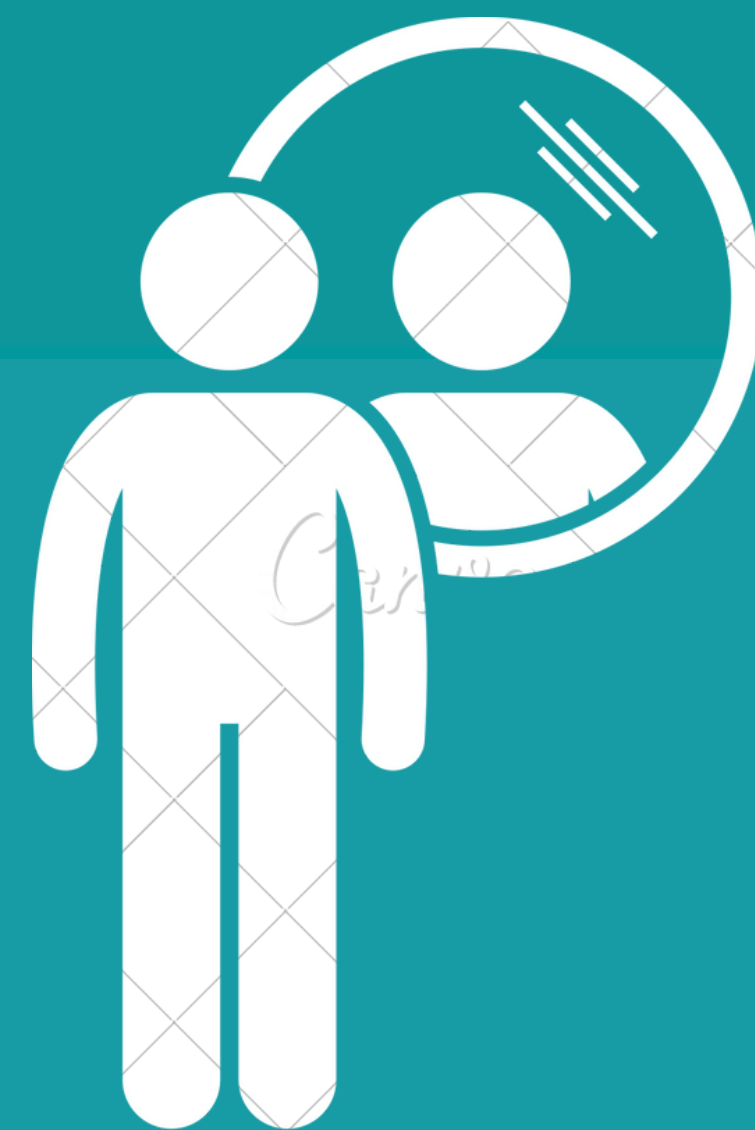


Male Body Image



Guys also can have body issues and yet, it's not talked about enough. Perhaps that's because male body issues can look different than female body issues.

Whereas women are focused on being smaller, men are usually pushed to be stronger, have more muscles and overall to be defined.



Now this can be seen as healthy, after all isn't getting in shape healthy? But constantly going to the gym for 'gains', overworking yourself in the name of fitness and restricting your diet to meet some unrealistic beauty standard, isn't healthy.

The truth is? 33% of men use unhealthy ways to control weight.
(Anorexia in Men and Boys: Treatment and Statistics, 2021)





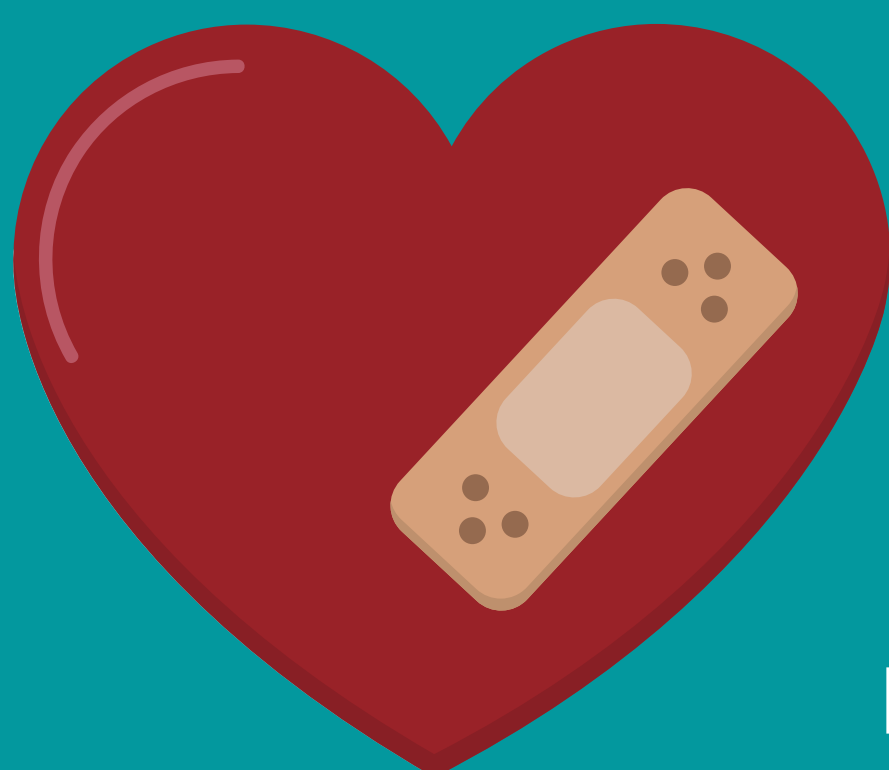
Because men pushing themselves to be manly and more defined is normalized, more often than not we miss the eating disorder signs that are so prominent in women. We recognize eating disorder signs in women quicker and often men's problems go undiagnosed.

We are all victims of the toxic beauty standard that floods the media, creating waves of insecurities and food fears. The only difference is that men are being left out of the conversation.



What can we do?

We can start by including men within the body movements. Being body inclusive isn't just about women of all shapes and sizes but men as well. Change also starts at home within your own life. Can you name men in your life who may be body obsessed? Perhaps start a conversation with them of where those feelings come from and make sure they're taking care of themselves and their bodies.



Poster Created By: Mia Dunbar