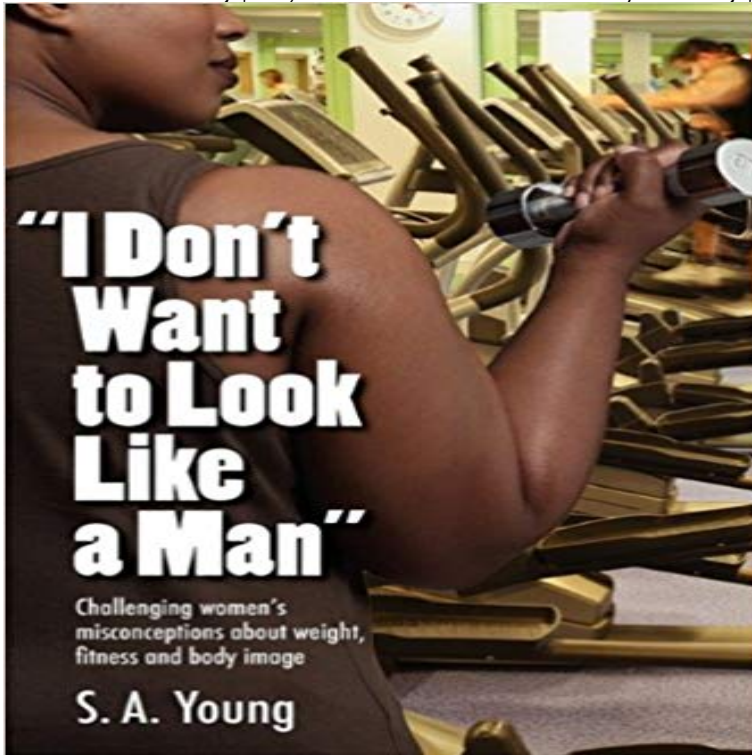


I Dont Want to Look Like a Man: Challenging Womens Misconceptions About Weight, Fitness and Body Image



I Dont Want to Look Like a Man is a book written to address the attitudes that many women have towards fitness. Although this book was written with African American women as the subject matter, there are many concepts in this book that apply to women of all colors, in fact a lot of men could gain some benefit from this book as well. The author, Scott Young, who has been involved with sports, health, fitness and medicine for many years found a prevailing thought with quite a few women when he told them to include strength training into their fitness regimen and its the belief that pumping some iron will cause them to look like a body-builder.

It is such a common belief that many women were quick to reply I Dont Want to Look Like a Man even when the rationale for why in our current society we must strength train was provided to them. The author also found other excuses and thought processes prevalent within the African American community such as not wanting to sweat their hair out, the reason why they are big is because they have big bones, real women have curves, Im a diva, and my man loves me big. These excuses and other urban myths about health and wellness are explored. The Author goes through great lengths to explain why we have to workout now when our grandparents did not have to exercise on a regular basis. How the consequences of not exercising and placing that good stress on your body can be detrimental to your health and to your wealth. Why your body needs that good stress in order to thrive, because all organisms thrive under pressure. How having the right expectations when you exercise is important to reaching your fitness goals. How unrealistic fitness goals can impact your health negatively. Why we cannot use famous people as models for our fitness goals. How lifestyle, food, quality of food (depending on where you live) and

your responsibilities can wreak havoc on your fitness goals. How Bariatric surgeries although marketed as a Panacea to the obese it truly is a double edged sword. The author also addresses how the system is not designed to help you, how fat discrimination is blatant and rampant in our society and how prejudiced we all are when it comes to working and dealing with the larger members of our society. Lastly the author addresses attitude and how having the desire, the want to is so important to any and all fitness and wellness goals. Few will ever obtain any significant level of success in anything if they do not want it; you have to want to be healthier. The optimal word here is healthier and not skinny, or buffed or anything such as that. Healthier means walking up two flights of steps is not a painful activity for you to perform. The author also challenges readers to have a more balanced approach in all aspects of their lives both personal and professional. Without that balance you will have limited success and success is always defined by you the reader.

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