

“My very best performances came when I was **strong, powerful and resilient.**”

Melissa Wu
Australian Olympic diver



“Your worth is
measured in **passion,**
effort and **inner**
strength, not by
numbers on a scale.

Alexandra Kiroi-Bogatyreva
Australian Olympic rhythmic gymnast



Talk like a team player.

Every BODY belongs in sport, but body shaming doesn't. Let's shut it down together!



My body has
a job to do.

It's not here
for show.



Your words matter.

Let's build people up instead of tearing them down.

Every BODY belongs in sport, but body shaming doesn't. Let's shut it down together!





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Our bodies are incredible.

Sport isn't about size, shape or looks – it's about showing up, having fun and backing each other. Let's shut down body shaming together!



Please *don't* make comments about appearance.

Every BODY belongs in sport, but body shaming doesn't. Let's shut it down together!





This is my body.
This is my sport.
I belong here.

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