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Healthy Habituator

All the Fit News to Email

Dear Mike,

At Healthy Habits, we help people who are frustrated, unsure, bored, or otherwise unsuccessful achieving their exercise and/or weight management goals. We only work by appointment and feature private exercise rooms, so the focus is on you. We listen to you, we help you where you need help, and we hold you accountable for your "homework."



Call us for a free consultation or trial workout.

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Surprising? Health Issues for Men

Eating disorders? In men?

It's true, although much less common than in women. Some men - mainly athletes - suffer from body dissatisfaction, which leads to unhealthy weight loss or gain. In wrestling and other sports where weight is a disadvantage, male athletes engage in bulimia and other eating disorders or unhealthy weight loss behaviors, just as some women do. Football players rank high in body dissatisfaction scores, although they typically want to weigh more, not less. This can lead to steroid use in an effort to pack on more muscle. The factors which contribute to eating disorders are the same for both men and women: perfectionism, low self-esteem, pressure to achieve, and body dissatisfaction - especially in light of the "ideal" body types so prevalent in the media.

Osteoporosis? Are you kidding me?

Not kidding. Again, much less prevalent than in women, but the National Osteoporosis Foundation estimates that 10 million Americans have osteoporosis, and that 2 million of them are men. They also believe that this disease is underreported in men, in part because there is not enough data on male bone mineral density levels to properly stratify risk. For now, the same risk factors that are used for women are also applicable for men:

- family history
- lack of enough calcium in the diet
- smoking
- drinking too much alcohol