

Men's Health

You're more than
a **NUMBER!**

Why diets don't
work!!!

Work out because you
LOVE your body,
NOT because
you **HATE** it

“Health
comes in
EVERY
size”

STRENGTH IS **MORE THAN** JUST MUSCLE

LOYOLA BODY PRIDE

The Counseling Center (410)-617-2273[CARE]

www.loyola.edu/counselingcenter

Share YOUR body pride message #LUMbodypride

Let's
Talk