













**FIGURE 2.1** Body image silhouettes for women<sup>227</sup>

Mature women						
						
						
BMI:	20	24	28	30	33	38
Waist:	65 cm	76 cm	89 cm	80 cm	102 cm	101 cm
Waist/height ratio	0.71	0.79	0.88	0.73	0.90	0.93
Age	30	42	64	47	54	54