

I guess I look in the mirror a lot. I'm always surprised to see how my perception of my own body changes from day to day, you know? One day, I look fine overall, or I might fixate on one particular thing that looks a bit out of proportion. The next day, there are a million little things that I want to change. From the outside though, I probably just look the same.

Actually, some people are really consistent. Not just in photographs, but in person too. They keep a real stable appearance, over time. It's not just that they have the perfect camera face, or that they wear the same clothes all the time, it's a deeper trait. They can look the same over decades with just the scenery changing around them. Other people are extremely flexible, like me. An unstable body's appearance depends on so many factors, it fluctuates with their conditions.

No, what I'm talking about is much deeper than style. For me it's all about the manipulation of muscle and the distribution of fat. I fixate on shapes that I want to change and develop a routine that will improve the part of me that I am working on. Partially, I just feel better knowing that I'm doing something about my form. Exercise is transformative, even in the mind. You can feel thicker, stronger, leaner, longer, whatever it is you are working on, through visualisation and by exercise. Even my face, there are certain exercises that can really help with facial toning, you know?

But I'm not trying to look consistent. I'm just trying to control the variability in my favour, to manage the different versions of me, you know. I think of myself as a series of pictures, and each one is different. Obviously there is some continuity, but I focus more on the differences. Sometimes I wonder what it would be like to not care about my shape so much, like what I would think about instead, but then, my body, it's my hobby, you know? What's the harm if it makes me feel good to work on it, sort of like a sculptor. Everyone's gotta have something they're passionate about.

Different types of training exercises. It's always a daily regiment though. Sometimes I use tools, like weights, elastic straps, balls, cushions and rests, that sort of thing, to support the exercises. The body can't do everything on its own. There are also physical aids that can support the body through changes, like braces and splints. They become like extensions of me and they really help with the shaping.

It's all based on the principle that repetitive movements can actually change your physical appearance. Pretty incredible, don't you think? Like stretching, my god, does it ever make a difference. You should try it! Even just moving your head left to right repeatedly can really increase your range of motion in a short time. The body has a memory, you know. The way you move can really shape the body and change the way you carry yourself, your expression, everything.