



# Body Panic: Gender, Health, and the Selling of Fitness

*Shari L. Dworkin, Faye Linda Wachs*

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## **Body Panic: Gender, Health, and the Selling of Fitness** Shari L. Dworkin, Faye Linda Wachs

Are you ripped? Do you need to work on your abs? Do you know your ideal body weight? Your body fat index? Increasingly, Americans are being sold on a fitness ideal — not just thin but toned, not just muscular but cut — that is harder and harder to reach. In **Body Panic**, Shari L. Dworkin and Faye Linda Wachs ask why. How did these particular body types come to be “fit”? And how is it that having an unfit, or “bad,” body gets conflated with being an unfit, or “bad,” citizen?

Dworkin and Wachs head to the newsstand for this study, examining ten years worth of men’s and women’s health and fitness magazines to determine the ways in which bodies are “made” in today’s culture. They dissect the images, the workouts, and the ideology being sold, as well as the contemporary links among health, morality, citizenship, and identity that can be read on these pages. While women and body image are often studied together, **Body Panic** considers both women’s and men’s bodies side-by-side and over time in order to offer a more in-depth understanding of this pervasive cultural trend.

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Spent a free the perfect time to be fun activity to perform! A lot of people spent their leisure time with their family, or their very own friends. Usually they undertaking activity like watching television, gonna beach, or picnic in the park. They actually doing same task every week. Do you feel it? Will you something different to fill your current free time/ holiday? Could be reading a book may be option to fill your cost-free time/ holiday. The first thing you will ask may be what kinds of e-book that you should read. If you want to test look for book, may be the publication untitled Body Panic: Gender, Health, and the Selling of Fitness can be great book to read. May be it is usually best activity to you.

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