

this is proudly a

BODY PEACE ZONE

We ask that you

- Do not talk about diets, weight or body size.
- Do not judge the food choices or eating habits of others.
- Accept and respect all body types.

**Did you know that dieting
is the single biggest
behavioural risk factor for
developing an eating
disorder?**



Get the facts
www.eatingdisorders.org.au