

Body image concerns more men than women, research finds

Ex. 1 Fill in the yellow gaps with one of verbs from the box:

promote achieve sacrifice conducted encourages deterred fuels draw slim resort

Ex. 2. Use the word given in CAPITAL at the end of the lines to form a word that fits in the green gap in the same line:

More men worry about their body shape and appearance – beer bellies, "man boobs" or going bald – than women do about how they look, according to research.

More than four in five men (80.7%) talk in ways that 1) _____ anxiety about their body image by referring to perceived flaws and 2) _____, compared with 75% of women. Similarly, 38% of men would 3) _____ at least a year of their life in exchange for a perfect body – again, a higher proportion than women.

PERFECT

"These 4) _____ tell us that men are concerned about body image, just like women. We knew that 'body talk' affected women and young people and now we know that it affects men too," said Dr Philippa Diedrichs, from the centre of appearance research at the University of the West of England. She 5) _____ the study, of 394 British men, which was commissioned by Central YMCA and the Succeed Foundation, an eating disorders charity.

FIND

The survey revealed that men have high levels of anxiety about their bodies and that some 6) _____ to compulsive exercise, strict diets, laxatives or making themselves sick in an attempt to lose weight or 7) _____ a more toned physique.

- 80.7% talked about their own or others' appearance in ways that 8) _____ attention to weight, lack of hair or slim frame.
- 30% have heard someone refer to their "beer belly", 19% have been described as "chubby" and 19% have 9) _____ talk about their "man boobs (moobs)".
- 23% said concerns about their appearance had 10) _____ them from going to the gym.
- 63% thought their arms or chests were not muscular enough.
- 29% thought about their appearance at least five times a day.

HEAR

<ul style="list-style-type: none"> 18% were on a high-protein diet to increase muscle mass, and 16% on a calorie-controlled diet to 11) down. 	
<p>Respondents blamed the media and celebrities for unhelpfully 12) unrealistic ideals of physical perfection. "Girls want to be slim and males want to be big and lean, and while it isn't a bad thing for people to want to look better, it has become more like a 13) competition, which has a bad effect on most people's mental health", said one respondent.</p>	FORCE COMPETE
<p>Alan White, a professor of men's health at Leeds Metropolitan University, said: "These 14) are worrying but not surprising. There's been a big increase in the numbers of British men having cosmetic procedures such as a nose job or 15) of breast tissue; that's gone from almost nothing to quite a significant industry over the last 10 years. All this 16) the idea of the body beautiful and 17) a quick fix rather than appropriate diet and physical fitness levels."</p>	FIND REMOVE