

One of the most commonly prescribed treatments for obesity is a consistent exercise program, but numerous studies have indicated that as a person's Body Mass Index increases, their personal body-image decreases. If a greater BMI generally leads to a lesser body-image, this begs the question as to if a lesser body-image would affect a person's motivation to exercise with others. If so, this information may be helpful to health professionals in implementing exercise programs for this growing population. The purpose of this study was to examine the relationship between a person's body mass index and the likelihood of embarrassment when exercising with others through electronic surveys completed in a university Lifetime Wellness class.

A Pearson correlation showed a moderate positive relationship ($r=.344$) between the students' body mass index scores and their response to Question 2.9, meaning that as a person's body mass index increases, their likelihood of embarrassment when exercising with others is also likely to increase.

The greatest limitation of this study was the validity of BMI measurements and how accurately it portrayed a healthy bodyweight. Future studies should implement the use of body composition measurements and examine the relationship between different body mass index groups using a T-test.