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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**Muscle Dysmorphia**

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