



Working out →

BODY IMAGE

Many of us gay men want to feel better about our bodies

This programme is for you if you go to the gym, or feel you should, if you feel ashamed of your body, or, indeed, if you feel the need to show it off. It's for those who want to feel comfortable in their own skin on the beach, on the scene and in the bedroom.

This programme will help you to:

- replace negative images with positive ones
- look and feel better
- feel more comfortable in your own skin, on the beach on the scene and in the bedroom