



Letter  
to my  
body

## OUR BODIES. THEY'RE WITH US FOR LIFE

Helping us do the things we do. From looking at the stars to chewing food. From walking to school, to picking a flower, or waving to a friend...

## HOW DO WE FEEL ABOUT OUR BODIES?

We're often trying to change them - get them fitter, lighter, quicker, stronger. If they get ill, naturally we want to make them better. But even when our bodies are relatively healthy, we still struggle to like the ones we've got...

## LETTER TO MY BODY IS A LETTER, WRITTEN FROM YOU, TO YOUR BODY.

It's an expression of how you feel about your body at this moment in time. What would you say to your body if you could? Would you thank it? Be strict with it? Encourage or celebrate it? Maybe you want to ask it a question or sing its praises...

## Please send us your LETTER TO MY BODY...

As we gather your letters, we'll be turning them into something creative. At the end of the project, we'll invite you to an event to share food and hear about the different letters received.

Letters will be displayed anonymously.

PLEASE SEND US YOUR HAND-WRITTEN LETTERS TO: c/o Rachel Jenkins, Halo Leisure Services, Bridgend Life Centre, Angel Street, Bridgend CF31 4AH  
OR EMAIL US AT: [letter2mybody@gmail.com](mailto:letter2mybody@gmail.com)

Or write on the back of this, and drop into one of the designated boxes at Halo reception centres.



