Your size is just fine

莫让时尚潮流绑架我们的身体

If you go to buy clothes at Brandy Melville, you’ll find that all of the items (商品) from this Italian brand come in only one size.   
  
“One size fits (适合) all,” they might say. But the clothes might be so small that you’d have to be very thin to wear them.   
  
On social media, celebrities (明星) and fashion vloggers (时尚博主) have posted photos of themselves wearing Brandy Melville. Young girls see these photos and feel that they have to lose weight so they can wear the clothes too.   
  
“I ate only three pieces of candy each day and my stomach got smaller,” one girl wrote online. “Within two months, I went from 57 kg to 42 kg. Good luck to you all!”  
  
According to some estimates (估计), if a teenage girl who is 155 cm tall wants to wear Brandy Melville clothing, she would have to weigh just 38 kg, much lower than the recommended (建议的) healthy weight range of 45 to 52 kg.  
  
“Using unhealthy ways to lose weight, such as fasting (禁食), could lead to serious problems, including anemia (贫血) and anorexia (厌食症),” warned nutritionist (营养学家) Wu Ping from Shanghai Tongji Hospital.   
  
“Some fashion trends (潮流) are sending the wrong message to young girls. I really hope these girls can stay rational (理性的) and value (珍惜) their health over anything else,” Wu added.  TEENS

Quotes for self-love

“Since I don’t look like every other girl, it takes a while to be okay with that. To be different. But different is good.”

— Serena Williams, US tennis player

“I definitely have body issues (问题), but everybody does. When you come to the realization (意识) that everybody does that – even the people that I consider (认为) flawless (完美的) – then you can start to live with the way you are.”       
  
— Taylor Swift, US singer

“Stop trying to fix (修理) your body. It was never broken.”  
  
— Eve Ensler, US playwright

Li Zihan, 13, Beijing  
  
I don’t agree with girls who will do anything just to fit in small sizes. I saw one of my schoolmates wear this kind of clothing. I asked, “Is it comfortable (舒服的)?” She told me, in fact, it was very tight (紧绷的), but she preferred (宁愿) to look good. I was a little surprised by her answer. Aren’t health and comfort more important?

Ge Ziqi, 13, Beijing

I’m a slightly chubby (微胖的) girl. I care about my body image and what people think about me. If someone says, “You seem to have gained (增加) weight these days,” I feel bad about myself. So I’m planning to lose weight. But I will not do so at the cost of my health, nor just to be able to fit into smaller clothes. I’ll exercise and eat less junk food. It will make me look better and feel healthier at the same time.