I believe body image is an important health concern because it increases the risk to have an unhealthy life. There are many factors that influence our body image and make us vulnerable, so we must not let those factors affect our life. What struck me the most from this article is that people are worrying about their body image and that this could lead to depression, and extreme dieting. We must start making a change to this issue because our body image doesn’t represent who we are and what we are and we must understand that we don’t have to let other people or the media influence on us. Self-esteem is very important. I’ve witnessed this issue we some people that I know and it worries me because how the article said almost everyone thinks about their body image. I believe this is an interesting topic because it represents what nowadays our society thinks about the body image. To live a healthy life, we must understand that being fat or thin doesn’t make us a better person, because our personality is what matter the most and what define us as a person.