

JUMP IN! ...to a Healthy Image!

By 'G' the Fitness Guy

Let's be real...we'd all like to have the perfect body, but do we even know what the perfect body is? In magazines, movies and on television, everybody seems to be slim, trim, lean and cut. But is this the right look for everyone? No way! The perfect body comes in many shapes and sizes, so long as it's healthy, strong and fit!

In Hollywood, most actors (females especially) believe that they should never gain any weight unless it's for a certain role. Some singers are told that their bodies are just as important as their talent, and that gaining a few pounds could be damaging to their careers. Now how sad is that?

Although we don't have the same pressures famous people do, keeping down weight is a common obsession—even little kids are developing bad eating habits because they think they should be skinnier than they already are. And this type of obsession is dangerous because it often leads to serious eating disorders, like anorexia and bulimia. How do we prevent this from happening? Well first of all, everyone should have realistic goals for their bodies and strive to make fitness and nutrition the priorities over all else.



Below are the three main body types. Once you identify your shape, think about how you can start to build a healthier body image for yourself.

Mesomorphs are naturally muscular and athletic. These people have a fast metabolism and can burn fat and gain muscle easily.

Endomorphs are larger with a rounder, softer appearance. People with this body type have a harder time losing weight, and should instead focus on staying in the best shape they can by being active and eating well.

Ectomorphs are tall and slim with small bones. These people usually have an ultra-fast metabolism and trouble gaining weight or muscle.

How to get a healthier image!

When people look at themselves in the mirror they tend to focus on the things they don't like instead of the things they do. For a few minutes everyday, try standing in front of a mirror and take notice of everything you like about yourself instead of what you don't. This will help you gain confidence and develop a better, healthier image!

What do you like about yourself? List 5 things here:

1. _____
2. _____
3. _____
4. _____
5. _____

Remember, G says... stay fit and never quit!