

# Essay on size zero in society

[Health & Medicine](#), [Obesity](#)



Discursive Essay Size zero In our society, image is everything. We strive for what is considered to be the “ ideal appearance”. For the modern generation, fashion is uppermost. For some girls our ambition is to become “ size zero”. We want or need to show we are following the latest fashion trends. However, recent news reports indicate that size zero models are obsessed with their size that they become anorexic. Being fascinated by the fashion industry myself, it is important to explore the question: “ Why should or should not size zero models be allowed to walk on the catwalk? ” Size zero models should not be allowed on the catwalk.

They are a bad influence on teenage girls who ape or desire to look like these size zero “ role” models. Young girls who attempt a “ zero” do not develop as they should. They are more likely to have severe health concerns later on in life. They are less likely to work and will need a great deal of health care assistance, the tax payer’s will end up bearing the financial strain as they will have to pay more taxes because these girls will require nhs when they start to get health problems. A further argument that we frequently encounter, is that size zero puts pressure on young women who are overweight.

By comparing themselves to “ zeros” young women only achieve low self-esteem. They are made to think they are unattractive. They go through the stress of unsafe cosmetic surgeries such as tummy tucks, to appear like fashion icons. Celebrity nutritionist Dr Adam Carey says that, “ I think the current vogue is macabre. I think it is obscene and it is very unhealthy. ” It is also argued that many girls who are wanting to become models in the future,

put themselves through a lot of anxiety to be emaciated and slim, so they get accepted in the fashion industry.

These girls attempt to try to be lean by starving themselves which can result in eating disorders. A popular singer celebrity called Rihanna states that, “ You shouldn't be pressured into trying to be thin by the fashion industry, because they only want models that are like human mannequins. ” I agree with this statement. I believe you should do what you feel comfortable with, and not do something that will harm yourself and your health. In addition, women that are outsized will stop buying clothes from the shopping malls, as they will sense, that they don't look tempting when they try on the most recent designer clothes.

This implies, that clothing stores will suffer a financial loss because of size zero models when outsized women make up more than fifty percent of the population and can't find clothes that fit them. Statistics show that, “ up to 66% of the US population is overweight ” Furthermore, size zero may possibly harm our health to a really risky extent. Many size zero models have died of anorexia due to this size zero craze. “ In August 2006, 22-year-old Uruguayan model Luisel Ramsol died after starving herself.

She had tried to live on nothing but Diet Coke and lettuce leaves for three months.....In November of the same year, 21-year-old Brazilian model Ana Carolina Reston died from anorexia. ” The obsession with size zero could lead to many more such tragedies. Contrary to this, many people argue that size zero models are in fact a good influence on people who are obese in society. Size zero encourages them to lose excess fat from their body. It is

also said that there are many more health problems associated with obesity compared to anorexia. If obese people look on size zero models as role models they will eventually become fit and healthy.

Another counter argument is that, most size zero models are naturally skinny, they don't starve themselves or put stress on themselves to shrink to a size zero. They may look unhealthy at times, but that's the way their bodies have been made, with a fast metabolism. Models that are naturally size zero should be allowed on the catwalks as they are not damaging their health. Likewise, there are those who say that designer clothes look more striking on really skeletal models. People are more likely to buy designer clothes when they perceive that these models have worn them.

This is an advantage for the designer, as he/she will be making a fortune if his or her designer clothes start selling in high volumes in the shopping malls because of their size zero models. Lastly, many people say that size zero leads to anorexia, eating disorders and health problems. This may not be the case for all. There will be some size zero models who are healthy, and eat their regular balanced diets, full of nutrition, but do not have fattening foods such as butter, meat, sweets and oily food. They just eat the right amount of food that they need for each day. After evaluating these arguments, my conclusion seems inevitable.

The arguments against size zero models outweigh the arguments for size zero models. My question in the introduction, " Why should or should not size zero models be allowed to walk on catwalk? " has come to a conclusion. My point of view is that the " zeros " shouldn't be allowed to walk the catwalks.

This is because there have been many deaths caused by the size zero trend. Size zero does not look healthy. It does not set a good example for younger girls. I only want to see a skeleton in a museum, not wearing my clothes! Zero isn't even a real number! Give me a 10, 12, 14 any day! oppression

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