



National Eating Disorders Association
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Dear Media Watchdogs,

As you may know, Cindi Leive, Editor-in-chief of *Glamour* has committed to featuring diverse models in the pages of their magazine. We are *thrilled* to hear this news! Each photo that celebrates our bodies' various and beautiful shapes and sizes is a cause for celebration, and thanks.

To that end, the National Eating Disorders Association is encouraging you to write a letter of thanks to Cindi Leive for this bold move. Please use your voice, and let her know how much you appreciate her contribution to improving healthy body images. Feel free to personalize the sample letter below:

Dear Ms Leive,

I'm writing to let you know how happy I am that *Glamour* is committed to body diversity in its models. I have been concerned about the unrealistic images presented in the media, and I'm thrilled to know that *Glamour* is taking steps in the right direction. It is encouraging to know that there are courageous professionals in the fashion industry who do NOT believe that the only way to be beautiful is to be abnormally thin.

Please continue the good work!

Regards,

(Your Name)
NEDA Media Watchdog

The letter above is just a starting point. Please feel free to elaborate, and add your own personal voice. Please write your letter in the [comments section](#) of Glamour's website, then [let us know](#) when you've submitted your message.

As always, it is important for Watchdogs to issue not only letters of protest, but also letters of praise when the media takes steps in the right direction. The more letters of praise they receive, the more they will be encouraged to continue. Please encourage your friends and family to join in this letter writing campaign.

Thanks for all you do!

Regards,

NEDA Staff

