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Is Normal BMI the new skinny?

Thursday, November 01, 2012



There was an article awhile ago asking if fat is the new normal.

Recently I've been reading posts about people being called skinny and obsessive when they are actually in the normal BMI range.

The number of people reporting this phenomenon is cause for thought and even alarm. Apparently, just as some people stigmatize those who are overweight or obese, we now find people in the normal BMI range being put down as "skinny" or even "anorexic."

Even those above normal BMI, just trying to eat naturally and healthy, risk being called the "food police."

While the term "couch potato" was coined to describe someone who never exercises, suddenly people who workout regularly are hearing terms like "obsessive" or OCD being tossed their way.

I understand the tragedy of anorexia and other eating disorders as well as the difficulties faced by those with OCD. So it is disheartening to me to see these terms used pejoratively against those trying to live an active, healthy lifestyle. Being at goal weight isn't the end of the journey. Maintenance is a continuing commitment.

Some posts mentioned that people applying those terms were just jealous and perhaps that is the case, but those are hurtful, harmful words nonetheless. Would being confronted with that attitude consistently be enough to bully someone into backing away from their efforts? It's hard enough to turn one's life around without others throwing verbal obstacles in our path and filling our minds with doubt.

Since the overweight/obese population outnumbers the normal weight group 2 to 1 and the gap is still increasing, will we be hearing more of this as time goes on? The majority tends to make the rules. Normal BMI people and even those a bit above the normal range look skinny in today's environment.

There were many suggestions as to appropriate responses. Ignore them, laugh it off or stand up to them with a pointed response of our own. As with any bully, I tend to agree with the last option. That "turn the other cheek" thing is something I haven't quite managed to achieve yet.

EDIT: To clarify a point raised in the comments:

I chose "normal" BMI instead of "healthy" BMI because as others have maintained, you can be healthy even if somewhat outside what is defined as a "healthy weight" range and I agree.

There are always outliers in statistics, the professional football players who are above the range, and the world class gymnasts below it. I agree that both are healthy, but not many of us fall into either category. Most people fit somewhere in the middle.

A little above shouldn't be a problem, but there was an article a few weeks ago that insisted that a woman can be healthy at 5'4" and 225 lbs. I think that sends the wrong message to the average person. Is there no upper limit? The same destructive message applies at the lower end where eating disorders require serious intervention.

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Another Edit: How about "recommended" BMI to refer to that range that most people are trying to attain?

Yet another Edit: For future blog posts I've settled on "appropriate" BMI to indicate that after careful consideration and honest self evaluation, everyone can decide for themselves.

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CD13066317



3117 days ago



TDWANDD2MYK9



3137 days ago



MJZHERE



I read this post soon after it was written (before the edits) and thought it was great exactly the way it was. It raised a very valid concern - most of us would not put up with overhearing people making derogatory comments to someone else about being fat. It isn't kind to act like something is wrong with someone and judge someone as being too "skinny." And the fact that people who are healthy are being judged as too thin is definitely cause for concern. When what is once considered normal in a society changes, it is important voices are raised in concern and the issue addressed. One must question - is this truly what we want, not only for ourselves, but also future generations. Do I want an environment that accomodates unhealthy choices - bigger furniture, bigger seats, bigger portions at restaurants - and therefore helps one ignore what is happening? Personally, I am glad for clothes that will get too tight when I am hurting myself, scales that will remind me when I need to rein it in, and friends who come alongside in concern as well as those who encourage me in my endeavors to live healthy by cheering me on. Oh yeah, I also am glad there is a bmi measurement I can use as one more tool.

3139 days ago



SERASARA



3141 days ago



BOILHAM



Excellent blog with some real good observations and thoughts.

This attitude is probably increasing as the average weight of our citizenry increases. But, it is certainly not a new phenomenon. I have been thin all my life, and am now 65 years old. I have lived with criticism and dumb comments all that time. Heavier young adults chided me because I was "able to eat anything I wanted" I was called skinny so often, I got to wondering why is it okay to use the pejorative term, skinny, but a real insult to use the word fat to describe someone else?

As a quick aside, my wife watches The View every day (we're retired). Joy Behar uses the term "skinny bitch" just about every day, to describe nearly any attractive female. Oh yeah, she smiles, but the phony smile can;t hide her bias and contempt. It pisses me off that no one calls her out on it. I know this observation may seem out of context, but it is the perfect example of how our society now accepts contempt for normal sized folks.

As a young adult, I took to weight training to increase my body mass, as I'd been self conscious about my weight. It worked fairly well for me. Still though, to this day, I get remarks about my size and weight. Someone once told me "you look like a concentration camp victim" when I had slimmed down after having gained weight from an extended vacation I was 150 pounds and 5'7" with a low BMI at the time. Hardly skinny, or even thin in a healthy persons eye.

So yeah, it's getting worse, but thin hate has been around a long time.

Thanks for the great blog.
3141 days ago

Comment edited on: 11/7/2012 7:24:19 AM

TINASWEEP



This is a very well articulated blog, bringing into question so many of the same issues I have



faced maintaining at a size 2. By others I've been called to task for considering size 2 a normal size, but to me that is what it is. I've also fallen into the trap of believing my eating methods for maintaining were abnormal based on the consensus of the general population. After much introspection I've found that instead the Standard American Diet that has filtered from restaurants into our homes is abnormal. I have had to communicate to my friends that such dietary habits are simply not possible for me and that is my normal. It has been a difficult battle, but for the sake of the life I want I will not bow to outside pressure and abnormal, unhealthy dietary standards.

Thank you for sharing, it is an important concern to address.
3142 days ago



PENSIEVEGAZER

This is true, and so sad. Is it to make people feel better about themselves? While people should talk nice to themselves (as I've learned was something I needed to do to be successful at weightloss), they shouldn't feel justified in their obesity!
3142 days ago



CD3468195

Great blog!
3142 days ago

THANK YOU! 🙌



DESERTFLOWERG

I agree with your blog.
3143 days ago



FATHINSN

For me, my aim is to get the middle number of the healthy range of BMI. Lots of tools, websites and people in health screening keep advising me to get the floor value but I think it's too stick-thin, too unhealthy to me (I know coz I've been there years ago and feeling unhappy, too) so why not I get the middle number :D
3143 days ago



LIBBYL1

enjoyed reading this and the comments! Must say I am looking forward to being called skinny again or tiny or petite - I am 5'3" and within the right BMI (about middle) but haven't been called skinny since I was in my 20s (when I was very fit and healthy on the low side of the BMI range but never under it). I have stopped weighing myself . Judge how healthy I feel - and measure my waist after reading that it is waist size which is the biggest health threat (and yes my waist is just just below the 'healthy' range so I am trying to get that down through exercise and healthy eating so can have that chocolate without worrying about heart attacks)
3143 days ago



MCJULIEO

It's a Tricky job trying to balance "What Is" and "What Ought To Be"... and terminology can be the worst when it should be the best at clearing things up!
3143 days ago



LINDA

Thanks for writing on a topic you hear little about! I have been on maintenance for almost two years, and am still getting comments like, are you still losing weight?? You don't need to, you are skinny enough as it is! I am actually right smack dab in the middle of the regular BMI range! Its very sadly too true there are more overweight and obese people and that makes someone in the 'normal' range look abnormally thin. I know what anorexia looks like. There is a young girl who attends some of my fitness classes and she is so thin all her bones stand out painfully clearly (think holocaust photos) That is far from me -I still have a pot belly :P. I have Curves. You can't see any muscle definition below my womanly curves. I am just a regular female, in the regular weight range -technically just an average female. Not skinny, too thin, etc.
3143 days ago



CD12911945

Good discussion topic.
Human nature being what it is, I don't think the tendencies you point out will abate. Corporate greed will continue to market obesity and people will work to rescue/preserve their self esteem, sometimes at other's expense. There's money to be made inventing and justifying fat measurement tools and techniques, standards, methods of interpretation etc.....you name it. Every Tom Dick and Harry has an angle on the obesity market.

Similar to the rejection of Climate Change solutions, this problem is just too lucrative and self serving to be stopped. (Mayor Bloomberg and Michelle Obama aside.) Over time the western culture and wherever it spreads will go down in a pile of blubber. As I have seen written on SP, there's no market in maintainers. Even the fitness industry couldn't get by on maintainers alone.

I intend to ignore words and pressure that conflict with my fitness plan and let others battle their demons as they choose.
3143 days ago



KIRSTAB

With a BMI of 27.3, I was called "teeny tiny" on Friday by someone I had just met. This blog very nicely wrapped up my thoughts and feelings on that comment. I had a hard time accepting it

as a compliment and chalked it up as a reflection on our ever widening waists instead.
3143 days ago



2TIGRE

Good grief!!! I get so sick of the crap from people about how "skinny" I am now. I assure you, at 5'7" and 150lbs, I am NOT skinny (I just started getting into my size 10 clothes).

I am much thinner than I was at 204 (when I started my weight loss journey), which was actually obese at more than 30% BMI. I'm now in the upper range of "healthy" and I feel and look great - NOT SKINNY!!!

I'm so close to my goal now (I want to be in the middle of the "healthy" range) and I am certainly not going to let a bunch of "unhealthy" (and mostly overweight and obese) people stop me from reaching my goal.

When they start telling me that I'm too skinny or that I actually need to gain a few pounds, I just smile and move on. So far, it works every time.

P.S. Was LOL at all of your editing. So typical that everyone has their own interpretation of what is "normal" or "healthy".

3143 days ago

Comment edited on: 11/5/2012 2:23:28 PM



-CORAL-

I don't think you need to defend or change your use of the words "normal BMI". The term "normal" is non-biased. It declares that the majority of healthy people will fall between these two numbers. From the dictionary: "Normal: serving to establish a standard." The BMI range establishes a standard of weight. People who come on here and decry the fact that BMI normals don't account for everyone are the type of people that feel that people in the normal BMI range are "skinny" and are exactly the type of people you are calling out in this blog to begin with!

3143 days ago



CD9929308

I liked healthy and normal BMI at the beginning, after all, BMI was never intended to be the ultimate ruler for health, it's just supposed to be a guideline. :)

3143 days ago



HHB4181

I liked your blog just the way it was, some great points!

sorry you had to keep editing! I thought your points came across just fine.

3143 days ago



CD13009699

I think if you were very overweight for a long time and then lose a significant amount of weight, the people who know you best and see you the most will think you look thin even if you still have many pounds to go or are outside the recommended BMI. I'm from the generation and raised in a city where slender was normal and those 20 pounds overweight stood out. My perspective on if someone looks skinny or fat to me is I'm sure quite different from college students today that see larger people all around them as the norm.

The bottom line for me is that one should not let opinions of others influence what you know is healthy for you in body and mind. BMI should only be a guide as there are so many variables to consider.

Great thought provoking blog.

3143 days ago



CD8092638

This is so true. I get called "skinny" all the time and it shocks me. I'm a totally normal weight. Nowhere near skinny! It's a little scary to think that we're so overweight as a nation, a normal sized person looks skinny.

3143 days ago



TEENIEME3

AMEN!

Thanks for sharing!!

3143 days ago



BRASKIN

3144 days ago

ERICADAWN1986

Great blog! I run into this issue with my mother. She actually told I "look like a skeleton" and advised me to "knock it off a little" but I'm actually two lbs above a healthy BMI. I think part of it



may be based in her own insecurities about her weight but it does feel discouraging!
3144 days ago



FITFOODIE806

Great blog! I've thought about this stuff too. I'm in maintenance, happily at the higher end of the normal BMI, and an endurance athlete. I'm called skinny a lot. And I'm not skinny! I'm fit, but not skinny. I'm also called obsessed with working out. It's my hobby, how I spend time with family and friends, and so much more. I wish more people would become "obsessed"! Thanks for posting.
3144 days ago



JULIA1154

Unfortunately, it's not nearly as easy to get an accurate body fat percentage reading as it is to compute BMI. If it were, we'd probably be using body fat as a guideline rather than BMI.

I'm slightly on the low end of my BMI range and have NO issues with anyone calling me skinny - it's music to my ears.
3144 days ago



ALIHIKES

Very interesting blog and very good discussion. Weight or BMI is a totally touchy subject for so many of us. I did not think your blog was negative toward those of us who struggle with our weight AT ALL; you were just pointing out a troubling shift where normal BMI people are now being criticized. Thanks for sparking an interesting discussion!
3144 days ago



TINAJANE76

Thanks for a great and thought-provoking blog. Regardless of the terminology we use or how we choose to evaluate our progress, the truth is that the majority of Americans are just too big and plain unhealthy. You might be able to argue over whether a BMI of 22 is better than a BMI of 27 (or vice versa) because a person with either BMI could be quite healthy. But a person with a BMI of 40 will not be no matter what. As a society, we seem to be developing far too many hang ups regarding how we should measure our progress rather than just focusing on the nuts of bolts of leading healthier lives. Once you get down to a reasonable weight/body fat percentage/waist-hip ratio (or however you want to define your goal) then you can start nitpicking about where you should level off.

Living in Italy, I definitely feel a difference with how size is perceived and even with how I perceive myself. In the States I'm often one of the skinny people now and some people openly express their concern about me being too small (at 5'7" and hovering between 145 and 150 pounds, I'm hardly in danger of wasting away and I've got the appetite to prove it!). In Italy, I'm hailed as looking perfect by those who knew me when I was obese and I just fit in among those who didn't know me before. I suppose we'll always be held to society's norms regarding weight but I'd much rather be held to that norm when a BMI of 23 is considered healthy rather than being told that that's too thin. Like the "portion distortion" we hear so much about, I think American society is beginning to accept obese as being normal and that's a worrying trend.
3144 days ago



DRB13_1

eventually we'll stop using BMI and use something more appropriate, like waist to height ratio. your point - that recommended BMI ranges may in today's culture be considered "skinny" is well taken, though
3144 days ago



POPEYETHETURTLE

According to my Endocrinologist and Nutritionist (they work together), the ratio between height and weight is a ratio between height and weight.

It doesn't take into consideration your build or the amount of muscle in your body. Nor does it take into affect any physical condition you may have.

At 5'7", I have a chest measurement of 44". Yes, I am built like a fireplug. Thanks to exposure to two specific types of chemicals, I am an Insulin dependent Diabetic, and have severe heart disease due to my pancreas not being able to break down dietary cholesterol.

I had a heart attack with a 4x bypass at 33, another with a 5x bypass at 44, and a third with a stent when I was 57. I'm now 67 and my arteries are clear as they can be.

Combined with my build and heart condition, My Endocrinologist, along with my Nutritionist and Cardiologist, have told me to keep my weight between 140 (never below) and 189.

My A1c has been below 6 (normal) for close to 15 years. Prior to being on Insulin, no matter how much or the combination of oral Diabetes drugs, I couldn't get it below 8.1. My total cholesterol ran over 400 with triglycerides at 295.

After my Endocrinologist put me on Insulin, My A1c Declined rapidly to the 6.5 range (which is o.k. for a diabetic). I worked with my Endocrinologist and Nutritionist and went on a strict Diabetic control plan. My A1c dropped into the normal range.

Additionally, my total cholesterol gradually dropped to the 205-215 range (my last fasting blood test showed it had dropped to 188) and my triglycerides dropped to 98! My Cardiologist asked me what I was doing differently, and I told him. I started using Insulin. I was told that the heart healthy

aspects for a diabetic wasn't unheard of, but it had affected me, big time.

With my heart condition and Diabetes and my inside line-backer physique, I should never weigh less than 140#, and to get to less than 189#. because with both of my health conditions, if I were to contract pneumonia or something else, my body would need more reserves than someone who didn't have my health challenges.

I'm now within 10# of my desired upper weight, and despite what many doctor's say about diabetics being unable to lose weight (Insulin is a sub-type of steroid), I am slowly getting there. Personally my goal is to ultimately get down to 180-185 and maintain. That weight would put me 15% above the recommended BMI, but that's where my doctors have concluded would be best for me.

My Family Doctor initially rolled her eyes after receiving the reports from the Endocrinologist, Cardiologist and Nutritionist and indicated she had never heard of some of the things they spoke of, but my continued high Normal A1c and my "healthy" cholesterol levels has convinced her that their advanced training trumped hers.

Plus, my resting heart rate measures between 58-62
3144 days ago



4THELOVEOFDOLLS

Great blog. thank you.
3144 days ago



SIMPLELIFE2

To Mennoly regarding your friend: "She is eating below the recommended 1200 calories on a regular basis and having a hard time maintaining a BMI of 20 " The reason she is having such a hard time is that she is not eating *enough* food, not too much. Unless your are medically supervised, you should never go below 1,200 calories and if she is at her ideal weight, undereating is even worse.

Bodies are amazing and have a knack for self-preservation. Her body believes she is starving and is hanging onto every calorie and her metabolism is slowing. She will have to eat less and less food until her body just simply shuts down. What she is doing is not only unhealthy based on most textbooks, it also has the potential to be life threatening if she is becoming as obsessive as you say. She really needs to seek the guidance of a medical professional/dietician. I hope you can encourage her to do so.


I despise the BMI as an assessment tool. It is very misleading as it only looks at weight and not body composition. I am 5'2" and weigh 149. BMI pegs me as overweight, bordering on obese. However, I wear a size 6 petite and have 24% body fat, which is considered very fit for a woman my age. Conversely, someone else could have a BMI considered average and wear a larger size and have a much higher body fat percentage. Who's healthier? If I were to lose enough weight to fit my recommended BMI, I would have to lose muscle mass or dip far below a healthy body fat percentage.

Hydrostatic weighing is the most accurate measurement of body fat percentage, but an experienced training can make a pretty accurate estimate with calipers. You can have this done at the gym or by a trainer, usually during the initial assessment. I highly recommend this. As you begin strength training, you may not see numbers drop on the scale, but it is better for your health and fitness levels if your body fat goes down.

3144 days ago



CD13034041

 thanks for sharing
3144 days ago



GODDESSOFHOME

Oh boy, what a touchy subject. And an important one too. I agree that normal has become skewed. And, yes, I did say normal, however politically incorrect it may be. That is what this whole blog seems to really be commenting on, and it is important to note the definition of normal

: normal adjective 1. close to what is usual, average, or standard."My height is normal for my age". 2. having a healthy mind; without mental or emotional illness. "A normal person does not enjoy making animals suffer". 3. physically healthy; usual according to the laws of nature. "The doctor said my heart sounds normal". noun the average or expected form, condition, level, or amount;standard. "The temperature was below normal last month"

Looking at this definition- which I took from the McGraw Hill Children's Dictionary-let's look at a sentence in this definition " The Doctor said my heart sounds normal" Let's replace normal with the other suggested words - which are more politically correct- " The doctor said my heart sounds recommended" or " The doctor said my heart sounds appropriate".

Although these two words definitely work, normal really sounds the best. When it comes down to doctors identifying a healthy person, there are normal ranges for all sorts of things: Blood sugar, cholesterol, blood pressure to mention a few. If you told someone that you had above normal cholesterol or blood pressure they would immediately recommend you contact your doctor and

deal with it. Why then, should it be any different when your weight is causing you health risks, why is there such emotion attached to this measurement of our health? A lot of it comes from image and this is fed by the current social norms -What is a Social Norm?

A social norm is a behavior, belief, value or action that is acceptable in one's culture. A social norm can vary from different age groups, income brackets and among people with different degrees of social status. Definition taken from reference.com - The norms have changed regarding body image many times over history and will continue to do so. I guess what I see as the main point of this blog is a question of whether or not the body image NORM is changing in our current social structure? I believe it is.

I also wanted to comment on a comment from another poster JIBBIE49 regarding the website of Dr. Mercola. I am not sure that I got the right website as the post is very lacking in details, but I believe that the opinions expressed on this website are neither normal or healthy for the average population. Fasting is not something that I have ever heard recommended for a healthy lifestyle, and the website does not back up this claim with any solid research. It does comment that "Evidence is mounting" and talks about a study of "Ten Elite Cyclists" but nowhere in the article can I find links to the "Evidence" or the study of the cyclists. It seems like opinion masquerading as medical proof.

I am very glad you posted this blog, and I found your writing informative and well formed, thank you so much for sharing!

3144 days ago



BARBANNA



I just hit the normal BMI and I am far from skinny! Thanks for shring. What critical is that we avoid nursing home care before we reach the normal elderly range If the public continues to avoid or neglect our health they will need to change all the stats on normal. I prefer to do my part and be responsible for our next generation!

3144 days ago



MENNOLY



As a person who may never reach the recommended BMI, (I do like that term!) but consider myself extremely healthy, I have a problem with bracketing desirable weights. At my current 167 pounds, 5'6" height (although I was taller when younger) I have dense bones, strong muscles, low resting heart rate (45 bpm), and low blood pressure (110/60) which was also low when I weighed over 250 pounds. Except for a non functioning thyroid, which I have had nearly half my life, I am a very healthy 61 year old woman. I come from good gene stock. My obese mother and father lived to 89 and 86 respectively. In order to lose the 15 pounds I would have to lose to be in the upper end of the recommended range, I would have to be undesirably vigilant about every bite I put in my mouth and therefore a rather unhappy person. I have a Spark friend who currently is having a melt down for that very reason. She is totally obsessed with her food. She is eating below the recommended 1200 calories on a regular basis and having a hard time maintaining a BMI of 20 (so called healthy range) She is experiencing binge behavior because she is being too much of a food police. Her blogs are food obsessive. So at a "healthy" BMI she is displaying very unhealthy behavior. BMI was never developed to be used the way insurance companies use it. It just was a very cheap way for an insurance company to determine insurance risk for their policies. From that it became a defacto method of determining healthy weights. I am not advocating totally ignoring it. I am advocating looking at it as a small piece of evidence. Right now it is given too much weight in determining good health.

3144 days ago



KIM-POSSIBLE



Great points! I stay right at the border between overweight and normal, or whatever Spark People calls it. I get comments all the time on how I eat, how skinny I am, etc. from people at work, at soccer games, family members, and others. If I actually were towards the middle or bottom of the normal or suggested range, I can only imagine the comments!

My husband and kids comment on how obsessive I am. The more I have focused on eating healthy, the more they have resisted and become too picky to eat the healthy foods I like. I don't force anything on them, though, and do still make them their old favorites. I am trying to lead by example and demonstrate that, yes, pizza and cookies are ok once in a while, but they are not everyday foods.

I think the foods that once were occasional treats have become everyday staples, so anyone who eats fruits and veggies over those other choices is seen as unusual and obsessive.

Thanks for a great blog! Very thought provoking.

3144 days ago



OFGREENGABLES

I like your thoughts on the BMI

3144 days ago



CD12429717

There are always some people who will criticize others to make themselves feel more important.

3144 days ago

CD11169568

Very intriguing blog! I know for myself, I reached 159 lbs on my 1st weight loss and people were saying I had went to far. I believe it is true that the obese/overweight population is targeting





people with target BMI's as "going too far" After all the work I did, I let it go because I felt awful from all the rude comments. I am back at it with 112 lbs off and nobody will sway me this time.
3144 days ago



CD13125364



Love this blog. Spot on!
I hang out with runners. I NEVER hear comments directed to me that I am too skinny or anorexic. If I ASK for advise on weight loss, my runner friends offer it and direct me to my dietician runner friends for more help.
That being said, the runner friends are the ONLY group that get that I am a little over-weight. EVERYONE else says I am OCD and anorexic. Which I guarantee I am neither.
I am 5'8.5 and I weight 174lb. My body fat is 29%. Normal weight for my height is no more that 164lbs and body fat for a healthy female should be 28% or lower. So I am working on getting a few pounds off. The ideal weight for me, as per my doctor's suggestion is 145lbs. I have weighed as low as 149lbs and felt a little too thin, but only because my family was in utter shock and horror when they saw me at that weight.
I choose to hang out with like minded people, so my true friends are fellow runners. My family has all sorts of weight related issues, but they do not see this of course. They are too busy taking my inventory, calling me anorexic and OCD.
3144 days ago



CUDDLYPOLARBEAR



Thanks for sharing
3145 days ago



SMILES4383



BMI is just another height / weight measurement.
BF% is the ideal assessment tool.

Too much fat doesn't do ANYONE any good...
I will continue to fight my excess. I just think it's the HEALTHY thing to do.
Besides - I felt better without it.

Thanks for the post ~
T.
3145 days ago



JAZZEJR




Some very good points made here.
3145 days ago



ONEATATIME3



Interesting observation! thanks! 
3145 days ago



ALIDOSHA




3145 days ago



TIMDEB




interesting
3145 days ago



HOLLYM48



Thanks for the thoughtful blog! It is true that in order to lose weight and turn our life around, we must be determined and have a lot of willpower and that includes the willpower to exercise almost daily. Others that don't exercise at all probably to see us as be obsessed with it because you do have to focus on it.
That does not make us OCD, but just aware and the people that don't exercise do NOT get it at all. Words are so powerful and so hurtful and my daughter who has always been on the thin side got teased in middle school that she was anorexic. Here is a beautiful girl who is extremely healthy, has a very good body image and she was so hurt that people said this about her. People need to be nicer and mind their own business and stop looking at everyone else and picking out other people's faults to make themselves feel better!
Way to put it out there and I hope you continue to focus on healthy you are and "turn the other cheek" as you said you would like to do!

Have a great weekend. 
3145 days ago

NEWMOM20121



Thank you for sharing



3145 days ago



CD8730394

This is an excellent blog.



My BMI is within range at 24.07 and I get so very sick of tired of people around me saying: 'You are obsessed with exercise' or 'Why are you trying to lose weight' or 'You certainly don't need to lose weight'.

This SO gets up my nose as I know I am still not at my goal weight and I feel and look best at my goal weight.

YES, we know our own bodies and YES, I wish the do-gooders, or people who can't achieve what Sparkies achieve, will just shut up and let us get on to do the healthy things in life that we are doing.



Thanks again for this blog and whew, I've had a bit of a rant, but feel all the better for it.
3146 days ago

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