



## What body size and shape is for you?

You will be the right size and shape for you, if you do three simple things....

\*Eat healthy foods—choose a variety from all of the food groups!



\*Young people should exercise for 60 minutes most days of the week—kick-boxing, aerobics, walking the dog

\*Have the occasional indulgence - such as chocolate cake. Yummy!



If you follow these simple suggestions, you will be **the right size and shape for you!** Remember, our body shape is already decided before we are born. This is fact! Each one of us is a unique human being with our own genes from our mom and dad, their mom and dad and their mom and dad and so on..... There is only one person in the world shaped like the famous film stars we see on television and on the big screen and that is the film stars themselves. And there is only one person in the world with legs like you.....You guessed it. **You!**

Want to learn more about health in Kentucky? If so, check us out on the Web at : [www.ca.uky.edu/HEEL](http://www.ca.uky.edu/HEEL) You'll be glad you did!

### Sources:

- Centers for Disease Control—[www.cdc.gov](http://www.cdc.gov)
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- Bovey, S. (1994) "The Forbidden Body: Why Being Fat is Not a Sin," Pandora.
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## Society's Effect on our Self-Esteem

We live in a culture with a multi-million dollar fashion and cosmetic industry that makes lots and lots of money by telling people they need to improve the way they look. We're surrounded with messages in:

**Advertisements    Magazines    Bill-boards    Movies**  
**Fashion shows    Make-up parties    Beauty salons**

They all use different ways to tell us we desperately need their product! The more terrible we think we look, the better the chance they have of selling us their product.

**Notice the ads in magazines.** The model appears flawless. His or her teeth are straight and white. Their hair is well groomed with a "fashionable" hair cut. Their skin is smooth and flawless. Some magazines may even add brushing or contouring to hide the imperfections that they don't want the consumer to see. Now notice the product being advertised. The text may refer to leading scientific studies that indicate your "need" for this product. These are just some of the ways companies sell their product and show "the perfect body" or "look" you will achieve if you use it.

So what happens when we still look like our super selves? When we don't look like the models in the magazines or movie stars, we often think there must be something wrong with who we are.

When the product doesn't work, we blame ourselves and think we are failures. Next time you seen an advertisement on TV or in a magazine, ask yourself the following questions:

*Who really looks like this? If you buy this product, are you really going to look or have fun like the people in the advertisement?*

*What kind of language is used? Is there a lot of hip-hop jargon trying to make me feel cool and hip? What promises are being made by the ad? Are they really possible?*

### Double Word Puzzle Answers

BODY		IMAGE	
22	6	14	28
HEALTHY		FOOD	
39		36 40 8	
EXERCISE			
17		34 19	
FEELING		GREAT	
1		20 32	
SELF		ESTEEM	
31		13	
FRIENDS		21	
42 37		18	
FAMILY		4 43	
HAPPINESS		30	
41 2 27			
FASHIONABLE		35	
7		10 23	
INNER		BEAUTY	
9 12 29			
OCCASIONAL		INDULGENCE	
15		11 25 38	
16		5 33 24	
UNIQUE		44	
26 3			
FEEL		GOOD	
1 2 3 4		5 6 7 8	
9 10 11 12 13		14 15 16 17 18 19 20 21	
BECAUSE		THERE	
22 23 24 25 26 27 28		29 30 31 32 33	
34 35		36 37 38 39	
40 41 42		43 7 44	

Insert Your Text Here!