



Dwell in Wellness

Submitted by Russ, a long-time GCHC volunteer

Body Positivity - May 2026

May 6 is International No Diet Day. Wikipedia calls it "an annual celebration dedicated to body positivity and the rejection of diet culture" (diet culture being a set of beliefs that include a focus on losing weight to strive for thinness). Other goals of the day are to avoid fixating on one's own body weight for the day, raise questions about diet safety and usefulness, and promote healthy food relationships.

Planned Parenthood's Body Positivity Fact Sheet states, "Body positivity is the practice of encouraging positive thinking about our bodies, finding ways to actively love our bodies, and working towards feeling good about bodies in general. It means understanding that all bodies are good bodies. Body positivity involves developing an acceptance and appreciation for the wonderful amount of body diversity that exists in the world. It means remembering that being body positive is not always easy or simple. The term body positivity began in communities that fought against fatphobia (the fear and dislike of fat people), but has since been adopted by people working to reject ageism (discrimination based on a person's age), ableism (discrimination in favour of able-bodied people), racism (discrimination based on a person's race), and other forms of oppression. Body positivity is for people of all sizes, all genders, all races, all ages, all levels of ability – literally every body! Body positivity is beyond believing that your body looks good. It's believing that your body is good."

Here to Help BC states, "Body neutrality is the space between body positivity and body negativity, where you can experience being in your body instead of thinking about what it looks like. Body neutrality can be practiced by anyone who wants to give themselves more space to exist in their body and to move the focus away from observing or judging and towards experiencing and being. This can be especially helpful if you feel that body positivity is too challenging. Body neutrality puts the focus on respecting and appreciating your body for what it can do for you instead of what it looks like. Below are some examples of practicing body neutrality with different body parts:

- Your legs allow you to run, jump, and walk
- Your skin is a protective barrier that keeps you healthy
- Your arms and hands let you hold loved ones or play your favourite instruments



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- Your feet let you explore the world around you
- Your body experiences the feel of the grass beneath your feet, the smell of your favourite food, and the feel of the sun on your skin.”

There's a wealth of online advice for body positivity. Search "body image" on YouTube for videos.

Interior Health, a government agency in British Columbia, tells "How - and why - to embrace body positivity."

The National Eating Disorder Information Centre has a page of body image and self-esteem definitions and characteristics, and a long list on fostering a positive body image and resisting a negative one.

Kids Help Phone has a page of "tips to support young people with body image."

The Ontario Dietitians in Public Health have two single-page lists of guidelines for helping kids in school:

- <https://odph.ca/resources/nurturing-healthy-eaters-in-elementary-school/>
- <https://odph.ca/resources/nurturing-healthy-eaters-in-secondary-schools/>

Sports organizations have a role to play in promoting body positivity. Skate Canada has a set of body positive guidelines to minimize negative body image, especially in the practice and behaviour of coaches, parents, officials, volunteers and staff.

In Guelph, the Homewood Health Centre has a brief meditation video (under 5 minutes) titled "Mental Health Moment - Body Positivity and Self-Acceptance."

University of Guelph students should watch for The Body Project, "a workshop that aims to promote positive body image, reduce body shaming, and encourage folks to accept themselves as they are."