Exercise is consistently associated with lower body image disturbance and body dissatisfaction. The current study examines exercise and the emerging concept of positive body image (PBI) which includes the constructs of body appreciation, satisfaction with the body’s capabilities, and internal body orientation. Research on exercise and PBI may provide insights to improve resilience to body image related disorders such as eating disorders, depression, and anxiety. Intervention research is needed to clarify the directionality of the relationship between exercise and PBI. Specifically, does exercise increase PBI, or are individuals with PBI more likely to exercise? Additionally, research is needed to examine the effects of strength training on body image, as previous literature primarily considers aerobic training; and examine participant and exercise factors that are associated with improved body image. Accordingly, the purposes of the study were to: 1) assess the effects of an 8-week strength training intervention on PBI, and 2) examine factors that may be associated with greater improvement in PBI. Based on previous literature, it is hypothesized that strength training will improve PBI, and introduce women to the idea of strength training. This study addresses gaps in the body image literature by examining the emerging concept of PBI and evaluating the effects of strength training (as compared to aerobic training) on body image. This study is limited by having a small sample size (especially for males) and no control or comparison group.

Purpose #1
• The primary hypothesis was supported as participants reported a significant pre to posttest improvement in the PBI constructs of body appreciation (based on BAS) and satisfaction with physical capacities (based on FSS).
• Males had lower pretest body image than females on the BAS and FSS, which is different from previous body image studies measuring body image disturbance or body dissatisfaction. This finding may reflect a selection bias where inactive males with less body appreciation and strength satisfaction were more interested in a strength training intervention. Or this finding could reflect the unique constructs of PBI which are more internalized and functional (i.e. capabilities) compared to body image disturbance and body dissatisfaction which are appearance-driven and externalized.

Purpose #2
• The second hypothesis was supported as exercise motivations were significantly correlated with PBI changes.
• Individuals with higher pretest appearance motivation and weight management motivation for exercise experienced less improvement in satisfaction with one’s current body image (based on FSS). Although all participants increased their strength during the intervention, perhaps appearance and weight management motivated individuals were less likely to notice or value their strength gains. This finding suggests that helping individuals value other exercise motivations and have realistic exercise expectations for appearance and weight may improve PBI.
• Participants with higher health motivation and strength and endurance motivation for exercise had less change in body image (based on BSS). A closer inspection of the data revealed that health motivated and strength and endurance motivated individuals had lower body image at pretest and thus less room for decreasing body surveillance, which would be the change indicative of improved PBI.

Strengths, Limitations, and Future Directions
• This study addresses gaps in the body image literature by examining the emerging concept of PBI and evaluating the effects of strength training (as compared to aerobic training) on body image. This study is limited by having a small sample size (especially for males) and no control or comparison group.
• Future studies should examine gender differences in PBI, compare changes in PBI for different types of exercise (e.g., cardio vs strength training), and examine whether PBI confers protection from body image-related disorders.

References
2. colleague and Exercise Motivation for Exercise and change in FSS scores, (r) = -0.421, p = 0.004. There was also a near significant negative correlation between Weight Management Motivation for Exercise and change in FSS scores, (r) = -0.257, p = 0.06. For FSS (Figure 3), there was a significant negative correlation between Health Motivation for Exercise and change in BSS scores, (r) = -0.319, p = 0.025. There was also a significant negative correlation between Strength and Endurance Motivation for Exercise and change in BSS scores, (r) = -0.341, p = 0.018.

Figure 1. BAS and FSS scores significantly increased from pretest to posttest.

Figure 2. Appearance and Weight Management Motivation for Exercise are negatively correlated with FSS change scores.

Figure 3. Health and Strength and Endurance Motivation are negatively correlated with BSS change scores.

Figure 4. BAS and FSS scores significantly increased from pretest to posttest.

Figure 5. Appearance and Weight Management Motivation for Exercise are negatively correlated with FSS change scores.

Figure 6. Health and Strength and Endurance Motivation are negatively correlated with BSS change scores.

Figure 7. BAS and FSS scores significantly increased from pretest to posttest.

Figure 8. Appearance and Weight Management Motivation for Exercise are negatively correlated with FSS change scores.

Figure 9. Health and Strength and Endurance Motivation are negatively correlated with BSS change scores.

Figure 10. BAS and FSS scores significantly increased from pretest to posttest.

Figure 11. Appearance and Weight Management Motivation for Exercise are negatively correlated with FSS change scores.

Figure 12. Health and Strength and Endurance Motivation are negatively correlated with BSS change scores.

Figure 13. BAS and FSS scores significantly increased from pretest to posttest.

Figure 14. Appearance and Weight Management Motivation for Exercise are negatively correlated with FSS change scores.

Figure 15. Health and Strength and Endurance Motivation are negatively correlated with BSS change scores.

Figure 16. BAS and FSS scores significantly increased from pretest to posttest.

Figure 17. Appearance and Weight Management Motivation for Exercise are negatively correlated with FSS change scores.

Figure 18. Health and Strength and Endurance Motivation are negatively correlated with BSS change scores.

Figure 19. BAS and FSS scores significantly increased from pretest to posttest.

Figure 20. Appearance and Weight Management Motivation for Exercise are negatively correlated with FSS change scores.

Figure 21. Health and Strength and Endurance Motivation are negatively correlated with BSS change scores.

Figure 22. BAS and FSS scores significantly increased from pretest to posttest.

Figure 23. Appearance and Weight Management Motivation for Exercise are negatively correlated with FSS change scores.

Figure 24. Health and Strength and Endurance Motivation are negatively correlated with BSS change scores.

Figure 25. BAS and FSS scores significantly increased from pretest to posttest.

Figure 26. Appearance and Weight Management Motivation for Exercise are negatively correlated with FSS change scores.

Figure 27. Health and Strength and Endurance Motivation are negatively correlated with BSS change scores.

Figure 28. BAS and FSS scores significantly increased from pretest to posttest.

Figure 29. Appearance and Weight Management Motivation for Exercise are negatively correlated with FSS change scores.

Figure 30. Health and Strength and Endurance Motivation are negatively correlated with BSS change scores.