

How Well Do You Like Your Body?

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Complete this True/False questionnaire, total the 'T' for True answers and see below for my interpretation.

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- I constantly think about my body size, shape and/or weight.
- I am always working to improve my body size, shape and weight.
- I would be much happier and my life would be better if I were thinner.
- I commonly skip meals to lose weight.
- I weigh myself more than once a day.
- I know how many calories are in almost every food I eat.
- I exercise mainly to lose weight or to look better.
- I completely exclude certain foods in order to manage my weight.
- I don't participate in physical activities because I'm embarrassed about my body.
- I like to wear oversized clothes to hide flaws in my body.
- There are good foods and bad foods.
- I'm not good looking if I don't look like magazine models.

If your number of 'True' answers is:

- 0: You either live in Samoa or are one of a nearly extinct species.
- 1-3: You live in the United States and can't help it.
- 4-6 You either just had gastric bypass, live in L.A. or forgot that food is for nutrition.
- 7-8 Food and appearance are running your life. Throw away the magazines and TV and join a soccer team.
- ≥9 You need serious psychotherapy.

Whether we're aware of it or not, we are influenced by messages about our bodies from our friends, family, advertisements, movies and culture every day. These 'external' messages are really a nuisance, but we're human and for some reason care about fitting in and what other people think of us. If we really have our act together and are self-confident and comfortable with ourselves, our beauty and value radiate from inside us. Ideally we sufficiently respect the work our body does for us to take good care of it with healthy food and moderate exercise.

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HEALTHY CHOICES FOR MIND AND BODY

Written by Ann Gerhardt, MD