

# "BLADDER CHATTER"

## TRU Health and Wellness Newsletter

Live TRUly Well...

### In This Issue:

- What is Body Image
- How To accept Your Natural Weight
- Factors That Can Cause Body Image Problems
- How To Improve Your Body image
- Body Image Facts



### **What is Body Image?**

Body Image includes four different attitudes and behaviours:

- **Satisfaction** -how satisfied one is with one's Body Image appearance.
- **Investment** -the importance one places on Body Image and physical appearance in defining one's self and determining self-worth.
- **Behaviour** - appearance related behaviours such as grooming, concealing, and avoiding the sight of one's body.
- **Perception** - how accurately one

### Interesting Facts:

- One out of five women in Ontario between the ages of 20 and 34 is *Under-weight*
- 40% of 9 year old girls have dieted, despite being within healthy weight ranges
- 80% of 18 year old women have dieted

**A negative body image is formed over a lifetime from many different influences, including family, peer group, media and social pressures.**

If you or someone you know may have an eating disorder please contact the National Eating Disorder Information Centre at 1-866-NEDIC-20 (1-866-633- 4220) or look to their website at [www.nedic.ca](http://www.nedic.ca). Or See a counsellor here at TRU 828-5023



TRU WELLNESS CENTRE  
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# "BlAdDeR ChAtTeR Pg. 2"

## Facts On Body Image:

- Many of today's models, actresses and beauty contestants meet the weight criteria for anorexia.
- Between 1992-2003, the number of procedures performed by plastic surgeons in the U.S. increased by 424%.
- Targeted by the muscle and fitness market, more boys are developing eating disorders.
- In a university survey, 80% of women students said they were terrified of being overweight.

Developing and nurturing a positive body image and a healthy mental attitude is crucial to a

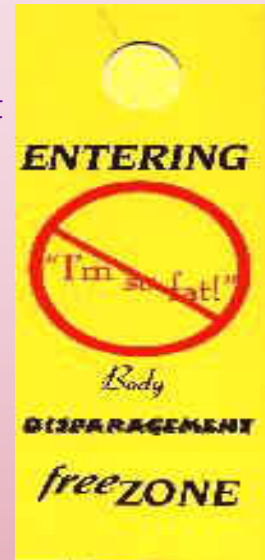
Poor body image is a concern for both women and men. Half of all men feeling unhappy with their body shape or size.

Body image is the way you perceive, think and feel about your body.



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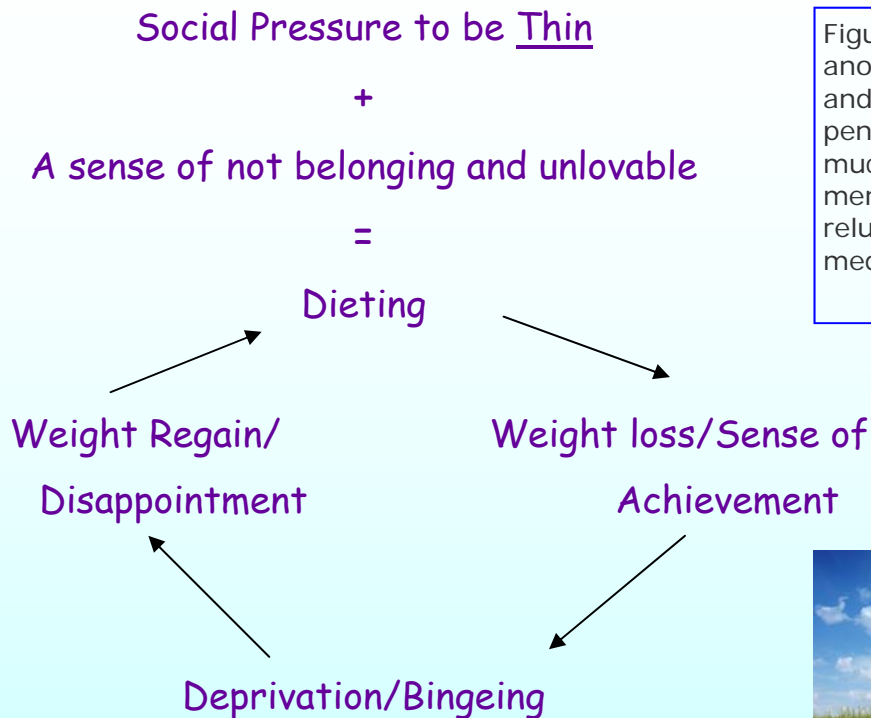
**Did you Know?** - at least 20 per cent of women who are under-weight think that they are over-weight and are dieting to lose weight.



## Factors that can cause Body Image problems:

- Being teased about appearance in childhood
- Growing up with dieting parents, or one who was unhappy with their body shape
- A cultural tendency to judge people by their appearance
- Peer pressure among teenagers to be slim women or muscular men, so they go on diets and compare themselves with others
- Media and advertising images promoting thinness as the ideal
- A tendency in media to push fad diets and weight loss programs
- Well-meaning public health campaigns that urge people to lose weight.

# "BlAdDeR ChAtTeR Pg. 3"



Figures on male anorexia, bulimia and exercise dependence could be much higher, since men are traditionally reluctant to seek medical help.



## Improve your body image by:

- Reflect on your experiences and try to unravel the development of your body image from childhood.
- Talk about feelings and experiences with others who have similar concerns.
- Make a pact with yourself to treat your body with respect, which includes giving it enough food and rest.
- Give yourself a break from magazines and the mass media for a while.
- Try some form of physical activity purely for the fun of it, not as a means of weight loss.
- Stop weighing yourself.
- Change your goal from weight loss to improving your health.
- Get informed by reading up on body image issues.

**Did You Know? - 45 % of women and 23 % of men in the healthy weight range think they are overweight.**

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# "BlAdDeR ChAtTeR Pg. 4"

## How To Accept Your Natural Weight:

1. Celebrate our diverse natural sizes!
2. Become informed about food and weight issues. Recognize myths and misperceptions about body image, and beauty ideals
3. Recognize the diet industry as a \$33 billion a year commercial enterprise that guarantees repeat customers by promoting misconceptions about health and weight.
4. Challenge weight prejudice. Write to advertisers, programmers and producers expressing dissatisfaction with the portrayal of narrow images related to body size and shape.
5. Don't buy into the diet industry. Liberate ourselves from the restrictions we impose on ourselves.
6. Become educated and educate others around the issues of weight prejudice and set point theory.
7. Surround ourselves with a range of realistic body images.
8. Work with informed health care workers who do not make value judgments based on body size. Tell others who use negative value judgments why we will not work with them.
9. Work with young people to promote healthy, realistic ideas about health, weight and self-acceptance.

### ***Remember!!! Change Your Body Image-Not Your Body***

When you change your body image, you don't change your body, you change the way you **think** about your body.

Watch for the posters on campus for the body image workshops!

References:

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This article has been brought to you by the TRU Wellness Centre, now located in the New Residence Hall (Dorm), Rm 111. Contact Andrea Tamburro regarding any questions or concerns @ 828-5010 or via email [Atamburro@tru.ca](mailto:Atamburro@tru.ca)

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