

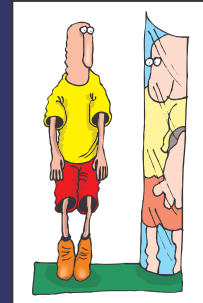
Do You Have the "Ideal" Body?

Do you like what you see in the mirror? Do you wish you had smaller hips, slimmer thighs or a flatter tummy? Or if you are a guy, do you wish you had a more muscular and toned physique? Do you believe that having the "ideal" body will make you more popular and hence make you a happier and more successful person?

Statistics have shown that many people have a poor body image and are dissatisfied with their bodies. According to a study of Asian women sponsored by Dove:

- Fewer than 3% of women call themselves "beautiful"
- Only 2 out of 10 Singapore women are happy with their breasts

And it is easy to see why men and women feel inadequate about their bodies in our current society because the media deliberately targets messages of physical perfection to consumers. The stereotype of the "ideal" female body is tall and thin and the male body is lean & muscular.



Steps to Improve Your Body Image

a) Know your body type

The media prefers models with the ultra-thin (for females) or ultra-muscular (for males) body type. The models' genetic build-up including their bone structures, the way their bodies store fat and how easily their bodies build muscles has a great influence on how they look. If you do not share the same body type as theirs, trying to make yourself look like them may very well result in eating disorders, depression, failures and a decreased quality of life.

b) Celebrate your body

Being healthy is most important. Do not compromise on your quality of life by trying to fit into someone else's concept of perfection. Instead of lamenting that you are not tall or slim enough, learn to love & respect your body and make the best of what you have. For e.g. if you have a pear-shaped body, learn to accentuate your small waist and flat tummy instead of finding faults with your generous thighs and bottom.

c) Compliment yourself

Treat yourself with love and kindness and stop all negative thoughts and statements about yourself. Talk to your body the way you would talk to a loved one. The next time you look at yourself in the mirror, say "Hey, you are looking good and I feel great!"

Your Body Image & Your Attractiveness

Irregardless of your body type, when you have a positive body image, you will carry yourself with pride and exude a sense of confidence that instantly makes you more attractive!

Alexis Wan, a UK Certified Image Consultant has established D'New Image Chapter, an image consultancy that provides corporate image training for business executives and professionals in the areas of grooming, deportment, manners & etiquette. The company has also been active in image coaching of student leaders, organizing of school pageants and developed a train-the-trainer syllabus for teachers.



By: Alexis Wan

If you would like to discover your body shape and the various ways of dressing to accentuate your figure assets, sign up for our Personal Image Workshops. For more information, please visit www.dnic.com.sg or email alexis@dnic.com.sg

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