



Getting the Reps with: WNBA Player Kelsey Plum

Body Image & Comparison

Key Takeaways

- The images of women that you see every day are often unrealistic and not necessarily examples of healthy, athletic bodies.
- Inputting things in your body is necessary for performance
- Comparison is the root of all disappointment. Understand when that expectation is not meant for you.

Things to Think About

- What's one thing you know you can do to help you be a healthy, strong athlete?
- Why is it unhealthy and unrealistic to compare yourself to images that you might see online or in media?

Ways to Practice

- Come up with one thing you like about your body and one thing you like about yourself that is not physical.
- Notice at least once this week when you see an unrealistic image of a woman. Can you keep from comparing yourself to them?

