



I'm agile



I take care of my body



I have an upright posture



I'm handy



I have a good sense of rhythm



I'm relaxed



SomeBody®

Physical me

Illustration: Laura Myllymäki



SomeBody®

Physical me

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I'm handsome



I'm flexible



I'm beautiful



I have lovely hands



I'm strong



I'm proud of my body



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Physical me

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I'm fast



I appreciate my body



I'm playful



I feel healthy



I know my boundaries



I'm a good-sized





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I'm a well-proportioned



I eat healthy



I can rest



I can trust my body



I exercise in various ways



I'm in good shape



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I like to fool around



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