4 Day REAL Beauty Challenge

#SNAC4RealBeauty

Please take part in SNAC’s 4 Day Real Beauty Challenge! You can do just one (or you can do all 4 for the full 4 day challenge). Make a video and nominate 4 friends to do the same. Share your video with us on Facebook/Instagram with #SNAC4RealBeauty.

**Day 1:** Challenge unrealistic, photo-shopped media images. Vow to limit your exposure to “toxic media” (i.e. magazines, TV, social media). Watch & share one of these 4 videos:

- Fotoshop by Adobe [http://www.youtube.com/watch?v=S_vVUIYOmJM](http://www.youtube.com/watch?v=S_vVUIYOmJM)
- Body Evolution: Model Before and After [http://www.youtube.com/watch?v=17j5QzF3kqE](http://www.youtube.com/watch?v=17j5QzF3kqE)
- PhotoShop Turns Pizza Into Woman [http://www.youtube.com/watch?v=9j656_RiO0k](http://www.youtube.com/watch?v=9j656_RiO0k)
- MANipulation [http://www.youtube.com/watch?v=-l17cK1ltY&sns=em](http://www.youtube.com/watch?v=-l17cK1ltY&sns=em)

**Day 2:** Accept your genetic body type. Focus on health & fitness at every shape/size, instead of losing weight or gaining muscle at all costs. Do one of these 4 things: Smash (or Trash!) your scale. Get rid of your “skinny” jeans that no longer fit. Stop weighing and/or measuring your body.

**Day 3:** Find REAL beauty in yourself, in others, and in the world around us. Post 4 photos of what “REAL beauty” is to you!

**Day 4:** End fat talk (all that negative food and body talk you say to yourself and to others). Post 4 things that you appreciate about your physical body or about your character or about your accomplishments.