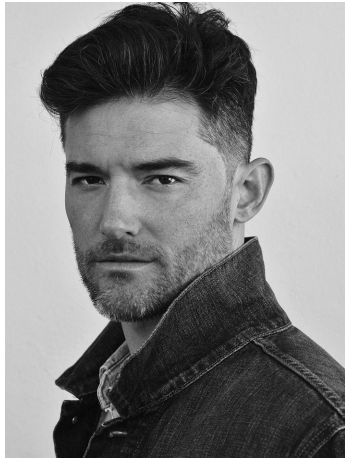




Buster Battreall Height 6'2" | 188cm Suit 40" | 102cm L Shirt 35.5" | 90cm Waist 32" | 81cm
Inseam 32" | 81cm Shoe 13 US | 48 EU Hair Brown Eyes Brown



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BY NATHAN GRIFFIN, RILEY BRYAN, AND JEFF KIMBLE
PHOTOGRAPHY: JESSIE WALKER

Mirror, mirror, on the gym wall

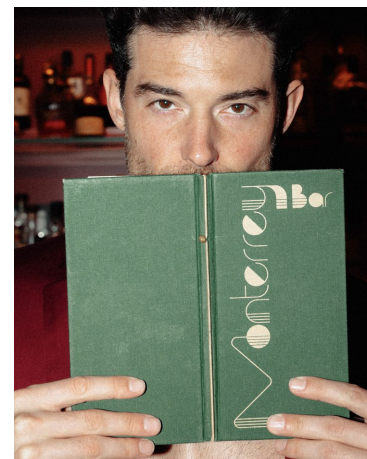
Cultural expectations about manhood are fueling a silent epidemic of eating disorders and body image disturbance in men across the country. Can you recognize the warning signs? Do you see any of them in yourself?

Chris Marvin had a secret morning ritual that he practiced in college. Sunlight creeping through drawn shades, he'd roll out of bed around 7 a.m. with a pounding head. After making sure his door was locked, he'd rummage through drawers and the depths of his mini fridge. Then, on a white marble desk that would have been pristine if not for the Thrasher and Mayhem stickers, he'd line up everything he needed to get through the day. →

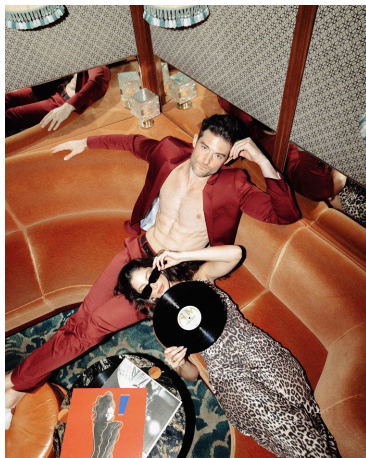
MEN'S HEALTH 51 MAY 2018



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