

"I have struggles, insecurities and flaws – I am no different to any other girl in that regard. I get pimples, I have stretch marks, and I have days where I feel terrible and unmotivated... So in light of being featured in an interesting article that came out today in a national newspaper and feature on a morning TV show I thought I'd do a different post from my usual posts.

Social media is becoming more and more popular. It has grown to the point of almost taking over TV, and with that people that you wouldn't otherwise know about have been given a medium for their images and their opinions to be potentially seen by millions of people. I am one of those people who have been given the opportunity to share what I have learnt over the years to hopefully make a positive and healthy impact on peoples lives.

One of the things I try to be is REAL.... So if I have insecurities or struggles I like to get on here and talk about them so that you guys can relate and hopefully get something from it.

So the article says a "professor" carried out a "study" which came to the conclusion that young girls these days are looking to "social media fitness celebrities" as their role models. They are saying that these role models are promoting unhealthy body images that were considered "insidious" and otherwise damaging to their self-esteem.

A young girl looking up to somebody as her "role model" or "idol" is nothing new and this is the exact reason why I got fit and healthy in the first place. I saw these fit strong women and looked to them as a source of motivation and inspiration to change my life for the better. I went from battling body image issues, depression, and an unhealthy relationship with food and being obsessed with getting skinny. These "fitness models" played a part in instigating my desire to become fit, strong and healthy. The way it's played out to this point is that I have become a "role model" for a lot of other young women out there. So I just want to make it clear that one thing I am constantly emphasizing is; aiming to be YOUR best, not like someone else.

It's great to use other people to inspire you to become your best, but it's really important to remember that the people you look up to, who inspire you are real people just like you and shouldn't be put up on pedestals. We are all unique, we all have different body shapes and sizes and we should never try to be someone we're not. Aim to be fit, strong and healthy but above all aim to be YOUR BEST." – Emily Skye, Health & Fitness Ambassador, Fitness Model

Take a few minutes to think about the different role models you have in your life. You will write a detailed 5 paragraph essay about someone who you consider a role model, someone that has influenced you in a positive way. You will need to include 3 specific examples of why this person is your role model and how they have had a positive influence on you.

Some things to consider/details to include when writing your essay: Who are they? Why are they your role model? Why do you view them as a role model? What positive influences have they had on you? What are some of your role models accomplishments? Has this person influenced you to become the person you are today? How?

You must turn in 3 copies of your paper. 1 with your name on it and 2 without your name.