How many shapes can you find?

What do you think of his/her body?
How’s Your Body Image?

Yes  No

___ ___  Do you find yourself obsessing about your body?

___ ___  Do you ever put off activities or relationships until you are a certain size?

___ ___  Would losing or gaining weight make you feel like you were a better person?

___ ___  Do you see certain foods as “good” or “bad”?

___ ___  Do you feel guilty after you eat?

___ ___  Do you feel uncomfortable in your body?

___ ___  Have you used unhealthy ways to gain or lose weight?

___ ___  Do you feel like you can only be happy if you are a certain size?

___ ___  Do you find yourself thinking negatively about your body?

___ ___  Do you think changing part of your body would make parts of your life better?

How Did You Score?

If you answered “yes” to less than four of these questions – Congratulations! You have a healthy body image. Keep up the good work!

If you answered “yes” to more than four of these questions – You know you don’t totally accept and respect your body already…so how do you change that? Read on!
Circle of Influence - Body Image Perceptions

1) My (parents, mentor, teacher, etc.) say that overweight people are:

________________________________________________________________________

2) My (parents, mentor, teachers, etc.) say that thin people are:

________________________________________________________________________

3) Boys say overweight girls are:

________________________________________________________________________

4) Boys say thin girls are:

________________________________________________________________________

5) Girls say overweight girls are:

________________________________________________________________________

6) Girls say thin girls are:

________________________________________________________________________

7) I feel ________________________________ about my body.

8) If I woke up tomorrow and I was overweight, I would feel:

________________________________________________________________________

9) If I woke up tomorrow and I was thin I would feel:

________________________________________________________________________
Watch a commercial or look at an ad. Answer the questions.

**Advertising questionnaire:**

1. Does the ad include people with a variety of body shapes and sizes?
   A. Yes
   B. No

2. What do the people look like in the advertisement? (What is their body type?)
   A. Normal weight
   B. Unusually thin
   C. Overweight

3. Do you think people who actually use the product being advertised typically have the body type shown in the advertisement?
   A. Yes
   B. No

4. Do you think the models in the ad naturally look the way they appear or do you think their picture or their appearance has been enhanced in some way?
   A. This is their natural look.
   B. The picture (or their appearance) was enhanced.

5. How would you say the people appear in this ad?
   A. Happy/having fun
   B. Unhappy
   C. Neither happy nor unhappy

6. How would you describe the product being advertised?
   A. Healthy
   B. Unhealthy
   C. Neither healthy nor unhealthy
Magazine Collage!

Materials:
- Chart paper
- Markers
- Magazines
- Scissors
- Glue or tape

Instructions:
1. Have half the participants create a collage (in groups of 2 or 3) by cutting out magazine photos that portray women/men in a negative way.

2. Have the other half create a ‘positive’ collage in the same way.

3. Compare and discuss the different messages given by the images.
ACTIVITY 9
Who says who is beautiful?

Below are pictures of Titanic actress Kate Winslet. GQ magazine used clever technology to stretch the photograph, thereby giving the illusion of longer legs and a smaller dress size.

List three reasons why you think GQ did this.

__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________

How do you feel about companies doing this?

__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________

Source: Adapted from Dove Real Beauty School Program
Body Type Questionnaire

If you are finding it difficult to determine your body type, the following multiple choice questionnaire may help. Choose the responses below which most closely resemble you:

1. In relation to my body, when I was a child, I feel I was:
   a. Quite thin
   b. About average
   c. Chubbier than others

2. When aged 16 my body looked:
   a. Mostly straight up and down, narrow shoulders and hips without a defined waist.
   b. Shoulders larger than or equal to the width of my hips with a defined waist.
   c. Wide hips larger than shoulders and/or short and stocky.

3. Now, I would describe my body shape as:
   a. Mostly straight up and down with narrow shoulders and hips without a defined waist. Tall or short with thin arms and legs and a thin neck and face. If I gain weight it goes on my waist and bottom, which gives me a ‘pot belly’ waist.
   b. Shoulders larger than or equal to the width of my hips with a defined waist. If I gain weight it spreads evenly on my upper body including my waist, breasts, back, face and upper arms. My legs stay a relatively normal sized and firm – I usually have great legs.
   c. Wide hips larger than shoulders and/or short and stocky. If I gain weight it goes to my lower body including my hips, bottom, and legs. I have a large bottom with soft spongy upper and lower legs prone to water retention. My upper body can be relatively thin or it can tend to be soft and puffy.

4. Concerning my weight, I:
   a. Have trouble gaining weight unless I’m eating too many sugary or fatty foods.
   b. Gain or lose weight fairly easily with a little bit of exercise.
   c. Gain weight easily, but find it hard to lose unless I’m doing consistent aerobic exercise.

5. My appetite is:
   a. Variable, I either graze on bits and pieces or I gorge myself. I tend to skip breakfast and just have a bit of toast or coffee, but prefer to eat a good sized dinner.
   b. Strong, I get irritable if I don’t eat every 3-4 hours. I need to eat some breakfast and a good solid lunch to last until dinner.
   c. Moderate, I eat anytime I’m stressed. I prefer a good solid breakfast and regular snacks to keep energy up.

6. My digestion/bowel habits are:
   a. Poor. I’m prone to a nervous stomach, indigestion, nausea, colicky abdominal pain, gas and constipation.
   b. Strong, I’m prone to stomach overacidity like heartburn, gastritis, alternating constipation and looseness, and IBS.
   c. Slow. I’m prone to stomach under acidity; food sits in my stomach. I get post meal bloating and looseness if I’m stressed.

7. My energy levels and timing are:
   a. Great. I’ve got lots of energy in the morning until noon, but I’m a bit unstable after that. I’ll crash in afternoon if I skip a meal.
   b. Good. I’m fairly active and most energised from mid-morning to mid-afternoon when I’m capable of intense concentration or explosive effort.
   c. Low to medium (lethargic). I’m better in the late afternoon and night. I’m slow to get started but then steady with good endurance.

8. My skin tends to be:
   a. Rough or dry. My lips are thin and prone to chapping. My nails are thin and brittle. I tan easily after some sun.
   b. Warm to touch, delicate, irritable, and prone to blushing, burning from the sun, redness, rashes, moles, freckles and pimples. My nails are pink, soft and strong. My lips are red.
   c. Cool to touch, slightly oily, and smooth and thick. My lips are full and moist. My nails are thick and hard. My skin tans moderately over time.
9. My hair is:
   a. Course, dry or fizzy. I have irregular sensitive teeth, receding gums and a bitter taste in my mouth upon rising.
   b. Straight, thin and prone to oiliness and greying. I have even, yellowish teeth, prone to cavities, ulcers and bleeding gums. I get a sour or metallic taste in my mouth upon rising.
   c. Thick or wavy and prone to oiliness. I have large, even, white teeth, which need little attention, and I get a sickly sweet taste in my mouth upon rising.

10. I sweat:
   a. Very little. I dislike dry windy weather and prefer warm climates. (During menopause: hot flushes in the afternoon.) I have a dry mouth that causes a constant thirst for small amounts of water.
   b. Easily. I like cool weather and dislike getting hot and overheating. I require cold water in quantity.
   c. Consistently. I dislike cold and/or damp/humid weather. I’m not generally thirsty, I prefer hot drinks.

11. My sleep tendencies are:
   a. Light (OK with 5-6 hours). I have difficulty falling asleep and tend to wake up at night with difficulty getting back to sleep. I have few dreams and poor recall. I’m prone to sleep talking and teeth grinding.
   b. Sound (OK with 7-8 hours). I normally fall asleep after 15-30 minutes but I have difficulty falling asleep when I’m feeling anxious or worried. I recall my dreams occasionally.
   c. Heavy (OK with 8-10 hours). I fall asleep very easily and have vivid dreams with good recall. I’m prone to sleeping too much (10+ hrs.). I’m very tired in the morning and find it hard to get out of bed.

12. I like to eat:
   a. Vegetables, fruits and sweets. I feel well on a mostly vegetarian diet. Meat for breakfast makes me feel nauseated, tired or thirsty by mid morning.
   b. A large variety of foods. I love spicy rich foods, breads and pasta. Meat for breakfast doesn’t effect me either way.
   c. Potatoes, meat, fatty and salty foods. Meat for breakfast gives me stamina and satisfies me until lunch.

13. Eating before bed:
   a. Disrupts my sleep – especially when it’s fatty or heavy. Eating sweets doesn’t interfere with my sleep.
   b. Is usually OK as long as I don’t over do it.
   c. Improves my sleep when I’ve eaten heavy, fatty foods. Eating sweets before bed disrupts my sleep.

14. How do you feel after having orange juice for breakfast and a vegetarian salad for lunch?
   a. I feel good in the morning after orange juice. Salads for lunch satisfy me for the whole afternoon.
   b. Orange juice is OK in the morning. Salads only last me a couple of hours before I need to eat something.
   c. Orange juice makes me feel worse or hungry in the morning. Salads for lunch leave me sleepy or hungry within an hour.

15. After coffee I feel:
   a. Good. I’m prone to having too many each day. (5-6 cups)
   b. OK if I enjoy one or two a day but I get jittery if have too many.
   c. Jittery, hyper or shaky.

16. How do you feel about exercise?
   a. I enjoy exercise and do it as often as possible. I’m great at aerobic exercises and have good endurance. I get bored with repetitive exercises – I need variety, so I like things like danceercise. I probably need to do more anaerobic or weight exercises to develop my low muscle content.
   b. I have no time for exercise but once I’m motivated I commit to doing it right. I’m better at short, high intensity exercise because I have a limited aerobic endurance. I do best when following a balanced aerobic and weight training program.
   c. I typically hate exercising but I do enjoy it occasionally – more for its social aspects. I’m better with high weights and low reps, and I need to add consistent aerobic exercise in order to burn fat.

17. My friends describe me as:
   a. Creative, mentally quick, and highly imaginative. I talk and walk quickly; I’m excitable, lively, and have a fun personality. I’m good at developing creative theories but often too distracted by other ideas to implement them.
   b. Logical, precise, sharp, and clear minded with clear speech, good concentration, goal orientation, practicality, organisation, and a courageous and intelligent mind. I like to be in charge or in control and engineer ideas into practical uses.
   c. A slow mover and talker – more of the graceful and maternal type. I’m slow to anger and strive to maintain harmony and peace in my surroundings. I’m detail orientated, steady, consistent, loyal, leisurely, and easy-going. I’ll methodically implement a program but may be resistant to change it.
18. I would describe my daily routine as:
   a. Irregular. I act on impulse, have changeable moods, often with racing, disjointed thoughts. I’m quick to react, learn and grasp new knowledge. I tend to spend money easily and impulse buy.
   b. A workaholic. I hold strong opinions and like to argue. I tend to have a single minded focus and my intelligence and cleverness makes me prone to being judgmental, intolerant, impatient, critical and arrogant. I spend money for practical reasons of value or status.
   c. Easy going. I sometimes need help starting a project but once I’ve started I see things through to the end. I’ve got a good sense of humour and often make jokes about myself. I’m a good saver with occasional emotional spending.

19. When I’m angry I:
   a. Get upset very easily – almost daily – often when things don’t go right. I’ll express it quickly but forget about it as if nothing happened, too.
   b. Get upset and bottle it up, which often leads to frustration, especially when my efforts are not valued or recognised. I will eventually explode, and I find it difficult to let go of anger and forgive.
   c. It actually takes a lot for me to get angry but once my anger has passed my compassionate nature allows me to easily forgive... but never forget.

20. When out of balance (and chronically stressed)
   I feel:
   a. Fearful, anxious, insecure, apprehensive, nervous, and I make impulsive decisions. I feel tired but can’t relax and have poor stamina. I can’t concentrate, I’m agitated, impatient, spaced out, shy, insecure, and restless. I need to feel acceptance or in control.
   b. Angry, hot tempered, frustrated, and irritable, especially when I’m not recognised or appreciated. I’m prone to jealousy, resentment, criticising and arrogance. I need to feel significance and to be right.
   c. Depressed, sad, sluggish, lazy, apathetic, groggy, stubborn, sentimental, and slow to comprehend. I tend to procrastinate and be clingy, hanging on to people and ideas. I can be greedy, possessive, materialistic and have a need to feel safe and comfortable.

21. The health issues I am prone to are:
   a. Anxiety, early morning insomnia, dry throat, dry cough, dry eyes, constipation, vaginal dryness, joint stiffness, lower back pain, fainting spells, heart palpitations, hypertension, irregular menstrual cycles, short, scanty menstruation (3-5 days) with brief intense painful cramping, and infertility or miscarriage after the age of 30.
   b. Severe depression, PMS with painful breasts, gastric reflux, abdominal pain and cramping (IBS), neck and shoulder muscle tension and pain, recurrent headache, eye problems, acne, rashes, mouth ulcers, gum and teeth problems, painful and/or heavy menstruation (5-7 days), and endometriosis.
   c. Low grade depression, chronic fatigue, obesity, mucus and congestion in the chest, throat, nose or sinuses, recurrent colds, sinus headaches, respiratory problems including asthma, hay fever, allergies, diabetes, water retention, heavy legs, watery vaginal discharge, minimal cramping with watery (pale) prolonged menstrual bleeding (>7 days), prone to fibrocystic breasts, ovarian cysts, uterine fibroids, prolapsed bladder and uterus.

22. My approach to life is:

23. My temperament is:
   a. Excited, talkative, hyperactive, sensitive, artistic, erratic.
   b. Warm natured, passionate, generous, intense, reactive, competitive, ambitious, sharp witted, outspoken, bold.
   c. Serene, happy, thoughtful, caring, forgiving, patient, loving, content, slow moving, emotional.

Add up the number of a, b and c’s
The highest number is your dominant neuroendocrine metabolic body type. If you have an even split, revisit questions 1-3 concerning your physical characteristics. The one you answered the most a, b or c for is your body type.

Each body type has a different metabolic requirement for macronutrients, foods and medicines in order to improve body composition, health and vitality.

A: Ectomorph / Ruler / Goddess Selene
B: Mesomorph / Apple / Goddess Aphrodite
C: Endomorph / Pear / Goddess Venus

Following the dietary guidelines and supplement program specific for your dominant body type will allow you to optimise your metabolism, increase your energy, enhance your digestion, balance your hormones and enhance your fat burning potential.