

Body Image and Intuitive Eating

Alyssa Janic
Aneet Hayer
Liz Williams

Activity

List everything you do not like about your own body

Global Statistics

- 90% of women are dissatisfied with their bodies
- 45% of men are unhappy with their bodies compared to 15% in the past 25 years
- 43% of professional ballet dancers, 32% of professional contemporary dancers, and 42% of vocational dance students suffer from depression
- Majority of ballet dancers have an unclassified eating disorder
- 1 out of 7 with anorexia die
- **What were your results?**

Video

⦿ <http://www.youtube.com/watch?v=IlnKW2zIxSg>



Stereotypes of Male and Female Dancers

- ◉ Skinny
- ◉ Flexible
- ◉ Muscular
- ◉ Fit
- ◉ Healthy



Dancers vs. Average Person (non-athlete)

- Pressure

- > Increased due to being in the spotlight

- Self-conscious

- > ~70% of the participants feel self-conscious about their bodies

Environmental Factors and Body Image

◉ Media

- > Magazines
- > Television
- > Radio
- > Websites

◉ Events

- > Summer
- > Competition

◉ Parents, coaches, friends, peers, relationships/romance

- > 61% have friends who are overly concerned with their looks
- > 46% feel uneasy in leotards, tights, or exercise gear
 - **Being put under pressure**

Environmental Factors and Body Image continued...

◉ Cultural Diversity vs. Size Diversity

- > Culture and race differences are accepted
- > Shape and size
 - Being “fat” is not desired and seen to be unhealthy
 - Being underweight is desired, even if it jeopardizes health



Turning to Dieting

- ◉ ~70% feel that weight has an impact on their performance as a dancer
- ◉ 85% believe dieting is good for their health
- ◉ ~70% are not at their desired weight
 - > 8 are over
 - > 1 is under (male)

Environmental Factors and Dieting

Media

- > Magazines
- > Television/Movies
- > Radio
- > Websites

Crazy Diets

- > Cookie Diet
- > The New Atkins
- > Paleo
- > Baby Food Diet
- > Diet Pills



- <http://www.youtube.com/watch?v=ntD8SXA74ZQ>
- Discussion

Negative Effects of Dieting

Short-term

- > Fatigue
- > Disoriented
- > Low Blood Sugar
- > Metabolism slows
 - Starvation Mode
- > Unsatisfied cravings
- > Binge Eating
- > Weight loss is temporary!



- > Constipation
- > Bloating
- > Irregular menstrual cycle/hormone imbalances

Effects on Performance

- > Car analogy



Long-Term Side Effects of Dieting

- Brittle hair and nails
- Weak muscles and joints
- Muscle Deterioration
- Weakened Immune System
- Osteoporosis
- Kidney Failure
- Fertility
- Cardiovascular Failure
 - > Increased risk with extreme restriction and intense physical activities

Intuitive Eating

- ◉ Enhance Performance
- ◉ Non-diet approach to a healthy lifestyle
 - > Eat when you are hungry, stop when you are full....simple right?

- > Hunger vs. Satiety
 - 85% claim to know the difference between being full and feeling satisfied
 - Only 5/11 (45%) defined the terms
 - Only 1 was correct
 - The feeling of fullness comes from the physical distention of the stomach after eating
 - Feeling satisfied is enjoying what you ate

Trust Your Intuition!

Helpful Tips

- ◉ Reinforcements
 - Satisfy your cravings

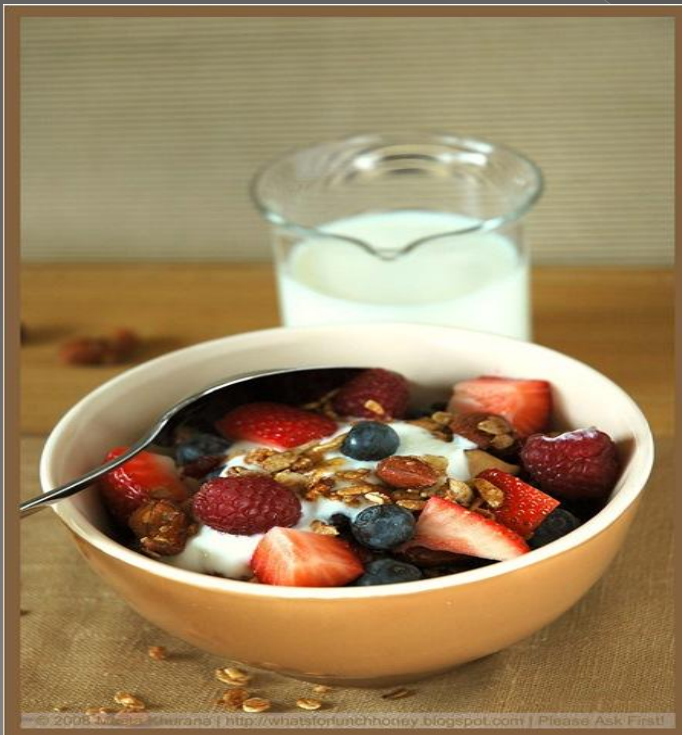


- ◉ Positive self-talk
 - Love your body



Helpful Tips Continued....

◉ Snack ideas



◉ Meal ideas



Remember!

1. Avoid restriction
2. Satisfy your cravings
3. Love your body!

Thank You!