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Health

How Desperate Are Women To Be Thin?

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Die sooner? Go to jail? Is that what you would do in exchange for the ideal weight?

Well, that's what Fitness Magazine asked more than 1,000 women, and you might be surprised or even shocked by what they said, NBC 10's Dawn Timmeney reported.

"Yeah, I'd shave my head totally," said a local hairdresser, illustrating one of the things women admit they'd do if it meant reaching their ideal weight.

"If I could be at my ideal weight, which is definitely harder than growing hair, then I'd do it," she said laughing.

Others said they would spend a week in jail, have an extra toe or trade in 10 years of life.

"Well, if I'm going to live to 100, what's 10 more years?" another woman said.

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Earlier surveys find half would rather lose their job than be overweight. Some would even give up 20 IQ points in exchange for lower numbers on the scale.

Although not everyone at Salon L'etoile in Manayunk was willing to go so far.

"They're crazy -- absolutely crazy. Why would you do that?" said a customer, adding, "Giving up chocolate is extreme enough."

Psychologist Frank Farley said the survey points to a lack of discipline.

"What they are saying is they want a quick fix. And I hate to tell you, but it doesn't work that way," Farley said.

Farley called it a kind of magical thinking. The real work, like diet and exercise, is unappealing, so we fantasize about a quick fix, never really intending to follow through.

But he admitted the survey does point to a continuing concern among women over body image.

"Of course, an alternative to all of this is to just accept who you are," Farley said.

One problem with this kind of survey, Farley said, is it doesn't give women information on how to make positive changes in order to reach their weight goals.

To get 10 tips for easy and healthy weight loss, click here.

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