For pages 1-13, reflect on the shocking statistics on body dissatisfaction for women and men. For pages 18-22, explain how a person can be fat and fit.

It is impressive how the statistics describe what man and women have done to lose weight. It was interesting to read that people are not pleased by their body weight, however in the past body fat was needed and sometimes it was healthy. Nowadays everybody is worried about their weights because everything on the media it’s almost about diets, women and man picturing good bodies and this has brought issues to society. Because of all the media and diets showing up everywhere we go, more people have believed that they should have the body that is being showed by the media and this has caused the use of dangerous diets and wrong eating habits with the only purpose to lose weight. It was sad to read that 24 percent of women would give more than three years of their lives to lose weight, also I was impressed that women would smoke to lose weight knowing that smoke is also bad for their health. It is interesting to know that not everything we do or try to lose weight will help us lose weight, because as much as we do we are more likely to regain the weight.

We would think that fat people or overweight people are unhealthy because of their appearance, but we must learn not to judge. Thin people might think that eating bad and never gaining weight would result in a healthy life, however the article explain that this is not the case and fit fat people are healthier than thin people who don’t exercise. Obese-fit men have in fact lower death rates than lean-fit men and this makes sense because I’ve seen thin people always eating junk food or not healthy all the time and this makes me think that they are not healthy. Exercise and fitness are the keys to having a healthy life, and this is more important that following a diet that will not help to lose weight. People often think that diets are a way to be healthy, but being fit it a better way for everyone and that’s what people must think when they are going to start a diet. So, a person can be fat and fit at the same time by exercising and having an active live and his or her death rate is the same as a thin-fit person.