1.Women worry more about their diet than men

Obviously, women worry about their physical appearance.

 They spend more time on doing things like: putting on make up, matching clothes, working out, … than men.

 Moreover, society increases the belief that women have to worry about their appearance and they also have to correct their imperfections.

On the one hand, the shops offer more things for women’s physical appearance.

 For this reason, they spend more time on going shopping.

Women think their appearance is important to find a job and for their social life.

On the other hand, nowadays there are a lot of men who think about their physical appearance and they also worry about clothes, weight, wrinkles, hair just the things that women consider important for their lives.

 It’s true that men now have a lot of products and variety of clothes to start worrying about their appearance.

Finally, I think that our appearance is important for women and men because it helps us to reduce mental problems and normally everyone feels good.