

Body Image

FlowFit

Negative Body Image



- As young women, society unfortunately places a lot of emphasis on your body looking a certain way
 - Most commonly, women are encouraged to look thinner or smaller
 - As athletes, women are depicted as overly toned and muscular
- Often, women struggle with negative body image which is defined as a “distorted perception of your physical appearance, leading to feelings of shame, anxiety, and low self-esteem”

Important Factors

- Social media and television often directly or indirectly show idealized bodies and discuss weight in a negative light
- Tight fitting uniforms or work out clothes sometimes make women feel especially vulnerable or insecure
- For athletes, some people think they must have a certain physique and in some cases pressure from coaches or teammates may contribute to that expectation



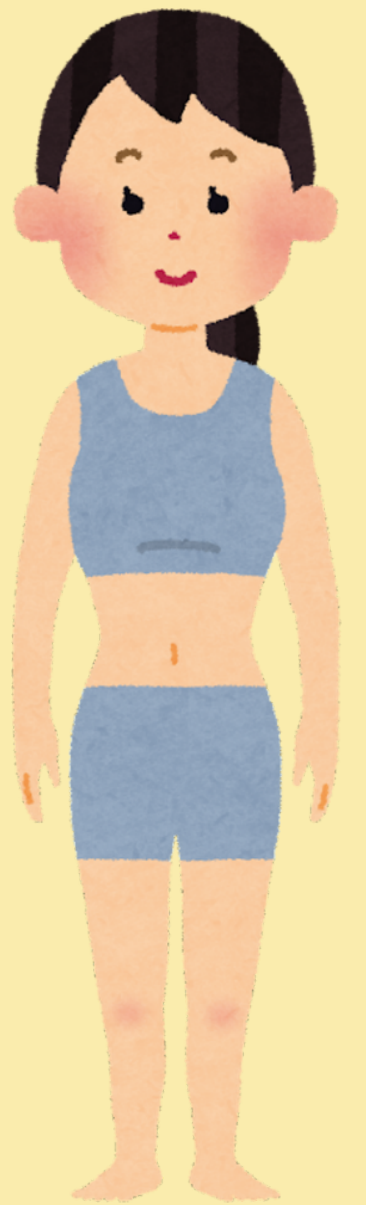
Exercising for appearance

- According to research, exercising for appearance instead of health or fitness is often associated with negative body image
- While exercising is a tool which can help people stay healthy, it is important to remember that looking healthy doesn't always mean looking skinny



Body composition

- A healthy body fat percentage for women is often cited to be around 21% to 31% (without considering age and activity level)
- Women require a higher baseline of essential fat (~10-13%)
- Without this essential fat, women risk losing their menstrual cycle, decreased bone density, poor immunity, and chronic fatigue
- Women typically need 16-20% body fat for visible abs (however everyone's body stores fat differently)



Weight

- Weighing more doesn't necessarily mean that someone is fatter
- People may have weight in fat or they may have weight in muscle
- People who are taller will also weigh more than people who are shorter
- Everybody is different so don't compare your weight to anyone else



“Don't worry about your body, just
do your sport.”

Food Comparison

- Strenuous exercise burns calories
- Your body needs those calories back to function normally
- Don't be ashamed to eat more than your friends if your body signals it needs more food



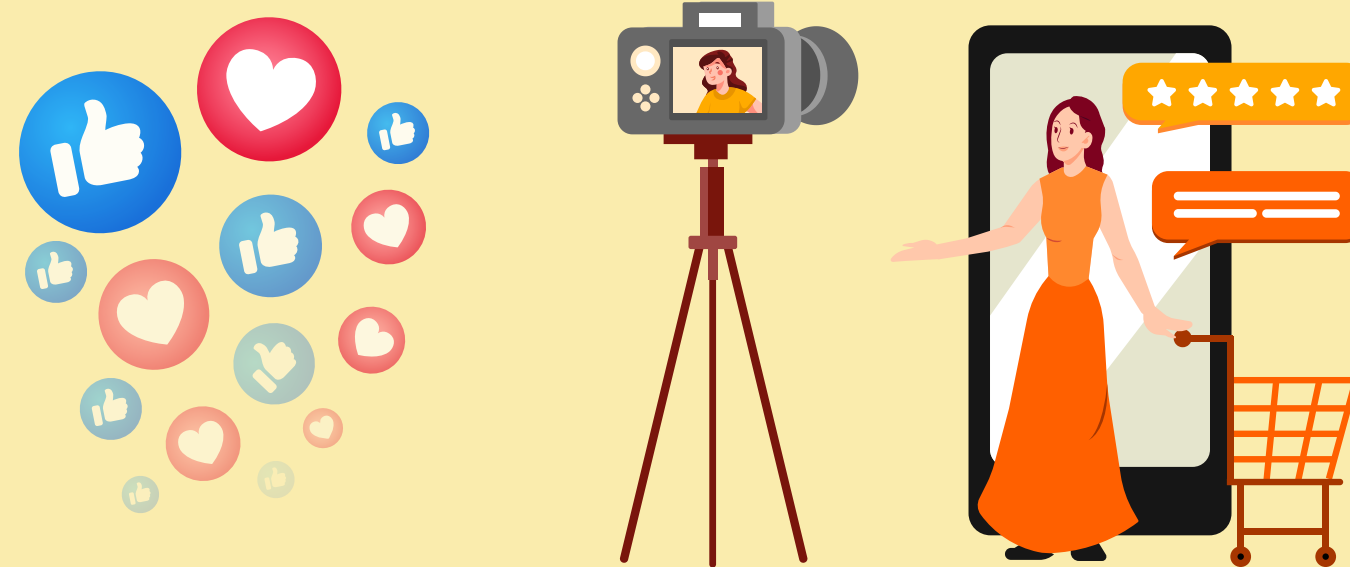
Food Comparison

- More muscle requires more food
- If you already are more muscular, you often indirectly burn more calories during physical activity
- If you want to gain muscle, experts recommend eating in a slight calorie surplus since your body needs extra energy



Social Media

- People on social media don't always accurately represent reality
- It is likely that fitness influencers don't actually look the way they present themselves all 24 hours of the day
- Lighting and posing makes a very big difference
- Now, new drugs and technologies (which often aren't thoroughly researched like retatrutide) are being used for weight loss



Self-love

- If you're struggling with body image, seek help from a trusted adult or licensed professional
- Ask yourself if you would speak to a loved one or your younger self the same way
- Correct negative self-talk with positive self-talk.

