

My Body - Fact of Fiction Quiz - Source dove.co.uk

- 1 - You have to workout everyday to be fit? - Fiction
- 2 - I can totally control my body shape and size if I try hard enough? - Fiction
- 3 - The main reason to be active is to lose weight? - Fiction
- 4 - Girls should not go on weight loss diets? - Fact - Your body is still growing, any diets should be from a Doctors advice
- 5 - Boys feel pressure about their bodies too? - Fact - Ken (Barbie) has got more muscular over the years!
- 6 - It is normal for girls to gain 40 to 50 (around 20kg) pounds when they grow through puberty - Fact
- 7 - Girls should always shave their body hair when it starts growing - Fiction
- 8 - Looking at fashion magazines can lower my self esteem? - Fact - studies show the more you read fashion magazines the worse you feel about yourself
- 9 - Thin women are sexier than curvier women? - Fiction
- 10 - If I smoke, I can control my weight? - Fiction
- 11 - Stretch marks are a sign that I'm getting too fat - Fiction - This happens during growth spurts.
- 12 - I am beautiful - Fact