



NOT THAT GYM WEEK

OVERALL RESOURCES:

[Motivational Factors and Barriers Towards Initiating and Maintaining Strength Training in Women](#)

HEALTH AT EVERY SIZE®:

[An Evidence-Based Rationale for Adopting Weight-Inclusive Health Policy](#)

[The Health at Every Size® \(HAES®\) Principles - ASDAH](#)

[BMI a poor metric for measuring people's health, say experts | News](#)

[Obesity Stigma: Important Considerations for Public Health - PMC](#)

SOCIAL MEDIA FITNESS TRENDS:

[Popular TikTok workouts may be dangerous or ineffective, experts say | CNN](#)

[Let's \(Tik\) Talk About Fitness Trends - PMC](#)

[Most Fitness Influencers Are Doing More Harm Than Good](#)

[TikTok video trend fuels 'toxic diet culture' among teens, young adults - The Jerusalem Post](#)

HARMS OF SUPPLEMENTS:

[Caution: Bodybuilding Products Can Be Risky | FDA](#)

[The hidden dangers of protein powders - Harvard Health](#)

[Men Looking To Get Ripped Are At Risk Of Abusing Legal Supplements](#)

[Workout Supplements | The Nutrition Source | Harvard T.H. Chan School of Public Health](#)

WORKOUT CLOTHING:

[The impact of athletic clothing style and body awareness on motor performance in women](#)

[Take It From Me, The Best Workout Clothes Are Ones You Already Own](#)