

I Want to be Skinny

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We've all been told that those darn diets do not work, yet millions of Americans still look to be skinny with any alternative other than exercising. The power of television plays a large role of how successful the diet industries are. Everyone is aware of the advertisement methods of diet industries, apparently comparing two photos of some poor overweight fellow, to an amazingly finely fit one wearing the same outfit can persuade thousands of citizens hoping to have the same effect happen to them. The strive to be thin is higher than ever with cases of anorexia growing like weeds in a field, being skinny has molded our perspectives into thinking that looking like a stick is far better than having bodily curves. Little do we know, the images we see on billboards, magazines, and elsewhere in society are all photoshopped to look almost too good to be true (Romo). By putting pictures of tall, skinny, good-looking people right smack in front of our faces, the media has influenced us in thinking that the skinner you are the better. I have also had hardships related to my weight. Growing up, my mom has always looked at herself in the mirror telling me that she needed to lose weight. To me, my mom was the most beautiful woman in the world, and I could not pinpoint the reason why she was so unsatisfied with her body. As I grew older I had many insecurities myself, along with being short, I thought that I needed to lose weight too. My brother and I also would always get into arguments, and he would always end up calling me fat. As much as I wanted to believe that he was joking; a part of me started

believing. As I walked down the street, I would see billboards of flawless looking models modeling clothing on them and telling myself that I middle of paper, remember that no one is perfect, we are unique in our own way. That's what makes us human. Works Cited "Eating Disorders: Why do they happen?" 19 Nov. 2013. Chemeketa Community College Library. . Web. Hiskey, David. "Marilyn Monroe was not ever close to a size 12-16." 17 Apr. 2012. Chemeketa Community College library. 18 Nov. 2013. < http://www.todayifoundout.com >. Web. Relant, Julie. "Eating disorders on the rise: What you need to know." Fox News. 13 Oct. 2013. Chemeketa Community College Library. 19 Nov. 2013. < http://www.foxnews.com >. Web. Romo, Samantha. "As body image issues grow in society, be aware of media's influence." The Crimson White. 7 Mar. 2012. 20 Nov. 2013. . Web. Uzoma, Kay. "Percentage of Americans Who Diet Every Year." Livestrong. 16 Nov. 2010. 18 Nov. 2013. . Web.

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