Body image essay

First of all, a healthy body image produces many health benefits. (Topic sentence) People with a healthy body image tend to make more healthy decisions about food and exercise. (Logical example) If a person feels good about how their body looks, they are more responsible about how they take care of it. (Connection to reason) Jennifer Lawrence stated she would not want girls to skip meals to have a " media body. " (Text example) Skipping meals causes people to lose vital nutrients needed to sustain a healthy immune system.

Connection to reason) Healthy eating promotes a healthy body. (Closing sentence) Secondly, a healthy body would cause less eating disorders. (Topic sentence) People with eating disorders do things like throw up their food after Just getting done eating it. (Logical example) If a person has a healthy body image and isn't trying to starve themselves for a part, they are most likely to not have eating disorders. (Connection to reason) Jennifer Lawrence also stated she was a fat actress. Text example) It shouldn't matter how fat or skinny you are, you should not starve yourself for a movie, it may cause health and eating problems.

(Connection to reason) Trying to receive a media body could cause eating disorders in the long run. (Closing sentence) Finally, a media body image can cause you to have less self confidence. (Topic sentence) People with a healthy body image may think they have a lot of inner and outer beauty.

Logical example) A person with self confidence will not care how you eve to look for a part in a movie, they would think if they don't like it then there are other opportunities in the world. (Connection to reason) Jennifer Lawrence

said " I want my body fit and strong – not thin and underfed. " (Text example) Looking thin and underfed cause people you look at you like your nasty or like you're on drugs. (Connection to reason) Have self confidence not only for you to think you look good but for others to think the same.

(Closing sentence)There should be no limits to a " media body," do not be someone you're not. (Restatement of thesis) There are many people with a healthy body image; they have a better health than people with that " media body'. (Restatement to 1st reason) A lot of people have eating disorders from trying to get the media body image. (Restatement to 2nd reason) The healthy body image will prevent less eating disorders.

Some low self confidence is caused from the " media body'. (Restatement to 3rd reason) Which body would you prefer? (Final insight/fall question)