

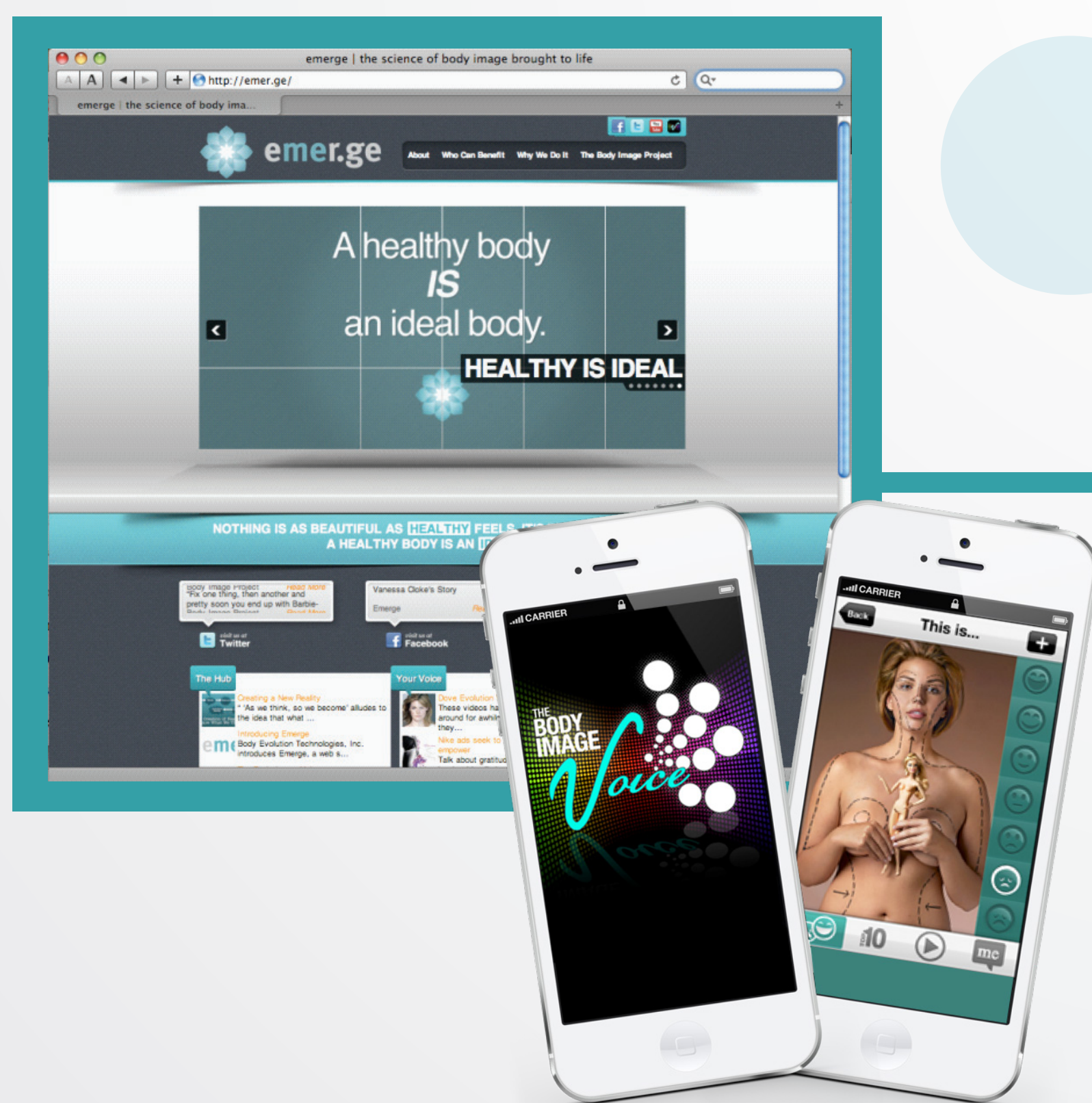


emergeTM

BEHAVIORAL SCIENCE MEETS DIGITAL MEDIA

Emerge translates evidence-based programs that address the assessment, prevention, and improvement of body image, eating disorders, and obesity into web and mobile programming aimed at transforming health behaviors.

**IT'S TIME TO REFOCUS:
A HEALTHY BODY IS AN IDEAL BODY**



Difficulty with body image affects many individuals' health and well-being. Problems with body image have been found to be associated with depressed mood, increased weight gain, poor exercise behaviors, decreased consumption of fruits and vegetables, increased use of steroids, and eating disorders. In contrast to what many fad diets and reality TV shows promote, research has shown that

hating your body

is **not** a good motivator for positive health behaviors.

www.emergebodyimage.com

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