



Should only the fittest survive?

Look like this and the world is your oyster. Or is it?
Our Abs of Steel guru ponders why we care so much when he doesn't.

BY SCOTT COLE • PHOTOGRAPHY BY TOM BIANCHI

I AM STRANGELY LOOKING (or looking strangely) at body snobbery as a good thing — not as something that “almost-perfect” people gloat in or bully others into submission with. Everyone should be able to embrace a sense of body snobbery — feeling sexy, worthy, happy and healthy in their own skin and working the parts (or the whole) as one inspired sexy, savvy, sensitive, spiritual being. Sadly, though, this isn't always the case.

I am a body snob... most of the time. I am because I like my body; I am comfortable in my body and I don't care who knows it (see photos... happy, intense, healthy, functional, gravity-defying, humble to a fault, need I go on?) Sure there are

things about my body that could be more perfect, but what's the point? I am intimidating enough. Having bigger legs, larger hands and fixing my chipped tooth would probably make me untouchable, semi-dysfunctional and probably land me a one-time show on The WB.

Body snobbery exists in every area of life, but surprisingly not because of a snotty-nosed pretty individual, but more because of the low self-esteem of the people surrounding the body snob, catering to his or her every whim, actually being impressed when he or she forms complete sentences. True body snobs don't try too hard; they are just comfortable in their own irresistible skin and usually have a lot more going on than just looks. Take

Lauren Hutton, for example, a true body snob — aging with grace, blessed with a semi-wicked sense of humor, “burdened” with an imperfect gap in her teeth. Great.

Envy is, indeed, the fuel of body snobbery worldwide. I must continue to maintain, however, that being a body snob is not necessarily a bad thing. In fact, worshipping a body snob is much worse... because one who caters to or idolizes a body snob, putting him or her up on a pedestal of salivating body-mythic proportions, is actually admitting to one's own body insecurities, perpetuating low self-worth and even lower body-esteem. The best body snobs were not pretty as children, gained no self-worth or validation by “oh, aren't you cute?” and later