

By the time boys are 8 or 10, they're steeped in Marvel action heroes with bulging, oversized muscles and rock-hard abs. By adolescence, they're deluged with social media streams of bulked-up [Alpha Surge Male testimonials](#) bodies. The underlying messages about power and worth prompt many boys to worry and wonder about how to measure up. Sometimes, negative thoughts and concerns even interfere with daily life, a mental health issue known body dysmorphic disorder, or body dysmorphia. The most common form of this in boys is muscle dysmorphia. What is muscle dysmorphia? Muscle dysmorphia is marked by preoccupation with a muscular and lean physique. While the more extreme behaviors that define this disorder appear only in a small percentage of boys and young men, it may color the mindset of many more. Nearly a quarter of boys and young men engage in some type of muscle-building behaviors. Dr. Gabriela Vargas, director of the Young Men's Health website at Boston Children's Hospital. Does body dysmorphic disorder differ in boys and girls?

Long believed to be the domain of girls, body dysmorphia can take the form of eating disorders such as anorexia or bulimia. Technically, muscle dysmorphia is not an eating disorder. But it is far more pervasive in males - and [Alpha Surge Male testimonials](#) insidious. What are the signs of body dysmorphia in boys? Parents may have a tough time discerning whether their son is merely being a teen or veering into dangerous territory. Marked change in physical routines, such as going from working out once a day to spending hours working out every day. Following regimented workouts or meals, including limiting the foods they're eating or concentrating heavily on high-protein options. Disrupting normal activities, such as spending time with friends, to work out instead. Weighing himself multiple times a day. Dressing to highlight a more muscular physique, or wearing baggier clothes to hide their physique because they don't think it's good enough. What are the health dangers of muscle dysmorphia in boys? Extreme behaviors can pose physical and mental health risks.

For example, unregulated protein powders and supplements boys turn to in hopes of quickly bulking up muscles may be adulterated with stimulants or even anabolic steroids. Some boys also attempt to gain muscle through a "bulk and cut" regimen, with periods of rapid weight gain followed by periods of extreme calorie limitation. This can affect long-term muscle and bone development and lead to irregular heartbeat and lower testosterone levels. The psychological fallout can also be dramatic. Depression and suicidal thoughts are more common in people who are malnourished, which may occur when boys drastically cut calories or [Alpha Surge Male testimonials](#) neglect entire food groups. Additionally, as they try to achieve unrealistic ideals, they may constantly feel like they're not good enough. How can parents encourage a healthy body image in boys? Gather for family meals. Schedules can be tricky. Yet considerable research shows physical and mental health benefits flow from sitting down together for meals, including a greater likelihood of children being an appropriate weight for their body type. Don't comment on body shape or size. Frame nutrition and exercise as meaningful for health. When you talk with your son about what you eat or your exercise routine, [best male enhancement supplement](#) don't tie hoped-for results to body shape or size. Don't buy protein supplements. It's harder for boys to obtain them when parents won't allow them in the house. (Image: <https://media.defense.gov/2006/Dec/08/2000529675/2000/2000/0/061201-F-0986R-981.JPG>)

Discover how long it takes to get a six-pack and the key lifestyle changes you need to make. Learn why common pitfalls like carbs, booze, and lounging can derail your fitness goals and how to overcome them for a shredded core. Many aspire to one day have six-pack abs, but let's be real, few have succeeded because carbs, booze, and time are not on your side. But, [Alpha Surge Male product page](#) if we unpack (pun intended) how to obtain that coveted "six-pack," you'll find it's not mission impossible after all. What you really need to know is how long it takes and [alpha surge male supplement](#) exactly what behaviors (ahem: endless couch chilling and junk food) you need to kick to the curb. First and foremost, getting a six-pack (or four-pack, or eight-pack if you have great genes) comes down to the amount of body fat you have. Reducing body fat is a necessary step to reveal your chiseled midsection. To lower body fat safely and effectively, it's important to focus on both diet and

exercise.

[external frame](#) With everything nutrition and fitness related, there remains one true constant: There is no one-size-fits-all when it comes to achieving a goal. Genetics, body shape, and build always factor into individual results. But seriously, how long does it take to get a six-pack? Your timeline to a six-pack depends on the body fat percentage you're starting with. A good rule of thumb (and a safe one) is to aim to lose 1 to 2 percent of body fat per month. So, unveiling your abs can take anywhere from 3 months to 2 years. It really does vary. It's also a good idea to consult a registered dietitian and certified personal trainer or exercise professional before beginning any nutrition and fitness plan. There's a lot of noise and misinformation in the food and exercise world, and it's important to be sure you're on the best plan for your individual needs. For starters, the ideal body fat percentage to see your midsection muscles pop is 14 to 19 percent for women and 6 to 13 percent for [Alpha Surge Male testimonials](#) men.

From:  
<http://nccproduction.com/wiki/> - **NCC Production**

Permanent link:  
[http://nccproduction.com/wiki/a\\_muscle-building\\_obsession\\_in\\_boys:what\\_to\\_know\\_and\\_do](http://nccproduction.com/wiki/a_muscle-building_obsession_in_boys:what_to_know_and_do) 

Last update: **2025/10/01 14:27**