

For more information follow us on facebook.

Become a fan of:
Healthy Days and Healthy Knights

Check out these cool links:

- www.thebodyproject.bradley.edu
- www.mypyramid.gov/
- www.campaignforrealbeauty.com
- health.geneseo.edu

Volume 9

Mar. 2010

Healthy Happenings from the Healthguards

The Body Issue

The Media Influence

- Barbie’s bra size would be a 39FF.
- GI Joe would have a 55in chest and a 27 in bicep— that’s almost as big as his waist!
- 25 years ago the average model weighed 8% less than the average American woman— today she weighs 23% less.
- Only about 5% of women have the body type that is seen in the media (long & thin).
- Many of today’s models, actresses, and beauty contestants meet the weight criteria for anorexia

Healthy Eating

- Strive for five fruits and vegetables a day
- Eat whole grains instead of white bread
- Eat when your hungry, stop when you’re full
- Drink lots of water
- Try to maintain a healthy and balanced diet
- Eat a variety of foods
- Diets tend to be short-lived as opposed to leading to lifestyle changes
- Eat breakfast; it jump starts your metabolism

Fun Ways to Stay Fit:

- Go to recreational swimming
- Attend a Zumba or Yoga class
- Go for a walk around the village.
- When it’s nice out, go for a hike at Letchworth State Park
- Rent a bike from the Union
- Buy some cheap workout DVDs

Body Image Across Cultures and Time

- Ideal breast size and shape vary across cultures
 - In 17th century France, only men were allowed to wear wigs and show their legs
- In classical Greece, men and women wore loose, transparent robes that emphasized the natural shape of the body
- Fat was first termed a “problem” during the 1920s. Advertisers urged women to worry about it and buy products to get rid of it.
 - In many cultures, such as Samoa and Mauritania thinness is not a sign of beauty. Larger, curvy women are seen as fruitful and admirable.



Ways to love your body:

- Focus on things you like about your body
- Do something that will let you enjoy your body: stretch, dance, walk, sing, take a bubble bath.
- Create a list of people you admire. Do you admire them because of how they look, or because of who they are as complex individuals?
- Describe ten positive things about yourself without mentioning your appearance.
- Wear comfortable styles that you really like and feel good to your body.
- Judge yourself as a whole person, not just as a body.