

# What Do You Know About Body Shape, Image And Weight?

By: Tom Crystal

Body shape, image and weight are closely related to one another. Today these topics are popular amongst the teenagers. They always desire to look in perfect shape but lack the knowledge of terms like obesity, overweight, underweight, nutrition and good health. So, let's learn the three main concepts namely Body shape, Image and Weight in detail.

## Body Shape

**Types of body shape-** We believe that there are two basic body shapes 'apple' and 'pear'.

**1. Apple shape-** This shape is generally found in males. In females apple shape trends in during their middle age especially after menopause. For people who are apple shaped, fat deposit around abdomen, chest and surrounding internal organs. These people have higher risk of diabetes, heart disease, stroke, high blood pressure and gall bladder disease. The advantage for apple shaped people is that they easily reduce fat.

**2. Pear shape-** Pear shaped people store fat on their hips and thighs. As much fat is stored below the waistline, pear shaped people do not have the risk of health problems like diabetes, heart disease, stroke, high blood pressure etc. But pear shaped people have more difficulty losing weight.

**Determining body shape-** Follow one of these methods to determine your body shape.

- **Mirror image-** Stand in front of a full-length mirror, preferably nude and see you in the mirror. Look where the majority of excess weight falls and determine whether you are apple or pear shaped.
- **Tape measure-** Measure your waist just above the hipbone while you exhale. Ideal waist measure for women is 35 inches or below and for men is 40 inches or below. If you are not in this standard then you are pear shaped.
- **Waist-to-hip ratio (WHR) -** This is the ratio of waist measure and hip measure. Ideal WHR for women is 0.8 or below and for men it is 1.0 or below. If you are in this range you are apple shaped otherwise you fall in the pear shaped list.

Generally people think that fat is an inert material and they always want to get rid of it, but this is wrong. Fat is adipose tissue which acts like activity tissue for breathing, hormone production and metabolic activities. It helps to regulate body functions properly by chemically communicating with central nervous system. So know that fat is not always waste material.

**Fat nature of Apple and Pear shaped people -** The difference between apple and pear shaped people lies in the type of fat and where it is located. There are two types of fat, 'subcutaneous' and 'visceral'. Subcutaneous fat lies under the skin and visceral fat lies on soft organs in the abdomen. Subcutaneous fat is visible but visceral fat is not visible from outside.

Visceral fat lies on intestines, kidneys, pancreas and liver. Visceral fat is essential for our body because it protects our internal organs from various shocks such as trauma. It also acts as an insulator to conserve body heat. Visceral fat in excess amount is harmful to the body. It decreases insulin sensitivity, increases triglycerides, decreases levels of HDL cholesterol, creates more inflammation, raises blood pressure and increases the risk of heart problem.

Subcutaneous fat protects our body from various diseases. It also helps maintain a steady balance of triglycerides in the blood.

## Body Image

It is the physical picture of our body. Body image involves our perception, imagination, emotions and physical sensations of our body. Body image is not static. It changes according to ones mood and physical environment. In the modern fashionable world people want to achieve a perfect image. They take to dieting, self-starvation, weight loss diet pills, laxatives and exercise.

There is nothing called a Perfect body image. As long as you are fit and healthy and feel good about yourself and your physical appearance, you are maintaining your ideal body image.

## Develop a perfect body image

1. Eat whenever you are hungry.
2. Stop comparing yourself with fashion models
3. Exercise regularly.
4. Work towards self acceptance and self forgiveness.
5. Change your self-talk.

## Body Weight

For a healthy life it is important that you have a perfect body weight. Following table gives the perfect body weight for men and women-

Height	Weight in Pounds					
	Small Frame		Medium Frame		Large Frame	
	Men	Women	Men	Women	Men	Women
5'02"	128-134	108-121	131-141	118-132	138-150	128-143

5'03" 130-136 111-124 133-143 121-135 140-153 131-147  
5'04" 132-138 114-127 135-145 124-138 142-156 134-151  
5'05" 134-140 117-130 137-148 127-141 144-160 137-155  
5'06" 136-142 120-133 139-151 130-144 146-164 140-159  
5'07" 138-145 123-136 142-154 133-147 149-168 143-163  
5'08" 140-148 126-139 145-157 136-150 152-172 146-167  
5'09" 142-151 129-142 151-163 139-153 155-176 149-170  
5'10" 144-154 132-145 151-163 142-156 158-180 152-173  
5'11" 146-157 135-148 154-166 145-159 161-184 155-176  
6'0" 149-160 138-151 157-170 148-162 164-188 158-179

If you need to lose weight to reach a comfortable body image or shape, do it with exercise, weight loss pills, natural supplements or dieting. For weight gain, make changes in your diet. The three vital ingredients Body shape, Image and Weight reflects your personality. So take an effort and make yourself comfortable with your shape, image and weight.

**About The Author:**

Tom Crystal is the webmaster of <http://www.pillslim.com> which gives valuable information on weight loss.

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