BODY IMAGE CHANGES THROUGH AGING

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Body image represents people’s perceptions and feelings about their body. It also reflects the investments that an individual makes in personal appearance [1]. Body image and body composition change by aging. Body fat levels rise and are redistributed into the trunk, particularly in the belly in aging individuals. On the other hand, subcutaneous fat in the appendages declines and body fat infiltrates internal organs [2].

Body dissatisfaction and negative body image can be an issue, particularly for aging women [3]. Moreover, aged women from higher social classes were reported to have a higher prevalence of body dissatisfaction [4]. The accuracy of a person’s impressions about their body can influence how well they manage their weight [2].

Exercising can help with combatting age-related changes in the body. For instance, resistance exercises can increase fat-free mass and guard against sarcopenic obesity [2]. Regular physical activity should also be accompanied by lifestyle changes including creating a healthy dietary routine [5]. For example, ultra-processed foods should be avoided, as they are associated to aging-related sarcopenic obesity [2].
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REFERENCES


