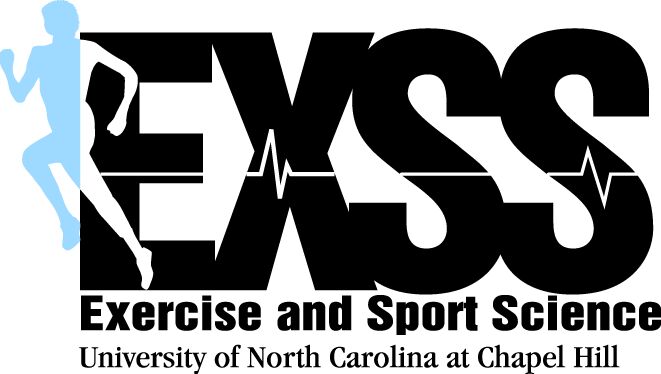
**LFIT EXTRA CREDIT**

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**CURRENT NEWS ARTICLE REVIEW WORKSHEET**

**Four current news articles are linked below. Choose 1 of the 4 articles to read (you must read the full article if it is included, and not just the abstract). You must complete the worksheet starting on page 2 and turn in the completed worksheet (pages 2-5) to your TA before April 12th, 2018.**

Nutrition/Media:

1. News article: <https://www.msn.com/en-us/money/companies/weve-become-numb-to-one-of-the-biggest-drivers-of-obesity/ar-BBKM6xN?ocid=spartanntp>
   1. Research: <http://pediatrics.aappublications.org/content/early/2018/03/22/peds.2017-2822>
2. News article: <https://www.msn.com/en-us/health/wellness/victorias-secret-model-apologizes-for-promoting-unhealthy-eating-while-she-had-body-dysmorphia/ar-BBKIN5N?ocid=spartanntp>
   1. Blog post: <https://www.bridgetmalcolm.com.au/blog/2018/3/26/body-dysmorphia>

Using Fitness for Good:

1. News article: <https://www.msn.com/en-us/news/good-news/veteran-trekking-13000-miles-for-ptsd-awareness/ar-BBKMhTm?ocid=spartanntp>
2. News article: <https://www.msn.com/en-us/health/wellness/former-addict-opens-gym-to-help-others-struggling-with-sobriety/ar-BBKJMhC?ocid=spartanntp>

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| --- | --- |
| Your Name: Siyang Jing | Date: Apr 11, 2018 |
| T.A Name:  Courtney Mascarella | Class:  LFIT 112.402.SP18 |
| Title of Article:  Victoria's Secret model apologizes for promoting unhealthy eating while she had body dysmorphia | Date of Article:  Mar 26, 2018 |

**\*\*You must complete the entire worksheet below for the article selected**

1. Main Idea: What is the main point that you get from this article? Share the main point in a few sentences.

The main point I get from this article is that we have to be aware of body dysmorphia. The model genuinely felt she was eating a healthy balanced diet, when she was actually eating less. She also did an extreme amount of exercise and training. She felt a constant compulsive need to lose weight, although she was aware that she was small. When we are in a similar situation, the correct action is not to follow such abnormal and unhealthy need to eat less and exercise more, but to try to maintain a healthier diet and adequate amount of training, and to “make peace” with our body.

2. Factual Summary: Write a minimum five sentence summary of the article you read. Include significant ideas, places, and people.

Bridget Malcolm, a Victoria’s Secret used to advocate for “clean eating” and daily exercise on her blog.

She has realized that she wasn’t eating nearly enough food and was over-exercising, all because of her body dysmorphia, a constant compulsive need to lose weight.

She started to change – to eat more and exercise less, and overcame dysmorphia.

She thought she was misleading her fans to think that her diet was enough.

Therefore, she made an apology on her post claiming that her lifestyle was not healthy and she had changed.

Now she thinks she actually likes her body and feels relived to finally come clean.

3. Analysis: Complete each of the statements below in no fewer than three sentences. “NOTHING” IS NOT AN ACCEPTABLE ANSWER.

A. From this article, I learned…

This article gives me some insight into my questions, such as how to perceive my body shape, and where to draw the line between healthy low carb diet and an extreme diet, that is potentially unhealthy for me.

We should think of eating as a normal need, a thing to enjoy, not a burden. Surely we need to have some control over our diet, but we should not have a rejecting attitude towards food. Although sometimes having a negative perception of one’s own body shape might provide some motivation, for example, the model did 2-3 training everyday, when she felt a constant need to lose weight, it’s ultimately unbeneficial to one’s health and fitness, and might develop into some serious psychological disorder.

B. I have a question for the author. I want to know more about….

I want to know 3 things:

1. What’s people’s reaction to her post? This article primarily focuses on the model herself. I’m more interested in the public reaction towards her post. For example, do people think this is the correct choice? Do people think her past actions were not really that unhealthy as she claimed to be?
2. How did she accomplish this transition? Or how did she realize that she needed to change? In the article, and actually in her original blog, the author only described what she did to get back to normal diet and exercise. However, what led to her mind change was not shown.
3. If she were to “let herself go” earlier and to gain weight as she is doing right now, would it negatively affect her career as a model? People always say love yourself, accept your own body, things like that, and try to avoid so-called “body shaming”. But she is a model. Her body is her career, her money, her life.

4. Personal Response: Answer the following questions in no fewer than three sentences. Be sure to be specific.

A. There were four articles to choose from. Why did you choose this article?

This is the only article whose topic I feel a little bit familiar and comfortable with, and have some interest in. I feel a constant anxiety towards my body shape too, although not nearly as serious as the model in the article feels. I don’t know where to draw the line between healthy low carb diet and an extreme diet, that is potentially unhealthy for me. I’m also unclear about how to regard the issue of fitness and body shape in general. From totally being lazy, to keeping some daily exercise, which is probably what I’m doing right now, to actively working out, to excessive training, like the model in the article once did, these different attitudes are more like a spectrum, rather than some well-classified and well-defined categories. Therefore, I want to find out what others do with their body shape, diet, and exercising.

The topics of other articles are either unfamiliar or uninteresting to me.

For the first one about advertisement towards children. We did not have such well-designed commercial ads in my childhood. We also did not have various types of unhealthy food. My family barely watched any sports. So basically I don't feel anything towards this article.

For the third one, I simply do not know much about PTSD. I did not know this word or this disorder until college. I also have a very negative personal view towards any sort of military or military personnel.

For the fourth one, I do not like drugs and I have never known anyone around me having any issue with any kind of addiction or drug abuse. I also have a negative view towards addicts, and I simply do not like this article.