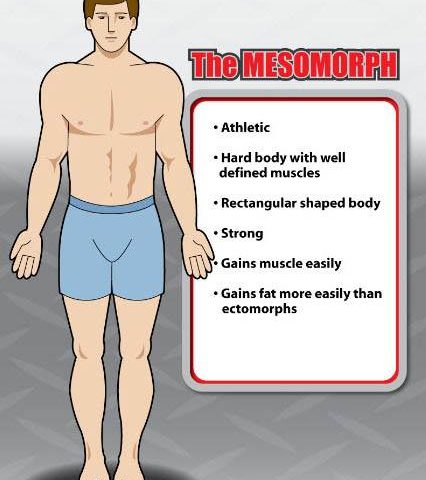
Body Image

Body Types & Eating Disorders

Body Image

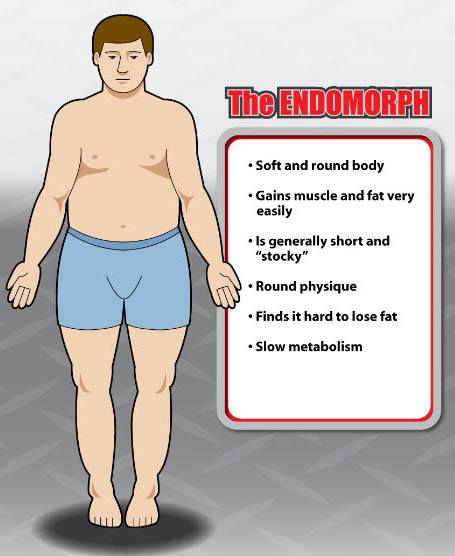
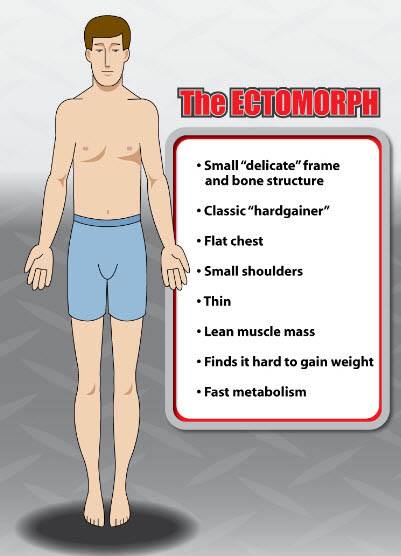
* **Refers to the mental picture an individual has of his/herself**

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Healthy Body Image

* Involves having a greater appreciation for oneself and others!
* Accepting certain aspects of one’s body structure and shape that are genetic and cannot be changed.

**Body Types are determined by genetics**

1. **Mesomorph**
   1. **Wide shoulders**
   2. **Narrow hips**
   3. Long, round muscle bellies
   4. Thinner joints
2. **Endomorph**
   1. **Thicker joints**
   2. **Thick rib cage**
   3. Hips are wider than shoulders
   4. Shorter limbs
3. **Ectomorph**
   1. **Narrow shoulders and hips**
   2. Small joints
   3. **Thin build**
   4. Long limbs with stringy muscle bellies

**Eating Disorders**

* Eating disorders are not just about food. They are often a way to **cope** with difficult problems or regain a sense of control. They are **complicated illnesses** that affect a person’s sense of identity, worth, and self-esteem (Canadian Mental Health Association).

**Muscle Dysmorphia**

* **a psychological disorder marked by a negative body image and an obsessive desire to have a muscular physique.**

**It is characterized by**

|  |  |
| --- | --- |
| * **Excessive time and over-exertion in weightlifting to increase muscle mass** * Preoccupation and panicking over workout if unable to attend * Overtraining or training when injured * Disordered eating, using special diets or excessive protein supplements * Steroid abuse and often other substance misuse | * Distress if exposed leading to camouflage the body * Compulsive comparing and checking of one’s physique * Significant distress or mood swings * Prioritizing one’s schedule over all else or interference in relationships and ability to work |

**Bulimia Nervosa**

* **Binge eating conflicted by wanting to lose weight or be thin**
* Often leads to forceful vomiting, excessive dieting, or fasting.

Signs and Symptoms

* **Calluses or scars on the knuckles or hands** from sticking fingers down the throat to induce vomiting.
* **Puffy “chipmunk” cheeks** caused by repeated vomiting.
* **Discolored teeth** from exposure to stomach acid when throwing up. May look yellow, ragged, or clear.
* **Not underweight** – Men and women with bulimia are usually normal weight or slightly overweight. Being underweight while purging might indicate a purging type of anorexia.
* **Frequent fluctuations in weight** – Weight may fluctuate by 10 pounds or more due to alternating episodes of bingeing and purging.

Effects

|  |  |  |
| --- | --- | --- |
| * **Weight gain** * **Dehydration** * Abdominal pain, bloating * Swelling of the hands and feet * Chronic sore throat, hoarseness | * Broken blood vessels in the eyes * Swollen cheeks and salivary glands * Weakness and dizziness * Tooth decay and mouth sores | * Acid reflux or ulcers * Ruptured stomach or esophagus * Loss of menstrual periods * Chronic constipation from laxative abuse |

**Anorexia Nervosa**

* Refusal to maintain healthy body weight, Intense fear of gaining weight, and a distorted body image

Signs and Symptoms

* Dieting despite being thin – Following a severely restricted diet. Eating only certain low-calorie foods. Banning “bad” foods such as carbohydrates and fats.
* Obsession with calories, fat grams, and nutrition – Reading food labels, measuring and weighing portions, keeping a food diary, reading diet books.
* Pretending to eat or lying about eating – Hiding, playing with, or throwing away food to avoid eating. Making excuses to get out of meals (“I had a huge lunch” or “My stomach isn’t feeling good.”).

Effects

|  |  |  |
| --- | --- | --- |
| -**Severe mood swings; depression**  - Lack of energy and weakness  - Slowed thinking; poor memory | - Constipation and bloating  - Tooth decay and gum damage  - Dry, yellowish skin and brittle nails | - Dizziness, fainting, and headaches  - Growth of fine hair all over the body and face |

**Binge Eating Disorder**

* **Frequent episodes of uncontrollable binge eating.**
* Feeling extremely distressed or upset during or after bingeing.
* Unlike bulimia, there are no regular attempts to “make up” for the binges through vomiting, fasting, or over-exercising.

Signs and Symptoms

* Inability to stop eating or control what you’re eating
* Rapidly eating large amounts of food
* Eating even when you're full

Effects

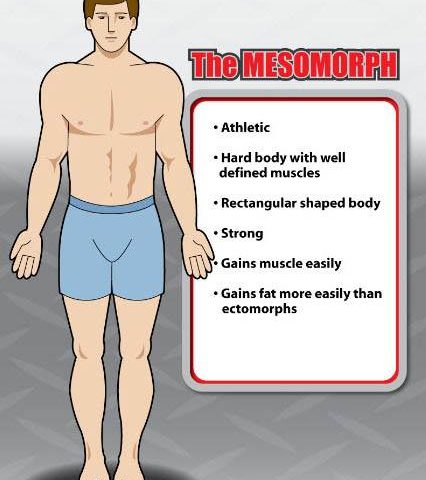
|  |  |  |
| --- | --- | --- |
| * **Type 2 diabetes** * Gallbladder disease * High cholesterol * **High blood pressure** | * Heart disease * Certain types of cancer * Osteoarthritis | * Joint and muscle pain * Gastrointestinal problems * Sleep apnea |

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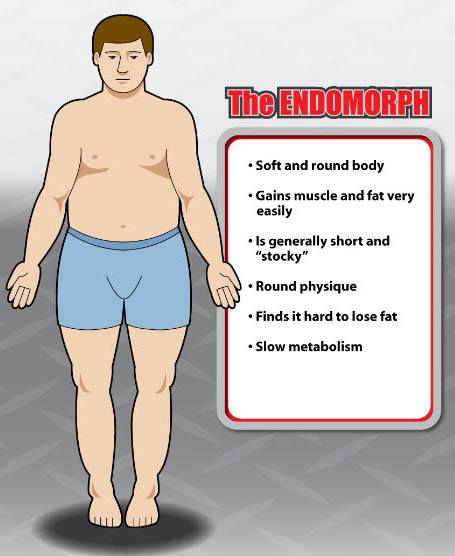
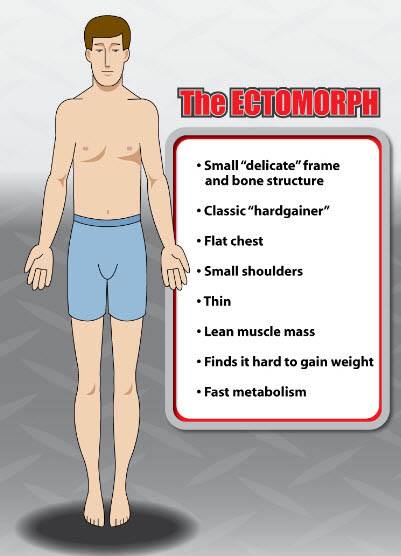
* **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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   2. **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**
   3. Long, round muscle bellies
   4. Thinner joints
2. **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**
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3. **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**
   1. **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**
   2. Small joints
   3. **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**
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**Muscle Dysmorphia**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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| * **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** * Preoccupation and panicking over workout if unable to attend * Overtraining or training when injured * Disordered eating, using special diets or excessive protein supplements * Steroid abuse and often other substance misuse | * Distress if exposed leading to camouflage the body * Compulsive comparing and checking of one’s physique * Significant distress or mood swings * Prioritizing one’s schedule over all else or interference in relationships and ability to work |

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Effects

|  |  |  |
| --- | --- | --- |
| * **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** * **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** * Abdominal pain, bloating * Swelling of the hands and feet * Chronic sore throat, hoarseness | * Broken blood vessels in the eyes * Swollen cheeks and salivary glands * Weakness and dizziness * Tooth decay and mouth sores | * Acid reflux or ulcers * Ruptured stomach or esophagus * Loss of menstrual periods * Chronic constipation from laxative abuse |

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* Feeling extremely distressed or upset during or after bingeing.
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Signs and Symptoms

* Inability to stop eating or control what you’re eating
* Rapidly eating large amounts of food
* Eating even when you're full

Effects

|  |  |  |
| --- | --- | --- |
| * **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** * Gallbladder disease * High cholesterol * **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** | * Heart disease * Certain types of cancer * Osteoarthritis | * Joint and muscle pain * Gastrointestinal problems * Sleep apnea |