

PROMOTING WELLNESS!

True beauty can be seen in a person who takes care of herself by being kind to her body, not by destroying it

This pamphlet will guide you into having a better perception of who you are and how to maintain your life stress free by loving yourself and taking care of your body.



JOHN JAY RESOURCES

Courses offered

Here at John Jay we offer many courses in physical fitness, which can be used to fulfill the PED requirement as well as elective credits. Here are some examples: Physical Fitness, Cardio Fitness, Aquatics/Swim, Sports, Boxing, Karate, Self-Defense, Yoga, Stress management & Others.

The Fitness Center

The fitness Center located in T-Building on the 6th floor, room 601T.

It is free perk of attending John Jay!

For more information please contact the fitness center at
P: 212.237.2634

The women's Center

The women's center is located in the counseling department in room 3138N. They provide students with crisis intervention, short-term and on-going individual counseling services. For more information please contact the Women's Center at
P: 212.237.8184
E: womenscenter@jjay.cuny.edu

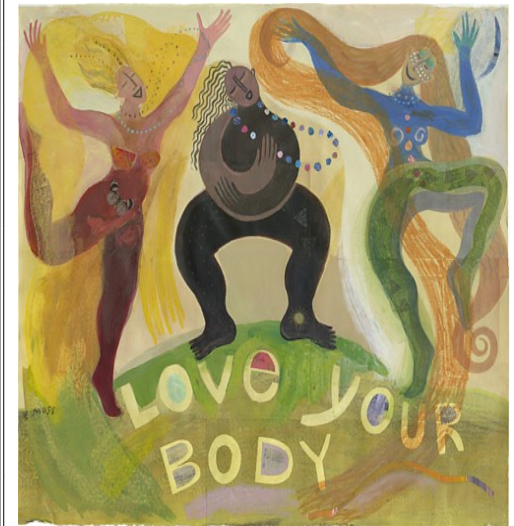


JOHN JAY COLLEGE
THE CITY UNIVERSITY OF NEW YORK
OF CRIMINAL JUSTICE

Department of Counseling
Counseling Services

@JohnJay

BODY IMAGE & WELLNESS



For more information, please contact the Peer Counseling Center at
P:212-237-8271
E:peercounseling@jjay.cuny.edu

4 ASPECTS OF EXERCISE

1. CARDIOVASCULAR FITNESS
2. MUSCULAR STRENGTH
3. ENDURANCE
4. FLEXIBILITY



5 REASONS EXERCISE IS IMPORTANT

1. IMPROVES YOUR MOOD
2. HELPS MANAGE YOUR WEIGHT
3. BOOSTS YOUR ENERGY
4. PROMOTES BETTER SLEEP
5. CAN BE FUN!!!

7 WAYS TO LOVE YOURSELF

RELAX

GIVE YOURSELF SPACE TO TAKE A BREAK. IF YOU SPEND YOUR TIME FOCUSED ON EVERYTHING ELSE BUT YOURSELF, IT MEANS YOU'RE NOT TAKING THE TIME TO TAKE CARE OF YOUR BODY.

FALL IN LOVE WITH YOURSELF

ACCEPT ALL THE GOOD AND ALL THE BAD IN YOU. REALIZE THAT IMPERFECTION IS IN ITSELF PERFECTION.

MAKE POSITIVE AFFIRMATIONS & BOOST YOUR SELF CONFIDENCE

MAKE AN ATTEMPT TO FIND OPPORTUNITIES TO HELP RAISE YOUR SELF-ESTEEM

ACKNOWLEDGE YOUR EFFORT & LET GO OF WORRY

ACKNOWLEDGE ALL YOU HAVE DONE. IF SUCCESS WAS NOT ACCOMPLISHED, THINK OF DIFFERENT WAYS TO IMPROVE RATHER THAN WORRYING. IT'S BETTER TO LET GO OF THE PAST AND JUST TRY AGAIN.

ELIMINATE SELF CRITICISM— BE KIND & POSITIVE

IF YOU FIND THAT YOU CRITICIZE YOURSELF MORE THAN YOU SHOULD, STOP! THINK POSITIVELY AND THE LOVE YOU HAVE FOR YOURSELF WILL GROW.

TRUST & FORGIVE YOURSELF

EVERYONE MAKES MISTAKES, SO DON'T LET ANY PAST MISTAKES CAUSE YOU TO FEEL LESS WORTHY, FORGIVE YOURSELF ; THERE'S NO NEED TO DWELL ON THE PAST.

LOOK AFTER YOUR BODY

LOOKING AFTER YOUR BODY DOES NOT ONLY ENTAIL THE MENTAL ASPECT OF LOVING YOURSELF, IT TAKES PHYSICAL ACTION SUCH AS PROPER NUTRITION AND EXERCISE, TO LOOK AFTER YOUR BODY. LACK OF SELF LOVE CAN BE THE ROOT CAUSES FOR TRAUMATIC CONDITIONS LIKE EATING DISORDERS AND TERMINAL ILLNESS.