



INCLUDE INFO ON ROLE OF MEDIA UNDER SC PRESSURES

PICTURE OF OLDER WOMAN/YOUNGER WOMAN IN MEDIA

Systematic Review

Positive Body Image Review Matrix

Sociocultural Pressures to attain thin beauty ideals contributes to body dissatisfaction among older women.

The promotion of positive body image may be a strategy for reducing body dissatisfaction among older women

**Characteristics of positive body image: protects against negative media messages, focus on body's strengths, a mindful connection to the body & healthy behaviors
protecting the body**