

# 5 BIG TRUTHS

That Will Change EVERYTHING!

1. You're Made to Change.
2. You're Made to Move.
3. Food is Your Friend.
4. Fat is Your Friend.
5. Diet Culture Ain't Your Friend.

It's OK. You're enough already.  
Remember, when you love and accept  
yourself, EVERYTHING changes.

Find out more at  
[www.BethKnudson.com](http://www.BethKnudson.com).