

# 117

## WEIGHT OF THE AVERAGE AMERICAN MODEL, IN POUNDS

through the poses,” explains Jeffrey Morrison, M.D., director of the Morrison Center, an integrative medicine center in New York City. “And that will help you appreciate its abilities rather than simply its appearance.”

### BE A LITTLE VAIN

It seems a reasonable enough strategy: steering clear of every mirror because you don't like zeroing in on your unsightly saddlebags or crow's-feet. But rejecting your reflection won't make you any more self-assured in the long run.

“If you avoid mirrors, you're giving yourself the message that aspects of your appearance are bad,” explains Judith Beck, Ph.D., director of the Beck Institute for Cognitive Therapy and Research in Philadelphia and author of *The Complete Beck Diet for*

### SPREAD THE LOVE

You've heard it before, but it bears repeating: Just a few positive words can do so much. In fact, a new study from Kansas State University reveals that a single compliment is all it takes to make you feel more assured about your looks. Of the 185 female college students interviewed, those who had been praised about their appearance or personality reported feeling better about their bodies than those who were simply thanked for participating in the study.

The best way to cultivate compliments? Dole out some praise yourself. “When you say something flattering to others, they're likely to respond in kind,” says study author Courtney Fea, a social psychologist at Kansas State University. “Be truthful but not overly dramatic or flowery,” she adds. “Just telling a co-worker that you like her hairstyle or your best friend that she looks fantastic in a certain color can be enough to make her day—and yours.”

### DO YOUR OHM WORK

When you're down on your body, it's tempting to spend the majority of your gym time doing calorie-blasting cardio. But a new study indicates that trading in some of that treadmill time for a yoga class may have more far-reaching results. Researchers at the University of California, Berkeley, found that women who regularly practiced yoga had a greater sense of satisfaction with their bodies than those who participated only in aerobics classes. In fact, the more yoga women did, the better they felt about their bodies, while the more hours women spent in cross-trainers, the more likely they were to have disordered eating behaviors. “With yoga, you learn to tune in to your body as you go

NAME Vicky  
AGE 33

WHAT I LOVE BEST ABOUT  
MY BODY

“My feminine curves. I love having a classic hourglass figure.”

