

consume.

0:00

The height requirement for a woman to be a model is 5'9" – 6'0". Her BMI is supposed to be categorized as "underweight", and her modeling agency will constantly be telling her to slim down and perk up. 34" chest, 24" waist and 34" hips. Hourglass. An object. Less than 2% of natural female bodies.

Definitely not you.

Nobody expected you to get accepted into the pageant. Nobody expected you to win third place in the modeling competition. Nobody expected you to come in fourth in the state overall.

Nobody expected you to ask the judges why you didn't win.

Well, you're just too short.

You're five feet tall. You've never been to a modeling school, you've never been paid for a photoshoot, and you have no idea how to apply false eyelashes. You can't contour. Your teeth are too small for your mouth. You straightened your hair for the competition, while it seemed like every other girl paid for an up-do. You're a speck of strawberry blond on a platinum-and-chestnut industry.

But you still

got accepted,

won third place,

came in fourth in the state.

You are also

too short.

0:16

*“This girlchild was born as usual
and presented dolls that did pee-pee
and miniature GE stoves and irons
and wee lipsticks the color of cherry candy.
Then in the magic of puberty, a classmate said:
You have a great big nose and fat legs.”*

You're sitting, picking at your fast food sandwich. Your best friend swallows his bite, bets you that you won't be able to get paid for a modeling job before your twenty-second birthday. He bets you \$1,000. You shake on it.

Why don't you think I'd be able to do it?

You just don't really have a look a lot of people would pay for.

0:35

*“She was healthy, tested intelligent,
possessed strong arms and back,
abundant sexual drive and manual dexterity.
She went to and fro apologizing.
Everyone saw a fat nose on thick legs.”*

47% of girls between the ages of ten and eighteen want to lose weight because of magazine pictures they have seen.

69% of the same group of girls said magazine pictures influenced their idea of the perfect body.

Your mom found your document of how much you had eaten that week. A neatly organized and very specific list. In one column, the food item itself, the next column, the amount you ate, and the last, an estimation of the calories consumed with that food item. You were in eighth grade.

Why?

I don't know, my friend is doing it, too.

You aren't your friend. And you do not need to be doing this to yourself.

you do not need to be doing this to yourself

you do not need to be doing this

you do not need to be

you do not need

At least 30 million people of all ages and genders suffer from an eating disorder in the U.S.

Every 62 minutes, at least one person dies as a direct result from an eating disorder.

Your partner told you they were anorexic. Your partner couldn't ever get themselves to feel okay enough to deserve a glass of milk. Your partner is an athlete, someone using a lot of calories, someone needing sustenance. You cry. They cry.

You go over to their house the next day with a half-gallon of 2% milk. This is a start, you tell each other.

You will not be the one that starts the 62 minutes over again. The start to a very long process of rebuilding your trust in yourself. You deserve this, you tell your partner.

You forget to tell yourself.

0:54

*“She was advised to play coy,
exhorted to come on hearty,
exercise, diet, smile and wheedle.
Her good nature wore out
like a fan belt.
So she cut off her nose and her legs
and offered them up.”*

0.9% of American women suffer from anorexia in their lifetime.

Hypergymnasia is an anorexic eating disorder characterized by excessive and compulsive exercise. It is a fraction of the 0.9%.

And you had no idea that existed before you came to college.

And you had no idea the irony of your partner telling you two years prior about their anorexia.

They told you in the hotel workout room.

Everything you eat sits like bad milk in your stomach until you work out. Everything you eat depends on when the last time you exercised was or when the next time you will be able to exercise is.

Every thought in your head revolves and spins and cycles through and through and over and under

*thigh gap muscles but not too many muscles that's not feminine thigh gap flat stomach big butt
toned up but not too toned why did you eat that why did you eat why are you studying instead of
at the gym the books will not give you what you want what do you want thigh gap flat stomach
flat toned big small
everything to*

nothing

The space you take up is shrinking.

You are shrinking.

1.5% of American women suffer from bulimia nervosa in their lifetime.

Nearly 1 in 10 bulimia patients have a substance abuse disorder, usually alcohol.

Your friends go out again. You go, too. The third or fourth night this week. The night blurred together, but you're alone in your apartment finally. You think about how you haven't had any time to work out recently from trying to balance school and social life.

Pull your hair back before you get vomit in it. You know you want to vomit. You know it will make you feel better.

At least you can blame this on the drinking again.

1:02

*"In the casket displayed on satin she lay
with the undertaker's cosmetics painted on,
a turned-up putty nose,
dressed in a pink and white nightie.
Doesn't she look pretty? everyone said.
Consummation at last.
To every woman a happy ending."*

Every 62 minutes, at least one person dies as a direct result from an eating disorder.

If it isn't obvious yet, you are not restarting the 62 minutes either.

At least, you haven't restarted it yet.

you haven't restarted it yet

you haven't restarted

you can restart

you

<http://www.anad.org/get-information/about-eating-disorders/eating-disorders-statistics/>

http://models.com/help/005-what_are_requirements.html

<https://en.wikipedia.org/wiki/Hypergymnasia>

<https://www.poemhunter.com/poem/barbie-doll/>