

JONNY LANDELS

Body Positivity Coach

Jonny Landels is a body image and health coach who spent over 16 years fixated on trying to get lean and look "fit". This led him down a dark road of obsession and disordered eating where he was constantly trying to lose weight, negatively impacting his mental and physical health, yet never being happy with what he saw in the mirror. Now, Jonny practices intuitive eating and body acceptance.

Jonny is passionate about teaching young people how to accept their bodies, develop a positive body image and learn how to navigate life and social media without falling prey to disordered eating habits. This means they can pursue health and fitness goals as their best selves, and live happy lives free from low body image, low mood and unhealthy comparisons



**CLICK HERE & BOOK
ME TODAY**

SESSIONS Focus On:

- ✓ Respecting & Appreciating Our Bodies
- ✓ Social Media & Comparing Ourselves
- ✓ Diversity & Uniqueness

AVAILABLE FOR:

- ✓ Primary & Secondary
- ✓ Northern Schools



Learn More
About The
Movement