



# BROOKLYN\_BORN

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## “Very well developed quadriceps” said Dr. H.

Thursday, September 27, 2012

This ends my 3 day 'trilogy' on self image and comments made on my body parts. The first was from my teenage son, the second from a rude stranger and finally from a medical professional.

Was my doctor using a nice euphemism for 'thunder thighs'? Well, no, but he did observe what I was always aware of. While no way overweight back then, I certainly put the ham in hamstring. No bird legs here.

There was a positive side to this growing up. I could ride a bike, far and fast and I was a kickball star, usually chosen before most of the boys when sides were chosen. However, the low waist, hip hugger, tight thigh, bell bottoms of my youth were a problem and it was obvious that modeling would never be a career option.

Science has begun to research difference body types. So if you're in my category, you may be interested in this article. It addresses women as well as men.

[http://www.health.harvard.edu/newsletters/Harvard\\_Mens\\_Health\\_Watch/2012/January/big-thighs-may-be-wise](http://www.health.harvard.edu/newsletters/Harvard_Mens_Health_Watch/2012/January/big-thighs-may-be-wise)

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**SUZYMOBILE**

I didn't read the article, but it sounds as if it's about the body shape research. Yep, our "pear shape" is the optimum for health. You don't want to be an apple.  
3182 days ago



**MAHGRET**

We always used thunder thighs to describe an athletic body with large thighs, so it would have been a good thing. Legs of power!  
3182 days ago



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