**Men’s Body Shape**

How realistic the physique of the man on the left (from the cover of “Men’s Health”)?

Is this about health, vanity or both? It is very likely that this person is physically fit. It might be achievable for professional athletes or by some people who spend many hours in the gym. Most men will never have a body like this. Bear in mind also that the picture may have been digitally “improved”.

Have a look at the image on the right. This is the build of the average American in his 30’s.

