


Finding Balance

The Relationship Between Long-Distance Running
and Body Image



Social Comparison Theory



- Self evaluations based on
- **comparisons** made between
- those involved in similar
- activities.

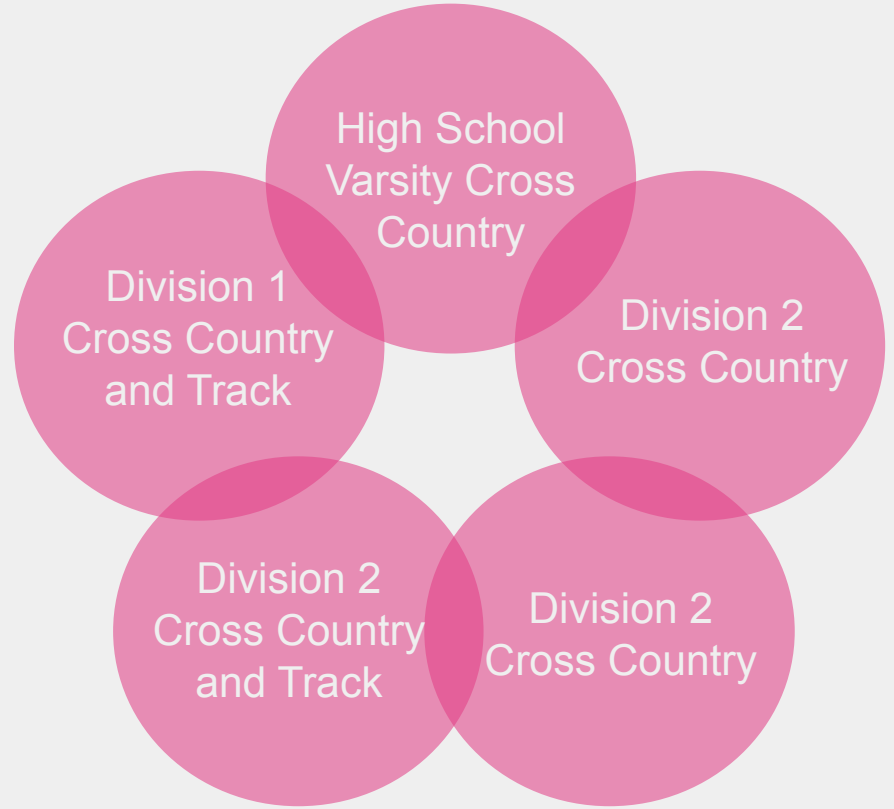


Up to **65%** of women involved in lean sports, such as gymnastics and **long-distance running**, struggle with disordered eating.

One out of five
female collegiate
runners suffer
from an eating
disorder.

5

Women



What aspects of the
running community fuel
negative **body image**?

Do you ever find yourself
comparing your body to the
bodies of others?



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