



# STRONG!



A formidable figure, standing at 5'8" and weighing over 300 pounds, Cheryl Haworth struggles to defend her champion status as her lifetime weightlifting career inches towards its inevitable end. ***Strong!*** chronicles her journey and the challenges this unusual elite athlete faces, exploring popular notions of power, strength, beauty, and health.



## FROM THE FILMMAKER



I made **Strong!** because Cheryl Haworth inspires me.

At first it was her image that spoke to me: A 17-year-old three-hundred-pound girl standing proud and triumphant, barbell overhead—flouting conventional ideas of femininity and completely exploding our assumptions about what an elite athlete looks like. These images flashed through the mainstream media in 2000 after Cheryl medalled at the Olympic Games in Sydney—the first Olympics to include women's weightlifting.

Images wield huge power in our culture. In these images of Cheryl, I saw a solution to two major societal problems: our extremely narrow standard of beauty and the limited range of body types that we consider healthy, powerful, and valuable. Rather than seeing role models of successes that they can strive toward, young girls and women receive the resounding message that their shape and appearance are wrong, in need of constant monitoring and correction. Bodies that are too big, too tall, or too short are seen as imperfect, and fat on the body is seen as ugly—a sign of gluttony, laziness, or even failure. These negative stigmas affect young women and all people—resulting in a culture where eating disorders are widespread and where a diet industry that fails to effect weight loss in the vast number of people who seek help from it earns 55 billion dollars a year. Most troubling and ironic, these skewed ideas about what a healthy, active body looks like discourage people from inhabiting, celebrating, and living actively in the bodies they have.

In these images of Cheryl Haworth weightlifting, I saw the potential to inspire others—particularly girls and young women—to feel strong and powerful in bodies of all sizes, to find and pursue their talents, and to not be limited by the usual narrow range of body types that we'd imagine to be athletic.

Nearly eight years since I started following Cheryl's story, I remain inspired—only now it's not just her image, but her character that gets me. Cheryl's integrity and her way of navigating challenges offer a model for moving through life's opportunities as well as life's disappointments and setbacks. During the process of making **Strong!** I've been humbled and instructed by Cheryl's skill as a competitor—the amazing concentration that she musters on the platform—combined with her ability to relax and center herself through her rich connections to family, friends, her community, and the world that surrounds her.

It's been daunting and disheartening to see that even a champion like Cheryl is affected and sometimes stymied by the real limitations that large women face in our culture. From negative stigmas to limited access to clothing, chairs, healthcare, and health insurance, the challenges are formidable. But Cheryl's process of acknowledging and grappling with some of these challenges has also refueled my original commitment to fight against these limitations.

I intend for **Strong!** to provide girls and young women—as well as people of all sizes—with a sense of empowerment: the possibility of feeling pride in their bodies and excitement about being active at whatever size—and at whatever level—they can be.

I'd like the documentary to invite discussion about health and foster both awareness that the term health can mean many things and skepticism about health being defined by weight or body mass index. I'd also like to help audiences discuss the stigma and sense of ostracism that large women experience; I hope that the film engenders a sense of indignation about and resistance to that negativity.

I invite audiences to view **Strong!** for the following reasons:

- for the pleasure of Cheryl's company—the opportunity to get to know an amazing athlete and a unique, compelling character
- for the experience of learning about the little-known sport of Olympic weightlifting: a sport that is graceful, acrobatic, and incredible to witness
- to gain a new perspective—to reconceptualize the body-image dilemmas that most of us grapple with on a daily basis, and to ultimately experience a sense of confidence, power, vitality, and fun in our own bodies

—Julie Wyman

## THE FILM

Cheryl Haworth is an Olympic athlete, a weightlifter who has competed in three Olympic games—winning the bronze medal in Sydney in 2000—and held the title of National Champion for 11 consecutive years. Weighing close to three hundred pounds, Cheryl has used her size to her competitive advantage in a sport that has traditionally been the province of men. **Strong!** tells the story of Cheryl's weightlifting career, the rigors of training for competition, and her personal feelings about being big in a culture that values small size in women.

Cheryl entered the weightlifting world at age 13 after seeing female weightlifters at the gym. With her parents' support, she began training and entering competitions. At 15, she was the American national champion, and at 17 she competed in the 2000 Olympics in Sydney, the first time the games included a women's weightlifting event.

Cheryl cites her large size as a plus, something that makes her sturdier and more stable, enabling her to lift weights in excess of three hundred pounds. She is conscious of what she eats and follows a good, clean diet, but her fast metabolism and the need to maintain her strength and build muscle require her to take in additional calories in the form of daily protein supplements. She has always been strong, even as a child, and now her strength is a tool she puts to use in her chosen sport. Explaining the two competition events—the snatch and the clean and jerk—Cheryl notes that weightlifting is not just about heaving a weight over your head; it requires timing, flexibility, and knowing how to use inertia and gravity to make the weight move as if it's a part of your body.

As in other sports, injuries are an issue in weightlifting, and Cheryl has suffered several ligament tears in the course of training and competing. After sustaining an injury at the 2003 Junior World Championships, she experienced a loss of confidence and had to work hard to rebuild her mental as well as her physical ability to lift weights. In the four-year cycle leading up to the 2008 Olympics, Cheryl went on to set a world record at the 2005 Pan American Games, lifting 161 kilograms, or 355 pounds.

After graduating from college, she moves to the Olympic Training Center in Colorado Springs, where the training regimen is much more stringent and intense than the training she was used to at her local training facility. Team USA is training in preparation for an important competition: The 2007 World Weightlifting Championships in Thailand. But because Cheryl develops multiple injuries at this crucial moment, she can't train to her fullest extent, and she begins to feel left behind as she witnesses the progress of her teammates. By the time her injuries are treated, she has very little time to train. Nevertheless, she scores well enough in Thailand to help the American team secure four Olympic slots.

Following the competition in Thailand, Cheryl begins to question her dedication to the sport, feeling that she can no longer do what she likes to do. She starts to think about life after weightlifting and looks into joining the Coast Guard, noting that she would have to lose a significant amount of weight to meet the requirements. During these years of intensive training, romance has been nonexistent for Cheryl, and she has paid no attention to makeup or clothes. She knows she is a good person but feels that people like you better if you're smaller. She admits to feeling big, heavy, and cumbersome, to feeling unhappy in her body—a body that's good for weightlifting, which she now sees in a more negative light for keeping her trapped. In spite of her desire to feel more conventionally attractive, Cheryl maintains a realistic image of herself, knowing that she is a “good person, good to talk to and [has] a good personality.”

Discouraged and tempted to quit, Cheryl talks about how strength has changed for her—it's not just about lifting heavy things or succeeding on the platform anymore: it's about perseverance and grappling with disappointment and loss. Her strength in the end is that she ultimately decides to stay true to this new strength and to see her athletic commitment through the major goal of the 2008 Beijing Olympics.

By the end of the film, Cheryl has quit weightlifting but has not yet defined a clear path for herself. As she looks into the future, she is both scared and excited, not knowing what the next phase of her life has in store.

## INDIVIDUALS FEATURED IN *STRONG!*

Cheryl Haworth — Female weightlifter

Sheila and Bob Haworth — Cheryl's parents

### Coaches

Michael Cohen

Bob Morris

Don McCauley

Dennis Snethen — USA Weightlifting

### Other Weightlifters

Jackie Berube

Natalie Burgener

Doreen Fullhart

Cara Heads

Rachel Hearn

Hilary Katzenmeier

Amanda Sandoval

Emmy Vargas

## BACKGROUND INFORMATION

### The Sport of Weightlifting

Olympic weightlifting is an athletic discipline in which participants attempt a maximum-weight single lift of a barbell loaded with weight plates. Competition between people about who can lift the heaviest weight has been around since ancient times, but the modern sport of weightlifting has its origins in 19th-century European competitions. The sport was included in the 1896 Olympics and over the last century specific rules for competition have been introduced, along with weight categories for competitors. A weightlifting competition for women was introduced at the 2000 Olympics in Sydney, Australia.

As a sport, Olympic weightlifting consists of two types of lifts: The snatch, in which the weight is lifted from the floor to overhead in one continuous motion, and the clean and jerk, in which the weight is lifted from the floor to the chest and then overhead. Weightlifting differs from the following activities:

- **Powerlifting** — a strength sport that consists of three events: squat, bench press, and deadlift.
- **Weight training** — a type of exercise for developing the strength and size of skeletal muscles. Commonly done at the gym, weight training uses a variety of specialized equipment to target specific muscle groups and types of movement.
- **Bodybuilding** — a type of body modification involving intense muscle buildup through extensive weight training and a specialized diet.

The Olympic lifts are the most technical (requiring very specialized and difficult techniques) of these activities.

### Sources:

[medicinenet.com/weight\\_lifting/article.htm](http://medicinenet.com/weight_lifting/article.htm)

[weighttraining.about.com/od/competitionweightlifting/Competition\\_Weightlifting\\_Olympic\\_Weightlifting\\_Powerlifting.htm](http://weighttraining.about.com/od/competitionweightlifting/Competition_Weightlifting_Olympic_Weightlifting_Powerlifting.htm)

### Women and Weightlifting

Weightlifting is not a sport most people immediately associate with women. Traditionally, it has been a male sport and only taken up by women in significant numbers in the last two to three decades (along with other traditionally male sports such as boxing, shooting, soccer, and basketball).

While Cheryl Haworth has used her large size as an advantage in pursuing weightlifting as a sport, many women conflate weightlifting with bodybuilding and mistakenly believe that weightlifting makes you big by creating large, bulky muscles. This is a myth. The male hormone testosterone — not generally produced in large amounts in women — is responsible for muscle development. In women, muscle appears as lean body mass, so that the effect of weightlifting as an exercise is the reduction of body fat and the creation of a longer, leaner look. In addition to improving muscle tone, weightlifting (and the associated training) promotes weight loss, strengthens muscles and joint stability, and results in overall fitness. Weightlifting is a weight-class sport with (for women) seven classes ranging from 48 kilograms (106 pounds) to Cheryl's weight class, 75+ kilograms (165 pounds and above). In this way, the sport is inclusive and open to women and men of all sizes. Images of women in the lower weight classes certainly can serve to dispel any myths about Olympic weightlifters being bulky and masculine.

### Sources:

[qwa.org/womens/content.asp](http://qwa.org/womens/content.asp)

[bodybuilding.about.com/od/womensfitnesstoppers/a/womenmyths.htm](http://bodybuilding.about.com/od/womensfitnesstoppers/a/womenmyths.htm)

## BACKGROUND INFORMATION

### Women and Sports

Women have participated in sporting events since ancient times. Although they were barred from even attending the ancient Olympic games, they participated in athletic competition in the Heraean Games, a women-only event dedicated to the goddess Hera. These games began in the sixth century BC and were held regularly for four centuries. There were no events for women in the first modern Olympic Games in 1896, and in 1900 there were three events available for women: golf, tennis, and yachting. Swimming was included in 1912 and a limited program of track and field in 1928. Gradually, during the decades of the 20th century, the number of competitions for women increased so that they now nearly equal the number of those for men. The 2012 Olympics in London will see more firsts for women: boxing will debut as a women's sport, and Qatar, a country that has never sent women to compete, will have several female athletes on its national team.

The expansion of women's participation in the Olympics has been driven in part by the increasing numbers of women who took up sports for fun and exercise during the 20th century. For many years, women were limited to certain sports, such as ice skating, swimming, tennis, and horseback riding, which emphasized gracefulness rather than physical strength or tough physical competition. In the 1970s, major changes in women's athletic activity began to occur, fueled by two forces. Some of the impetus came from the women's rights movement, whose push for wider career opportunities for women spilled over into other areas of endeavor, including sports. The passage of Title IX\* in 1972 provided the legal clout that opened the door to broader female participation in college and high school athletics. Before the enactment of Title IX, there were only 2.5 women's teams per college. By 2008, there were 8.65. In 1968, there were a total of sixteen thousand female college athletes; by 2008 there were 9,101 women's collegiate teams.

Despite the gains for women that came with Title IX, women's sports still have a way to go before they receive the same attention and respect as men's sports in our society. A staggering discrepancy remains when it comes to the advertising revenue, ticket prices, and salaries invested in women's sports. While Title IX did open doors for girls and women to play sports on a broad scale, it never demanded equality. Passed at a time when few could imagine the impressive, talented female athletes we have today, the law has codified a sex-separate athletic system in which men's sports are at the center and women's at the periphery.

In a culture where sports is often a pathway to success, much work needs to be done to address the inequality between women's and men's sports, starting at the high school and college levels:

- Female high school athletes receive 1.3 million fewer athletic participation opportunities than their male counterparts (2.9 million female vs. 4.2 million male).
- Female athletes receive eighty-five thousand fewer opportunities at the college level (two hundred and five thousand female vs. two hundred and ninety thousand male).
- Female college athletes receive \$148 million less in athletic scholarships (\$617 million female vs. \$765 million male).
- In addition, female high school and college athletes continue to lag behind males in the provision of equitable resources such as equipment, uniforms, and facilities.

The result of these inequities can be seen once women reach the highest level of professional sports. For example, while Sue Bird—the poster child of women's basketball—earned eighty-seven thousand dollars, the maximum salary possible in the Women's National Basketball Association (WNBA), Shaquille O'Neal earned twenty million dollars at the height of his career. Many argue that the lower salaries of women's sports are justified by lower attendance and ratings—but these are both far lower than for men's sports largely due to the lack of advertising and television exposure afforded to women's athletics. For cultural perceptions to change, the media needs to get behind promoting the idea that women athletes possess just as much talent and charisma as male athletes.

### Sources:

Pappano, Laura, and Eileen McDonagh. "Women and Men in Sports: Separate Is Not Equal." *The Christian Science Monitor*, January 31, 2008. [www.csmonitor.com/Commentary/Opinion/2008/0131/p09s01-coop.html](http://www.csmonitor.com/Commentary/Opinion/2008/0131/p09s01-coop.html)

[womenssportsfoundation.org/home/advocate/title-ix-and-issues/what-is-title-ix/title-ix-myths-and-facts](http://womenssportsfoundation.org/home/advocate/title-ix-and-issues/what-is-title-ix/title-ix-myths-and-facts)

[aclu.org/womens-rights/title-ix-gender-equity-education](http://aclu.org/womens-rights/title-ix-gender-equity-education)

[webpages.charter.net/womeninsport/2008%20Summary%20Final.pdf](http://webpages.charter.net/womeninsport/2008%20Summary%20Final.pdf)

\*Title IX is a section of the U.S. Civil Rights Act and was passed into law on June 23, 1972, barring discrimination in education on the basis of gender. While best known for its requirement that schools provide girls with equal athletic opportunities, Title IX actually applies to all educational programs that receive federal funding.



## BACKGROUND INFORMATION

### Body Image: What You Think about How You Look

Sports participation and athleticism are linked to the notions of body image, femininity, and gender roles in our society. Although societal attitudes continue to change, girls and women who seriously engage in competitive sports still may find their femininity questioned. Some girls, believing that athleticism and femininity are mutually exclusive, may avoid sports and miss out on the benefits of physical activity, one of which is a healthy appearance—which is somewhat ironic, since appearance is the most salient aspect of body image.

Our culture tends to define and judge people by how they look, and girls and women are particularly susceptible to accepting what are often unrealistic standards of beauty and attractiveness. This acceptance is not surprising, given the ever-present media messages—implicit and explicit—about how women should look: thin; buff; stylish; young; with bouncy, shiny hair; unblemished skin and perfect makeup; and clothes that support and enhance this image. Very few women achieve this level of appearance, and measuring themselves by this standard leaves many girls and women feeling unhappy about their looks and about themselves.

#### *Statistics about Body Image Underscore How Girls and Women View Themselves:*

- Out of every 10 women, 8 are not happy with what they see in the mirror.
- Eighty percent of 10-year-olds are afraid of becoming fat.
- More than 90 percent of girls 15 to 17 years old want to change at least one aspect of their physical appearance, with body weight ranking the highest.
- Approximately 15 percent of young women develop unhealthy behaviors related to food and weight loss.
- These struggles with body image also result in serious medical problems like anorexia and bulimia, which are shockingly widespread among girls, teens, and young women. These diseases are extreme but widespread cases of the dangers of the narrow and unrealistic standard of beauty for women and girls, and also the disproportionate emphasis on appearance as part of female identity.
- Americans spend more than forty billion dollars a year on diet and beauty products.
- The average American woman is 5 feet 4 inches tall and weighs 140 pounds; the average American model is 5 feet 11 inches tall and weighs 117 pounds.
- The current media ideal of thinness is achieved by less than five percent of the female population.

Cheryl Haworth is an example of someone who has a realistic self-image and is comfortable with herself. She not only accepts her large size but also has used it as a tool to achieve success in her chosen sport. Although she acknowledges that small size in a woman is preferable in our culture, she also recognizes the limitations of her own physique. She projects a sense of confidence and self-awareness that enables her to see beneath the surface to her own positive inner qualities.

Body image is only one part of what makes up a person's self-image, but it can seriously distort how a person thinks of herself or himself. Here are some tips experts recommend:

- Follow a healthy diet and exercise regularly.
- Recognize your body's strengths and good points.
- Don't compare yourself to others—you are unique.
- Look out for and acknowledge to yourself the abilities—big or small—that you have, and cultivate a sense of pride in those.
- Wear clothes that flatter your body type, no matter what fashion dictates.
- Make a list of positive qualities that have nothing to do with your appearance.
- Confront women's (and men's) images in ads, TV programs, and other media with reality checks.
- What if you stopped being able to do the thing you're best at? What qualities will you always have and be able to take pride in, even after you have to stop participating in a sport, for example?

#### Sources:

[healthwellnessconnection.com/2012/02/21/body-image-statistics-don't-tie-your-weight-to-unrealistic-expectations](http://healthwellnessconnection.com/2012/02/21/body-image-statistics-don't-tie-your-weight-to-unrealistic-expectations)  
[eatingdisorders411.com/body-image-statistics.html](http://eatingdisorders411.com/body-image-statistics.html)  
[heartofleadership.com/statistics-on-body-image-self-esteem-parental-influence](http://heartofleadership.com/statistics-on-body-image-self-esteem-parental-influence)

#### Men and Body Image

Research shows that young men are becoming more concerned about the appearance of their bodies and are willing to spend increasing amounts of money to enhance their physical image. In contrast to women, who usually seek to lose weight and be smaller and thinner, men want to be bigger and more muscular, with muscle definition being considered a major characteristic of attractiveness in males. This trend has resulted in an increased use of unproven diet supplements and steroids by young men. As with women, the media plays a significant role by presenting idealized and unrealistic images of the male body.

#### Sources:

[msoe.edu/life\\_at\\_msoe/current\\_student\\_resources/student\\_resources/counseling\\_services/newsletters\\_for\\_mental\\_health/body\\_image\\_dissatisfaction.shtml](http://msoe.edu/life_at_msoe/current_student_resources/student_resources/counseling_services/newsletters_for_mental_health/body_image_dissatisfaction.shtml)

## TOPICS AND ISSUES RELEVANT TO **STRONG!**

A screening of **Strong!** can be used to spark interest in any of the following topics and inspire both individual and community action. In planning a screening, consider finding speakers, panelists, or discussion leaders who have expertise in one or more of the following areas:

the media's representation of women  
 body image  
 female athletes  
 non-traditional female roles  
 the role of sports in U.S. society  
 Title IX issues  
 sports as a character builder  
 sports and health  
 sports injuries  
 healthy diet and active living  
 eating disorders  
 recovering/adapting at the end of an athletic career  
 Health at Every Size; differing/evolving definitions of health

## THINKING MORE DEEPLY

1. Before seeing this film, what was your feeling about, or view of, female weightlifters? Why do you think you had that view? Did it change by the end of the film? If so, describe the change.
2. Cheryl says that being large is a detriment to women in this [U.S.] culture. Do you agree? As a society, what is our image of the feminine ideal? Where does that image come from? Do you feel that it's a healthy or realistic image? Why or why not?
3. If you agree with Cheryl, that it's easier when one is smaller in our culture, what are some ways that this part of culture could change? How can you contribute to this change?
4. How would you describe Cheryl's self-image? Although she expresses positive feelings about her size, she says she would like to be whistled at once in a while. Do you think these feelings are contradictory? Why or why not?
5. Cheryl wants to be a new kind of role model. Do you think she is? What characteristics does Cheryl possess that girls and young women might want to emulate?
6. After hearing Cheryl talk about her body and size in positive terms, are you surprised to hear her later in the film saying her body makes her unhappy? What do you think has brought about this change?
7. What would you say to a young woman (or a young man) who expresses negative feelings about her (or his) body or the way she (or he) looks?
8. Although women have made great gains in the world of sports over the last two generations, it's still the case that most people prefer to watch a game such as basketball or soccer played by men's teams rather than women's teams. Why do you think this is the case? What would make women's sports more popular with the general public?
9. Why do you think the coaches in the film are all men, in spite of the fact that weightlifting is no longer just a male sport?
10. The term *health* gets used in lots of different ways in the film. What are some of these ways? Do they contradict each other? How do you know if someone is healthy? What are different ways to assess this?
11. Toward the end of the film Cheryl says nobody can quite put their finger on why they want to be strong. She may be referring to athletes, or just to weightlifters. Do you think most people want to be physically strong? If so, why? What are other ways to be strong, besides physically strong? Can being physically strong or athletic help you to be strong in other ways too?

## SUGGESTIONS FOR ACTION

Together with other audience members, brainstorm actions that you might take as an individual and that people might do as a group. Here are some ideas to get you started:

1. Aside from parents and other family members, a major source of a person's notions of body image come from the media. Have a discussion with your children, or with a youth group, about characters they find attractive in television programs or movies, or about models they see in fashion magazines, and discuss the physical characteristics of those characters. How many real people do they know who measure up to those ideals in the media? Have them list some qualities of those characters that are not related to physical appearance. (They can project qualities onto people in magazines.) Would those qualities be just as noticeable if the characters looked different? Why are media characters usually so attractive?
2. Show the film to a group of young people and have a discussion afterward about whether they could see Cheryl Haworth as a role model. [Note: Depending on their age and maturity level, you might want to screen the film separately for girls and boys.] Ask about what qualities they admire in Cheryl and that they would like to emulate. How does she compare to others they see as role models?
3. Speak out against images of women and other messages in the media that promote unrealistic or unattainable standards of physical attractiveness. Visit the About-Face website ([www.about-face.org](http://www.about-face.org)) for ideas on actions or letter-writing campaigns. Find these in the "Your Voice" and "Making Changes" sections.
4. Help young people in your community have positive and valuable sports experiences. The ESPNW website offers a range of ideas and organizations that promote healthy activities and lifestyles for children and that offer training to adult volunteers. Get more information at [espn.go.com/espnw/journeys-victories/6893319/sports-give-back](http://espn.go.com/espnw/journeys-victories/6893319/sports-give-back).
5. Thinking of starting a new exercise program? Before you get started, be sure to check these "Fast Facts about Sports Nutrition" from the President's Council on Physical Fitness and Sports. Find out what to eat and what to avoid at [fitness.gov/fastfacts.htm](http://fitness.gov/fastfacts.htm).
6. Arm yourself with information about sports injuries and how to prevent them. The downloadable booklet ([nlm.nih.gov/medlineplus/sportsinjuries.html](http://nlm.nih.gov/medlineplus/sportsinjuries.html)) from the National Institutes of Health also includes diagrams of muscles and joints, and advice on getting treatment for injuries.
7. Keep a journal that tracks how active you are. Try to find ways to move your body that feel good to you—don't think of it as "exercise" but do make yourself try out some things you love—turn on music in your house and dance to a favorite song; take a walk with friends or family or by yourself in a pretty location or park; walk or ride your bike to somewhere you've never been and take pictures or draw something that you see; go bowling or roller skating; go boogie boarding; get a lesson in rock climbing; climb a tree; walk through the mall fast and then do it again slow. Don't count calories or weigh yourself. Instead rate your daily or weekly activities with a "fun rating" of zero to five. Try exercising at least three times a week for two weeks; what forms of activity are you finding yourself most excited about?
8. Find a picture of someone or something you think of as strong. Now draw or photograph a picture of yourself at your strongest. Interview your friends and family about what it means to them to be strong, including but also aside from physical strength.

For additional outreach ideas, visit [communitycinema.org](http://communitycinema.org), the website of the Independent Television Service (ITVS). For local information, check the website of your PBS station.



## RESOURCES

### Weightlifting

[iwf.net](http://iwf.net) – The International Weightlifting Federation is a permanent nonprofit organization, recognized by the International Olympic Committee as the sole controlling body for international weightlifting.

[ezinearticles.com/?A-Female-Weight-Lifting-Guide&id=1069250](http://ezinearticles.com/?A-Female-Weight-Lifting-Guide&id=1069250) – This Ezine article offers definitions of the basic exercises involved in weight training and weightlifting.

[livestrong.com/weight-lifting-for-women](http://livestrong.com/weight-lifting-for-women) – This section of the Livestrong website provides a wide range of information about weightlifting for women.

### Women and Sports

[fulltext.ausport.gov.au/fulltext/2001/ascpub/women\\_olymp\\_hist.asp](http://fulltext.ausport.gov.au/fulltext/2001/ascpub/women_olymp_hist.asp) – This webpage, originally published by the Active Australia website, gives a brief history and a time line of women at the Olympics.

[espn.go.com/espnw](http://espn.go.com/espnw) – This ESPN website is devoted to news about women's sports.

[faqs.org/sports-science/Sp-Tw/Title-IX-and-United-States-Female-Sports-Participation.html](http://faqs.org/sports-science/Sp-Tw/Title-IX-and-United-States-Female-Sports-Participation.html) – This Usenet FAQ site explains Title IX, its implementation, and controversies surrounding the law.

[faqs.org/sports-science/Fo-Ha/Gender-in-Sports-Female-Athletes.html](http://faqs.org/sports-science/Fo-Ha/Gender-in-Sports-Female-Athletes.html)

[faqs.org/sports-science/Fo-Ha/Gender-in-Sports-Male-Athletes.html#b](http://faqs.org/sports-science/Fo-Ha/Gender-in-Sports-Male-Athletes.html#b) – These two articles give an overview of the physiological capabilities and limitations of male and female athletes as well as of the differences in how men and women view participation in team sports.

[sportsillustrated.cnn.com/siforwomen/top\\_100/1](http://sportsillustrated.cnn.com/siforwomen/top_100/1) – The Sports Illustrated for Women website provides biographical information on one hundred top sportswomen.

### Health / Injuries / Nutrition

[nlm.nih.gov/medlineplus/sportsinjuries.html](http://nlm.nih.gov/medlineplus/sportsinjuries.html) – Medline Plus, a service of the National Institutes of Health, provides information on the most common types of sports injuries.

[niams.nih.gov/Health\\_Info/Sports\\_Injuries/sports\\_injuries\\_ff.asp](http://niams.nih.gov/Health_Info/Sports_Injuries/sports_injuries_ff.asp) – This National Institutes of Health website provides fast facts on sports injuries, including how to treat and prevent them.

[ChooseMyPlate.gov](http://ChooseMyPlate.gov) – A service of the U.S. Department of Agriculture, this website provides dietary guidelines and menus as well as information about weight management and physical activity.

[webmd.com/diet/features/estimated-calorie-requirement](http://webmd.com/diet/features/estimated-calorie-requirement) – This WebMD site provides comprehensive information on healthy eating and diet, including a chart of calorie requirements and guidelines for healthy eating and fitness.

### Body Image

[haescommunity.org](http://haescommunity.org) – Health At Every Size is a movement based on the simple premise that the best way to improve health is to honor your body. It supports people in adopting health habits for the sake of health and well-being (rather than weight control). Health At Every Size encourages: Accepting and respecting the natural diversity of body sizes and shapes; Eating in a flexible manner that values pleasure and honors internal cues of hunger, satiety, and appetite; Finding the joy in moving one's body and becoming more physically vital.

[womenshealth.gov/body-image/about-body-image](http://womenshealth.gov/body-image/about-body-image) – This website from the U.S. Department of Health and Human Services gives basic information on body image, along with links to other sites that provide tips on developing a positive body image.

[bing.com/health/article/mayo-MAMY01225/Healthy-body-image-Tips-for-guiding-girls?q=body+image&qpv=body+image](http://bing.com/health/article/mayo-MAMY01225/Healthy-body-image-Tips-for-guiding-girls?q=body+image&qpv=body+image) – With content provided by the Mayo Clinic, this website provides tips on guiding girls to have a healthy body image.

[about-face.org](http://about-face.org) – About-Face is a San Francisco-based project that equips women and girls with tools to understand and resist harmful media messages that affect their self-esteem and body image.

### Sports Organizations

[womenssportsfoundation.org](http://womenssportsfoundation.org) – The Women's Sports Foundation is dedicated to advancing the lives of girls and women through sports and physical activity.

[nays.org](http://nays.org) – The National Alliance for Youth Sports is America's leading advocate for positive and safe sports and activities for children. It offers programs and services for everyone involved in youth sports experiences, including professional administrators, volunteer administrators, volunteer coaches, officials, parents, and young athletes.

[letsmove.gov](http://letsmove.gov) – Let's Move! is a comprehensive initiative, launched by First Lady Michelle Obama, dedicated to promoting healthy eating and physical activity.