

My body is at the perfect weight

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My body's ability to seek out the perfect weight amazes me. I trust my body to find and maintain the best bodyweight for me.

I love to eat healthy foods. By eating well, I give my body the nutrients it requires to keep me healthy. **Eating in a healthy manner is one way I support a healthy bodyweight.**

There is a limit to what my body can do on its own. I must do my part, too.

I enjoy exercising. I do cardiovascular exercise that keeps my heart and lungs healthy. I also do resistance training on a regular basis. My tissues are strong and supple. Both types of exercise give my body a greater ability to find and maintain a healthy weight.

My body can only maintain the perfect weight when I eat properly and exercise moderately. **I have a role to play and I do my best each day.**

I can feel my body gravitating toward the best weight for me. There are times I am

either a little too heavy or a little too light. My body easily corrects for these situations. In a short time, I am back to a healthy weight.

Today, I allow myself to move toward a healthy weight. **I focus on my diet and exercise.** This gives my body what it needs to regulate my bodyweight. My body is at the perfect weight.

Self-Reflection Questions:

1. What can I do to eat in a healthier manner?
2. Am I getting enough exercise to maintain a healthy weight?
3. When was the last time I was at my ideal bodyweight?