

Bodybuilding Competitions And Diet

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Introduction

In most cases, individuals inquire about bodybuilding competitions. This can be loosely translated as most people often relate the individual's passion for diet and the competition of bodybuilding, as well as parading all the places around in a bikini. Moreover, people who are conscious about their diet follow a classic workout that is responsible for bodybuilding, drink a lot of odd protein shakes as well, and eat numerous broccolis. However, it is important to note that following these classic diets does not offer one a direct qualification to participate in the intense competition of the world of bodybuilding (Bonafini & Pozzilli, 2011). It is therefore encouraged that people should regularly work out to ensure that they are de-stressed and have the feeling of empowerment.

Nevertheless, it is common knowledge that bikini competing only concerns the appearance of the individual and not the actual competition of the bodybuilding. Besides, behind the sparkly bikinis, pumped muscles, fake tans as well as vascular veins are the people, especially the girls, who have objectified their bodies. Bordo (1993) defines fitspo as the images of strong, fit and active women which promotes diet and effective exercise, and thinspo to be the images of women who are considered to be dangerously thin and, in most cases, used by individuals with eating problems to motivate, but both should ensure to remain healthier. Admittedly, the transformation from thinspo to fitspo may be perceived as a vital step in the right direction. Rather than having long hours of cardio and hardly eating, Instagram has come up with programs to help people lift weights and promote planned meals for people.

Studies about fitspo have established that fitspiration information copies of fit praise. For instance, there is an emphasis on defining muscles. This indicates that women are not only supposed to be thin but equally fit. Looking at the negative results linked to the exposure to body images that are idealized as well as appearances reason. However, the Instagram program is utilized as an instrument by individuals in the sector of health and fitness industry in order to reduce the dominant ideology produced by the clinic of Obesity that promotes the idea of eating less while exercising more. Moreover, the ideal body shape is not just about remaining slim but rather being both slim and muscular under the notion that being strong is the new skinny. However, it can be perceived that the idea of the culture of Fitspo has distorted the way people think concerning the issue of working out (Simpson & Mazzeo, 2017).

Further, it can be damaging to the women who are not in a position to adhere to the stipulated standards, especially the ones who are full-time employed or have to care about their children and hence do not have the time required. However, the rise of the idea that fatness is both socially

detestable and unacceptable has pushed women to do all it takes to remain slim and avoid gaining more weight, which sometimes includes the most extreme dieting as well as spending long hours in the gym to ensure no weight gain (Thomson, 2007). Moreover, in the tyranny of slenderness, the notion of disordered eating develops into a characteristic of the situation of fashionable women, which means that carrying fat on a woman's body can be translated as being lazy or out of control of the body. Most ladies who participate in the competition in the bodybuilding have instagram account, perhaps it is the method to keep themselves responsible, or to check on their competitors who knows how to maintain their body shape (Bonafini, & Pozzilli, 2011). Moreover, these accounts permit users to partake in the bodybuilding competition subculture.

Gender Concerns in Bikini Competitions

The reason why some women would never like to compete in a bikini is that in sports, the use of a bikini is necessary for participants. First, some women have complained that the panellists and judges have harassed them based on their appearances (Bordo, 1993). The reason why some would not like to compete in a ridiculous diet is because One of the adverse effects is insomnia as well as emotional breakdown. Admittedly, a typical meal should comprise of some chicken, broccoli s well as rice. However, some athletes have complained that the diet lacks sources of healthy fats. Most experts have argued that human bodies need healthy fats.

Many people tend to live stressed lives. We spend a lot of tie in our offices, and indoors; and we are continuously becoming disconnected to many places, and how to live a healthy lifestyle. One can go to the gym anywhere, but it is difficult to experience the privilege of group/personal training in a striking atmosphere. Training programs offer freshness, beauty, and fun, along with fitness (Rodgers, 2012). Many times, some people are bogged down with the thought that fitness is a rigid sort of exercise where one is locked up in a gym. However, people should realize that health and fitness can be achieved outdoors, where people can enjoy the serenity while training. It is important to note that health and fitness are not difficult to achieve and that they do not need to feel disconnected from the natural environment while exercising (Bonafini & Pozzilli, 2011). The training course one pursues will ensure that one gets fit, eats well, and becomes empowered. Whether you are looking to improve your health, lose weight, and gain fitness, or rather just get fit, then a group /personal training course is perfect for you.

There is a need for people to embrace healthy living. With personal/group training, one is exposed to the equipment, and a professional personal trainer is present at their places of choice, such as your home or parks, and demonstrates to you how to use such equipment (Ramazanoglu, 1993). The group training goals are motivating, and they inspire them to regain their physical fitness or just maintain their fitness. Overall, group training goals are the ideal way to increase your strength, endurance, and overall fitness. Indeed, working out in a team setting is not only encouraging but also a stimulating element while excising (Bonafini & Pozzilli, 2011). Variety and intensity remain key in taking your whole performance to the next level. It is for this reason the training aims to offer a wide range of

programs to suit different lifestyles as well as varying levels of fitness. Also, one may get a more personalized method of training sessions with a specific goal setting, target, and access to ultimate performance instruction, as well as tailored session programs from expert trainers.

Motivation and Athletic Self-Belief

Sports should be used to motivate and encourage a team or an athlete to believe in themselves and achieve their dreams. Sports help maximize athletic potential. The implication is that it is essential to have a belief in one's abilities and competencies (Bonafini & Pozzilli, 2011). Indeed, the stakes in sports increase, the completion gets harder, the level of play gets tougher, and then self-belief begins to play a more critical role in performance. Moreover, beginner athletes may achieve success by accomplishing the tasks assigned to them on their couches (Szto & Gray, 2015). Through their belief, they will witness their improvements through a step in dedication, training, and the frequency of competitions. It should be noted that as the talent stage increases at the professional level, self-belief becomes critical. Additionally, an effective coach, supportive teammates, and parents can fill the void in an athlete's self-belief (Bonafini & Pozzilli, 2011). For instance, through regular, a coach may inject confidence by encouraging and expressing their belief and the positive steps the player has made. Nonetheless, it is important that the athlete realizes what he/she wants to achieve and makes an effort to realize his/her goals.

Also, training t may help in increasing athlete's persistence and efforts in accomplishing their tasks. Through self-efficacy, athletes will believe in their own abilities to achieve their goals. Overall, the mascots will help athletes enhance their mastery of their skills, enhance their vicarious learning, and experience mental stability to perform better. Self-belief is influenced by our past experiences as well as our performance (King, 2003). These exercises are important tools for forming beliefs. Someone's belief affects the belief of other people in the sense that it will inspire athletes to continue working hard and pursue their dreams to achieve their goals. Ramazanoglu (1993) believes that this will also encourage the community to remain supportive of athletes.

Body Image and Women Empowerment

If one looks for a Bikini competitor, there comes a picture of skinny ladies on the stage. The photos of those girls are considered to be suffering from some disorders. However, women should empower one another through social media. However, Instagram does not encourage unrealistic body requirements through the accounts of these ladies who are competing in a bikini. Therefore, it is important for members of society to support one another, especially women who are competing in bikinis. There is a need to look beyond the notion that a bikini is meant to expose skinny ladies. Thus, this has conformed to how societies depict the ideal body since many people look at appearances.

In summary, body beguiling and diet have been associated with competition and how one can

effectively compete. , many people need to be involved in bodybuilding competitions. However, diet influences an individual's health. It is important for people to keep fit and for society to support ladies competing in bikinis. It is true that society judges these skinny girls in bikinis as unhealthy.

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