

# Exercise Improves Body Image... Regardless of Fitness Goals

Looking for another reason to break a sweat? The vast benefits of exercise range from decreased risk for heart disease to strength gains, and NOW improved body image. The best part, even if you don't reach your fitness goals, you will still reap the benefits of exercise with an improved mind/body connection that translates into higher self-esteem and greater body awareness and appreciation.

According to an article published in the *Journal of Health Psychology*, a University of Florida exercise physiologist found that **ANY** kind of exercise can increase positive feelings about one's body image. The study found that people who workout, but who have less strength and cardiovascular fitness, feel just as good about their bodies as those who are more physically fit. The intensity, duration or number of times per week of exercise did not affect the results.

**Take home message:** when it comes to body image, how long, how hard you exercise doesn't matter.

*Negative body image affects men and women of all ages, this includes children. These feelings of inadequacy can contribute to a number of disordered behaviors, including:*

- Crash diets
- Cosmetic surgery
- Depression
- Pills for weight loss, or steroids for strength gains

Not convinced? Try a mind-body workout, such as yoga, or Pilates, which promote acceptance and respect for the body. A mind-body workout focuses on how our individual bodies can change, but not conform to an unrealistic ideal. The release of tension, combined with heightened body awareness from these forms of exercise can help us re-align how we feel about ourselves from the inside out.

Start the mind-body connection at the **SCSU Fitness Center**.

Come to the front desk to sign up for the new **FREE** Mat Pilates class  
on  
**Wednesdays,**  
from 12:15 p.m. - 1:15 p.m.

**Exercise improves body image, regardless of fitness goals.....so,  
keep MOVING!**

## Wellness Tip

Practice  
life balance -  
remember there  
are only 24 hours  
in a day.

## Nutrition Program

### Wellness Appreciation III

*"Changing the Way You  
Eat; Not What You Eat  
For The Holidays"*

presented by  
SCSU Dietitian  
Doreen Kordorsky  
November 12, 2009  
12pm-1pm  
ASC 306

## Fitness Tip

Love to dance? !

Whether you prefer to groove in the privacy of your own home, or at a dance club, the benefits of dance is great for the mind and body.

According to a 2003 study published in *The New England Journal of Medicine*, people who ball-room dance at least twice per week are less likely to develop dementia. Get those feet tapping and try a [ZUMBA](#) class open to members at the Fitness Center.

**No dance skills are required.**



www.SouthernCT.edu/OnTheMove