

Great Body

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The media bombards us everyday with images of beautiful people striving for the ever elusive great body. Magazines, commercials, television programs and movies glamorize lifestyles of the rich and famous - nobody's life is complete without a perfect family, the best house and car, a fantastic career and a great body. However, the secret of how to get that great body is left to us to figure out for ourselves.

I know a lot of people who go to the gym and try to eat right (only healthy cookies , not junk food), but if you asked me to name one person amongst my friends with a truly great body, I would be hard pressed to come up with a single name.

Perhaps part of the difficulty lies in the definition of a great body. If we're talking a great body in relation to what we see on TV, then pretty much anybody I know is somewhat lacking. If we're talking about someone who has great elements to their physique, I might be able to come up with a few names or being completely realistic, if I were choosing based on there being nothing actually wrong with the body, my list might even include quite a few names. However, in real life, most everyone has problem areas that they need to work on. Merely being young, has the advantages of better skin tone and tighter muscles, and yet even the very young are not typically blessed with a truly great body.

Perhaps our society is chasing after an unrealistic dream. Do we need to lower our standards, or maybe simply change our definition of what a great body really is? To me a great body might be something different for each person. Where one young girl might exemplify a great body by being toned and lean, another might have a great body in that she's well-proportioned with curves all in the right places. Society today is allowed to dictate what a great body should look like. In the end, the most important thing is that people eat well, get enough exercise and sleep, and avoid abusing their bodies with drugs and alcohol. A great body should be defined as a healthy body that serves its owner well, no matter what stage of life they might be in.

The media will continue to bombard us with images of what the majority views as a great body. However, if we as individuals decide to change our definition of what a great body really is, we can be a positive influence on the attitudes and choices of other people, including young children trying to grow up in today's world.