

01

MERIDETH
fitness, nutrition & self-care
MORGAN

MERIDETHMORGAN.COM



MERIDETH MORGAN

content creator, model, stylist

02

OVERVIEW

Merideth's online body positive platform talks about all things curvy and midsize fashion and fitness. She is on the quest of bridging the gap between straight and plus size categories. The online community she built caters to midsize women who feel underserved and underrepresented.

PURPOSE

With her midsize community and through the content she creates, her purpose is helping inspire women to love the skin they're in, build confidence and take care of their bodies, no matter what they look like, through fitness.

FITNESS

01 BENEFITS

There are so many benefits to moving our bodies that have nothing to do with our outward appearance, like fighting disease!

02 MY WORKOUT ROUTINE

I do a wide variety of things to stay active. From running to weight lifting and everything in between.

03 WORKOUT CLOTHING

How many of us don't prioritize our workout clothing? Your workout outfits should be given the same attention as the rest of your clothing.

NUTRITION

04

FOOD CHOICES

I have Celiac Disease and have been meat free since 2012. I can't consider myself a full Vegan, but I'm vegan as much as I can be!

05

LEARNING ABOUT FOOD

How we fuel our ecosystem is equally important as moving our bodies is. But, our health is in our own hands.

06

FOOD DIARY

I'm giving you a meal plan sample of what I eat on a daily basis.

SELF CARE

07

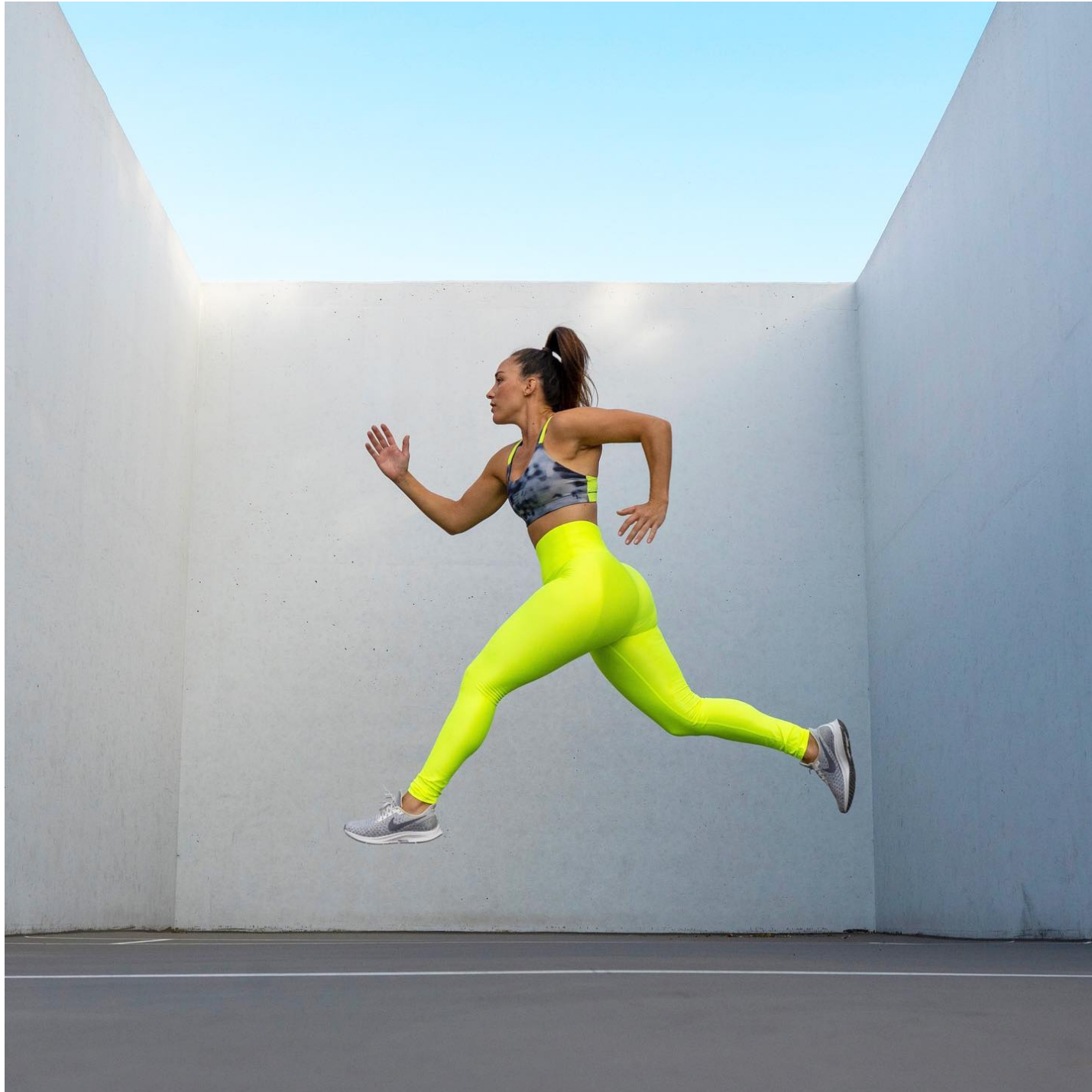
SELF CARE PRACTICES

Here is a list of my
favorite things I
practice on a daily,
weekly & monthly basis.

08

WORDS OF AFFIRMATION

Here is a list of daily
affirmations we can tell
ourselves. These small
things will help rewire
our mindsets and help
build our confidence



FITNESS BENEFITS

Helps fight:

- depression
- anxiety (& chronic anxiety)
- disease
- fear
- uncertainty
- risk
- judgement

Benefits:

- creates energy/fuel
- makes us physically strong
- helps change the way our brain processes (fear, anxiety, etc)
- makes us more productive & creative
- improves mood
- improves cognitive functions [memory, speech, thought, decision making, problem solving, etc]
- makes our organs & muscles work effectively
- increases life expectancy
- improves our overall health
- sleep better

*BASED ON RESEARCH

WORKOUT ROUTINE

3-6x/week ~ Min 20 mins ~ Max 1 hour

- run 2-3 miles
- bike 5-10+ miles
- yoga
- weights
- HIIT
- speed walk 30 minutes
- jump rope
- basketball/golf

Other ideas:

- dance
- pilates
- kickboxing/boxing
- swim
- hike
- ski
- kayak
- martial arts
- rollerblade





WORKOUT CLOTHING

How many of us don't prioritize our workout clothing?

Here's why we should:

- clothing dictates how we feel [our outward appearance effects the way we feel about ourselves]
- we'll be more inclined to move our bodies if we're excited about what's on our bodies
- helps boost confidence
- has the possibility to change the way we think about fitness
- what we wear has a direct correlation to how we perform
- it's empowering
- extra motivation, boosts self esteem
- when you look good, you feel good!!

Find my workouts on IG
[@meridethmorgan](#)



And on YouTube
[YouTube.com/c/meridethmorgan](https://www.youtube.com/c/meridethmorgan)



FOOD CHOICES

04

- Celiac Disease
- meat free since 2012
- vegan-ish

Never Evers!

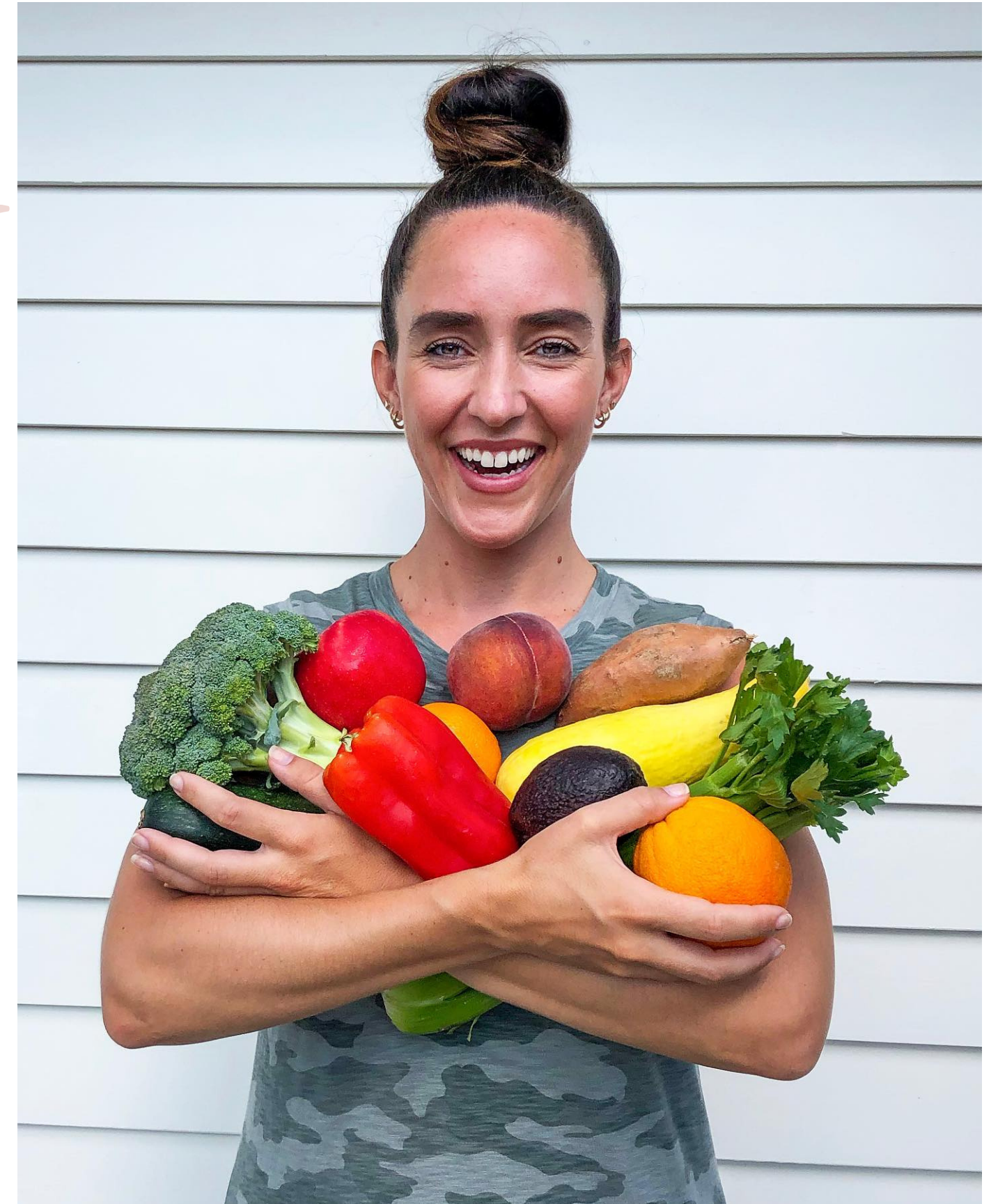
- soda
- fast food
- juice of any kind
- meat
- gluten
- alcohol [occasional celebratory]
- smoking

WHY LEARNING ABOUT FOOD IS SO IMPORTANT

Our health is in our own hands.

Information and education about food is the most powerful way to advocate for our bodies

- food effects our health
- food is fuel
- without the right fuel, our bodies aren't going to work effectively, which will then cause disease
- people feel the best when provided the right food



CONTINUED...

- when you know the truth about food, you can make better decisions
- the right foods will give our body favorable conditions to thrive
- diseases [such as cancer or heart disease] are not the cause of being human, but rather a result of poor food choices
- food is medicine and it can prevent chronic illness [and has been shown that being put on a plant based diet can reverse heart disease/diabetes]





FOOD DIARY

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Breakfast

- Dairy free yogurt (plain, no sugar), raspberries, GF granola
- GF avocado toast
- GF oatmeal w/ fresh berries
- Just Egg substitute w/ sautéed veggies & GF toast
- Decaf coffee w/ oat milk or Green Tea
- Fruit smoothie (banana, almond butter, oat milk)

Lunch

- Veggie sandwich (carrots, peppers, avocado, lettuce, tomato and cabbage) w/ pesto & hummus
- Salad (lettuce, quinoa, sweet potato, cherry tomatoes, avocado, EVOO & balsamic vinegar)
- Apple & peanut butter



FOOD DIARY

Dinner

- Tofu stir fry w/ brown rice
- Salad
- Eggplant
- Veggie Burger
- Sweet Potato
- Spaghetti Squash
- GF pasta w/ veggies
- Soup (Lentil or Veggie Chili)

Dessert

- 1 piece of Vegan dark chocolate (72% cocoa)

RESOURCES



RESOURCES

Dr. Christian Gonzalez
Heal Thyself Podcast
Instagram

WEBSITES

Change4Good.org

DOCUMENTARIES

What the Health - Netflix
Game Changers - Netflix

RECIPES

PlateFullHealth.com

SELF CARE PRACTICES

- move your body
- eat well
- get sun
- therapy
- drink LOTS of water
- alone time
- read book
- light candles
- pray
- meditate
- get dressed
- do hair/makeup
- get off electronics
- put phone away 1 hour before bed
- reach out to friends (or don't)
- bath
- get close to nature
- sleep 8 hrs
- listen to music
- take a drive
- skincare routine





WORDS OF AFFIRMATION



- I will be kinder and more compassionate to my body. This will lead to a healthier and happier life. After all, my body carries me through this tiny thing we call life. It deserves all my love and care.
- I will listen to my body more. I will hear it when it screams “I need to rest” or “I need more love.” Rest when it tells you to rest.
- I will use my mental health days when I need them.
- I will compliment myself and others. I will not fake it and I will only say things I actually believe.
- I will accept my flaws. I will talk about them more to normalize them. I will learn to love them.
- I will get rid of all negative people in my life. I will only surround myself with people who also practice self love.



WORDS OF AFFIRMATION



- I will speak up when I hear someone body shaming and hold them accountable for their cruel words. I will do my part to spread awareness.
- I will wear clothes that I feel amazing in regardless of what society thinks is “acceptable.”
- I will make self care a priority and not an option. I will get massages more frequently, set time aside to sit quietly in silence or read pleurably.
- I will exercise because it’s good for me and not because I want to fit into a smaller pair of jeans. Instead of aiming for a smaller or perfect weight, I will aim for a healthy weight. I will remind myself why exercising is soooo good for me.
- I will workout only doing something that I enjoy. If I love it, I won’t dread doing it. I will run only if I like to run and I will go to the gym only if I like going to the gym. I promise to get moving, even if it means just going for a walk. And if I miss two weeks of movement, I won’t let it spiral into more weeks and months. I will not be too hard on myself and I will workout when I can. I will give myself grace.

WORDS OF AFFIRMATION



- I will stop saying no to things because of my weight. I will remind myself that real life is happening, right now! I will stop waiting to be at a better place with my body to do the things I love.
- I will not weigh myself. The scale doesn't determine my health or happiness. I will work on ridding the stigma associated with the number the scale gives me. I will remind myself that most people don't have a healthy relationship with it. Heck, maybe I'll even throw it out.
- I will purge my closet of things that don't fit my current body. I will dress my body for now. I will donate or sell anything that no longer fits.
- I will give myself a boost of confidence when I highlight my favorite part of my body. I will stop buying clothing that do not highlight this part of my body.
- I will not wait. I will start now.



FURTHER READING

15 Attainable Body Positive Goals

5 Reason to Workout That Have Nothing to do With Your Body.

9 Tips on How to Build Body Confidence

Why "I Don't Have Time to Exercise" is a Bad Excuse

I Had No Idea Yoga Would Do This to My Body.

Can We Please Start Normalizing Real Bodies? Great! Then Let's Talk About My Cellulite

The Truth About Being Curvy & Fit

LET'S CONNECT!

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