

Waist Trainers or Waist Strainers?

The media portrays images of people with perfect figures, this makes women aspire to achieve the goal to however it is not good for you and your body. It can become highly addictive which may lead to unhealthy extremes. In the sixteenth century corsets were commonly worn by European and British women, and recently famous stars have been using waist trainers to create a curvy effect, which has led many people to follow their trend.

Waist training helps improve posture, helps women achieve the “hourglass” figure and it aids weight loss. However, it is not good for your body. Your stomach, oesophagus (the part of the alimentary canal which connects the throat to the stomach) and intestines, become extremely disorganised, it affects digestion and cause acid reflux. Waist trainers are also very uncomfortable as they can be worn too tightly, restricting the diaphragm to move which forces short, shallow breaths. Another danger is that your core would rely too much on the waist trainer leading your core to become less supportive.

Over the last year the media has been obsessed with the Kardashian waist trainer. Costing £117.51, Kim Kardashian, 36, revealed to the media that she had lost “seven inches” with help of the waist trainer. She had set a trend as her sisters Kourtney and Khloe soon had join to obsession. Jessica Alba, American businesswomen, actress and model was an early adopter of waist training revealed to the magazine Net-A-Porter: “I wore a double corset day and night for months”. This is unhealthy as you should only wear it two to four hours a day and if not you should never wear it if possible.

“I think that waist training is unbeneficial to health” - Sonia. I agree, although it may be making a person skinnier, it is causing disruptions in your body. It is a good idea to eat healthily and follow the Eat Well Guide rather than unnaturally changing your body. Eating healthy foods provides you with energy and keeps you healthy which are a better option rather than waist training. Also, playing sports is a good way to keep healthy; also it is proven that sports help teamwork skills develop.

All women are perfect how they are, without a waist trainer. It is important to not force your body to change, it must change naturally. If your body is forced to do something that it doesn't want to do it may break, tear and permanently become damaged. Waist trainers or waist strainers?

