**, Actress, "Precious"



## 17 Trainer Vid: Pool Party Ready

Look your best while chillin' poolside!



Seventeen Trainer Jenna helps you tone **booty, waist and shoulders... plus cardio!** Click to learn the hourglass, L-squat and butterfly jumping jack, **all in the comfort of your own room.**

Crack a window -- it could get hot!

## Body Peace Blogroll

Have you read the latest?

Dear Jess:

### I'm Always Comparing!

My close friends are all stick-thin. I think things like, "I look so much skinnier today." How can I stop comparing?

[Read more...](#)



All Access Fitness:

### 17 Intern Tests Shoes

My dad told me that you shouldn't keep running shoes for too long. So 17 let me try these Newtons for the coming summer -- Guess what I found out?

[Read more...](#)



## Real-life Resources: Anorexia

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



**1 out of 20 women** suffer from eating disorders like anorexia, and the average age for when it begins is 17. You might be going through it, too -- or you're wondering how to help a friend that might have anorexia.

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

- [I can't go to the adults in my life -- how do I get help?](#)
- [How do I know if my friend is anorexic?](#)

## Featured Actionist: Maria Ramirez

Founder of Boost!, a real-girl fashion show

Meet this month's Body Peace Actionist, Maria J. Ramirez, who in her early 20's is creating memorable and moving events that are **helping college-aged women explore the pitfalls of pop culture stereotypes of beauty.**



She is a voice I know we'll hear from decades I value her work as a fellow warrior for the cause! Boost! is an AMAZING fashion show, where **beautiful, confident women of all heights and sizes...**

[Read more...](#)

## Body Peace Blogroll

Have you read the latest?

Dear Jess:

### I'm Always Comparing!

My close friends are all stick-thin, except one, who is just about my size. I keep comparing myself to her. I think things like, "Oh, I look so much skinnier today," or "Ugh, she looks thin in tank tops; I have to change into one." How can I stop comparing myself to her, and the others around me?

Submitted by *Emili*, 19



Dear Emili,

Emili, it sounds to me like you are caught in a vicious cycle of continuous comparison and there can be a lot of reasons why. You are looking for a way to normalize your feelings of inadequacy around your other friends. Because this friend in particular has a body similar to yours, you are acting out on her what you feel deep inside about yourself. But you have to try very hard to stop this cycle of self-comparison because it's leading you nowhere. Everyone has different bodies and you can't control that. You have to stop focusing on 'others' and start focusing on you. **What else are you ignoring because you spend time comparing your body to a friend?** Can you spend more time studying? Practicing something you love (piano? art?) or thinking about things that also matter in your life - school, relationships, family? You are an inventory of what you do well, what qualities about yourself you actually like, and you have to just practice replacing those negative thoughts with other things.



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

## Extras: Free Nike Shoes, Fun Quiz, Feel-good Music!

**QUIZ:** Which workout is right for you?

**GIVEAWAY:** Nike wants to give you an exclusive pair of Zoom Sister One+ shoes -- for Body Peace Campaign Members only! Click & enter to win.

**BODY PEACE PLAYLIST:** Need to tune out body trash-talking and negativity? We've put together the perfect playlist -- Alicia Keys & Beyonce want you to feel good!



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