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Counseling and Student Affairs

Winter 2010

Body Image [brochure and video]

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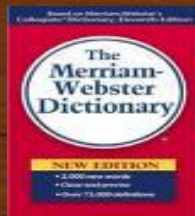
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What is body image?

As stated by Merriam-Webster's dictionary, body image is defined as a subjective picture of one's own physical appearance established both by self-observation and by noting the reactions of others.



How would a student define body image?

The definition of body image varies based on the student's class standing, cultural background, socio economic status, and access to media.



Suggestions for how to help maintain a healthy body on college campuses

- Flyers should be posted about fitness center around campus.
- Resources around campus should be made known to all students as they enter the college or university.
- Schools should think about putting a healthy eating tip of the day on the school's website.
- Students should select healthy choices and appropriate portion sizes when choosing foods.
- Students should remember take advantage of the fitness center on campus and allow time in their daily schedule to get some exercise.
- Instead of riding a bike, getting a ride or driving to class students should walk and be sure to take the stairs.
- Students should take a multivitamin to keep from getting germs, boost energy and to be satisfied with meals.
- Students need sleep. If you do not procrastinate then you can get the recommended amount of sleep. Getting 7-8 hours of sleep each night can also help the body maintain a healthy immune system and not get sick.

WKU Preston Center

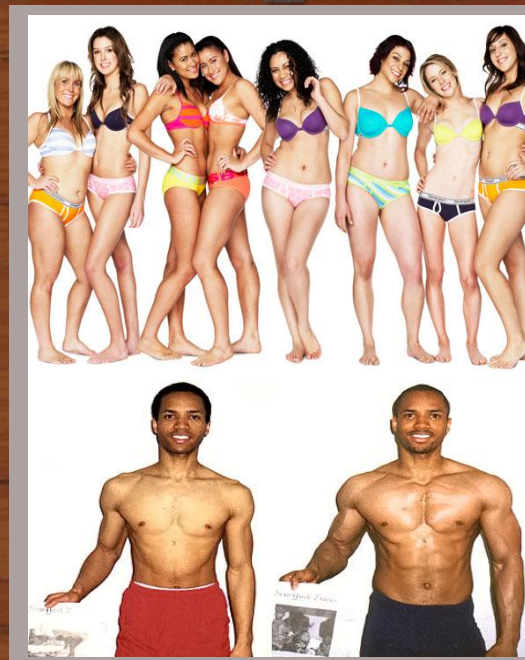
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Body Image

By: Jorge Wellmann and
Charli Beth Ferrell
Western Kentucky University



- What is too much?

There are several warning signs for a person to look for in themselves and other people who may have a very skewed view of his/her body image.

-Working out in excess would mean exercising for more than 30-60 minutes per session approximately 4 days per week.

-A person who had a very skewed view of his/her body image would never be able to be relaxed about his/her body image.

- Eating patterns should also be watched closely when someone thinks of their body image especially watch for signs of anorexia and bulimia.

- A person obsessed with his/her body image may constantly look in the mirror.

- Someone with a skewed view of their body image may put themselves down a lot or ask others' opinions about the way they look.

- Checking your weight more than once per day could also be a warning sign of someone with a bad view of their body image.

- What influences body image?

There are many sources for people's views of their bodies. In everyday life there are multiple mediums telling us what we are expected to look like.

Some of these sources are for males and females of various ages.

Some of the sources where people get their idea of what they are supposed to look like. Some of the places where people look to get their ideal body image are:

- celebrities
- magazines
- movies
- models
- peers
- TV
- internet



How to maintain a healthy body image?

- As a student you should make a habit of maintaining a healthy exercise routine

- Make sure that you are making wise decisions when choosing the food to eat. The decisions that you make today will extend or shorten your lifetime.

-Drink lots of water as it allows for your body to cleanse any impurities from your body. Also, it will keep you hydrated and there are no calories to be gained.

- Get plenty of sleep (7-8 hours per day) this allows for your body to recover from any strenuous activities. Also, it has been found that during your sleep you are still burning calories.

-Everyone should take a multivitamin to maintain a healthy state.

