

SUMMER *Every* BODY READY

With popular TV shows finding it difficult to make the necessary changes to advertise body diversity and inclusion, it's become more important than ever for celebrities and influencers to use their 'influence' to campaign for change in beauty standards. Body shaming is out of fashion and 2021 is quickly becoming the year of body acceptance and confidence!

Camila Cabello recently spoke out against online abuse she was subjected to, after pictures of her exercising were published and attacked by body-shamers. Camila said:

"I reminded myself, being at war with your body is so last season. I am grateful for this body that lets me do what I need to do. We are real women with curves and cellulite and stretch marks and fat. And we gotta own that, baby."



Wear The Shorts!

Everybody deserves to feel comfortable in their own skin, especially in hotter weather when it's only natural for us to want to wear less to keep cool. However, that's often easier said than done. So, here are some things to try when searching for the courage to wear those shorts:

Unfollow unhealthy social media accounts that you compare yourself to. Trust me, cleansing your Insta or TikTok feed will do the world of good to your mental health.

A small amount of exercise before you try on that outfit boosts endorphins and promotes a positive mood.

Walk with your head up and your back straight. Confidence, even if it's faked, makes all the difference in how you carry yourself and pull-off that outfit.

Find and follow body-positive accounts:
 @danaemercer @jvn @ariellanyssa
 @nonairbrushedme @militzayovanka

Stop thinking that people care about your appearance as much as you do. YOU are your worst critic!