

WOMEN across the world feel like they can't compete with the seemingly **PERFECT BODIES** that surround them in social media, magazines and advertising. It's created a **GLOBAL EPIDEMIC** of body loathing and left countless women feeling helpless and alone. But with the **BODY IMAGE MOVEMENT** it doesn't have to be that way.

ON YOUR MARKS...

GET SET...

EMBRACE is a documentary that delves into why so many women **HATE THEIR BODIES** and what we can do about it. We believe in the power and value of this film so much that we are giving you \$10 to **WATCH IT FOR FREE**. Purchase and download Embrace now on us. For a list of available outlets visit bodyimagemovement.com

GO!

1. **WATCH EMBRACE**
2. **PASS IT ON**

This ain't any old race; this is a **RELAY RACE**. As soon as you finish Embrace and soak in its **LIFE-CHANGING** message, you'll know that someone else needs to begin. So **PASS THIS \$10 BATON ON** to a person that needs to Embrace.

RESULTS

WHEN 1 MILLION people download Embrace, it will not only change their lives but we will be able to change millions more by providing **FREE STUDY GUIDES** and body image education to **EVERY SCHOOL** in North America. Now is the time to come together and rise up against body loathing so that we can create positive global change and inspire **FUTURE GENERATIONS**.



Share a selfie with your \$10 note on social media, tag your friends and inspire everyBODY to join the race.

#EmbraceItForward

Did you enjoy Embrace?

no
 yes

Then pass this \$10 on to someone else that needs to see it. On your marks...