



**Minnesota Women of Today  
2022-2023 Fall State CIP  
Women's Wellness SPM  
All Bodies Are Good Bodies**

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Hey Folks!

First of all, I wanted to thank you to all the amazing LPMs this trimester and all their empowering programs they have put together like thoughtful body-image focused conversation during meetings and all the people that felt safe enough to share their own stories regarding body image. I understand that this theme can provoke all types of emotions and I am grateful for everyone to continue to try and think outside the box against social norms.

I am going to continue the second trimester with my focus on body image and having a positive community. How we feel about ourselves and our bodies comes through the messages that we see every day. Whether it's on tv, movies, magazines, and of course, social media, we are constantly being told that there is only one way to have a "good" body and if you don't yours is bad. But most of those images are subtle and you don't even know that is one of their messages. Some examples could be some popular shows that don't have any fat characters, or when they do they are the comedian or even the villain. Another could be about the availability of plus size clothing and how many stores don't sell plus at all.

This trimester I want to challenge every chapter to find different ways to help make their community more body positive. I will be posting different ideas every Thursday on the MNWT Programming Facebook Page. Some examples are going to be different books that could become a book club for the chapters, different social media that promote body positivity, documentaries that focus on body image and how it is portrayed in the media, especially towards women. I also want to discuss and promote different body positive artists, fitness instructors, nonprofits, stores, etc.

Thank you again, I cannot say it enough. You all continue to be so empowering and inspirational and I cannot be more proud to be in Women of Today.

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## DISTRICT DIRECTOR 2ND TRIMESTER CHALLENGE

I have a challenge for our amazing District Directors.

Remind your chapters, Outstanding Award Nominations are due on November 1st .  
Get a nomination from at least one of your chapters for the Lois M. Christensen Women  
Who Impact award. (more information on my page

[http://mnwt.org/about/execcouncil\\_results.php?execcoun=WW](http://mnwt.org/about/execcouncil_results.php?execcoun=WW))

For each chapter in your district that submits a nomination, you'll be entered in a  
drawing for a special gift!

Keep encouraging your chapters to submit nominations!

### **PROGRAMMING SUCCESS POINTS**

- 25 pts for participating in each programming (max: 100 pts)
- 25 pts for participating in USWT Domestic Violence Awareness
- 10 pts/member for completing USWT Wellness & Personal Development certification
- 10 pts/member for completing MNWT Living & Learning certification
- 50 pts for chapter certification in PE course
- 20 pts/entry for Project of the Trimester (Max: 4 entries)
- 25 pts for participating with another non-profit organization in local project

**NOTE:** "See the MNWT President's Chapter Information Packet (CIP) for the 2nd Trimester  
BONUS SUCCESS Points Information"



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## LOIS M CHRISTENSEN WOMEN WHO IMPACT AWARD

Recognize an amazing woman who makes a difference  
in your community!

Named the Lois M Christensen Women Who Impact Award in 2009, a version of this outstanding woman award has been given out since the 1990s. It is designed to honor women who have made a valuable contribution and impact upon their communities. An honorarium may be given to the top honoree to a 501c3 charity of their choice. This award is given at the Winter State Convention.

A nominee may be nominated for work in one of the following areas:

- **Non-Profit:** for example, community service, volunteerism, spirituality;
- **Youth Outreach:** for example, special educations, after school programming, mentoring, 4-H, Scouts;
- **Women's Advocacy:** for example; women's shelters, business, government, healthcare.

Nomination packet and more information on the MNWT website  
([http://mnwt.org/members/forms\\_results.php?formsID=332](http://mnwt.org/members/forms_results.php?formsID=332))

\$25 NOMINATION FEE  
DUE NOVEMBER 1ST