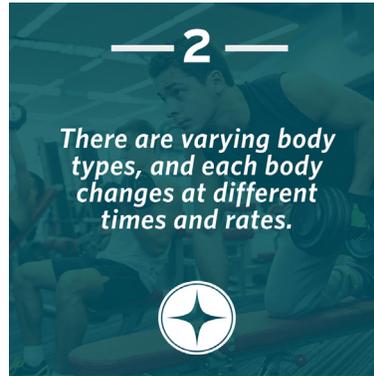


# Body Image



## 3 Key Takeaways



## The Basics

- The feelings you have about yourself are considered self-esteem and those feelings can change as life changes with its many ups and downs.
- High self-esteem fosters self-love, trust, and respect.
- Low self-esteem creates feelings of helplessness and insecurity.
- Body image is a component of self-esteem and is how you think about your own body and the way you think it looks to others.
- Positive self-talk is important for healthier body images, as well as establishing a positive relationship with your body.
- Avoid perfectionism, comparison to others, and critical judgement of others, as these often lead to self-judgements that are unhealthy.

## Body Image: Ambassador Story

USA Track & Field athlete and multi-time Olympic Kara Winger has experienced the affects of changing her diet and training in order to have a leaner body. While at the 2012 Olympic Games trials for the sport of javelin, Kara was persuaded to alter her diet in order to lose weight and become leaner for the upcoming Games. Initially, it felt good to be skinnier than she had ever been for competition. However, before the 2012 London Games Kara experienced a tear in her knee's anterior cruciate ligament (ACL) that resulted in a disappointing 31st place finish, far from where she anticipated placing.



From her experience, this javelin World Championship realized that her dieting was focused more on her appearance rather than how her body responded and actually felt. She recommends that athletes consider all options before dieting and learn what their body needs for fuel. Balanced eating and proper hydration are imperative for a healthy body, and this should take precedence over dieting for an enhanced body image. Each person is in control of how they see, treat, and respond to their body, and healthier thoughts often lead to healthier bodies.

### AMBASSADOR STORY QUESTIONS

1. *What were the main points you took away from the ambassador story?*
2. *Does it surprise you to hear about the dangers and concerns with consuming energy drinks?*
3. *How can you use this information about energy drinks to better prepare yourself as an athlete?*
4. *What is the current landscape at your school in regard to energy drinks? Are they popular among your student body or team?*