WHAT CAN MY BODY DO?

The Importance of Focusing on Body Functionality for a Healthy Body Image

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WHAT IS BODY FUNCTIONALITY?
WHY SHOULD IT HELP?

OBJECTIFICATION

SELF-OBJECTIFICATION

CONSEQUENCES
WHY SHOULD IT HELP?

FUNCTIONALITY-FOCUS

REBALANCING

BODY APPRECIATION
HOW HAVE WE TESTED THIS?

EXPAND YOUR HORIZON
HOW HAVE WE TESTED THIS?

EXPAND YOUR HORIZON

Body Esteem Scale
Body Appreciation Scale
SOQ
MBSRQ-AS

Wow, now that I realise how much my body does for me…
FUTURE DIRECTIONS

1. BETTER MEASURES

- Muscular strength
- Health
- Physical condition
- Reflexes
- Energy level

2. EXTENSIONS
REFERENCES


REFERENCES

- All icons from artists via http://www.thenounproject.com:
  - **Slide 2**: Sergi Delgado (eye), Marco Hernandez (internal functions), Oliver Guin (bike), Juan Pablo Bravo (painter), Les Vieux Garcons (two people)
  - **Slide 3**: James Keuning (mirror), Juan Pablo Bravo (sad person)
  - **Slide 4**: Takao Umehara (computer), Fiona Carswell (mirror), Max Hancock (wheels), Cindy Duong (light bulb), Red Cross Red Crescent Climate Centre (thinking person)
  - **Slide 5**: Daniel Yalhya (survey), Castor & Pollux (hand), Nicholas Menghini (list), Maurizio Fusillo (thinking), Star and Anchor Design (e-mail)
  - **Slide 6**: Daniel Yalhya (survey), Michael Thompson (checklist), Red Cross Red Crescent Climate Centre (thinking person)
  - **Slide 7**: Michael Thompson (checklist), Marcio Duarte (puzzle pieces)