

## ***MuscleBound Testimonials***

"This theatrical and hard-hitting performance addressed male eating and body image issues and "gym culture" and has successfully opened a dialogue about the pressures both males and females face to achieve "the perfect body" – to the extent that they adopt largely unhealthy behaviors to do so. The show was well researched, well written, and very well performed, and we truly appreciate the added attention eating and body-image issues have received as a result of this performance."

-EricaNoelle Dodde  
Health Educator, University of Michigan

"The MuscleBound performance was a striking reminder of our need to increase awareness among young people regarding the complex issue of male body image. With compassion and humor, MuscleBound adeptly depicted complicated issues of male self-perception, masculinity, eating issues and steroid use. Splicing back and forth between the on-stage performance and the video documentary kept the piece varied and current and Michael's acting was nothing short of wonderful."

-Zoe Ragouzeos, LCSW  
Director, Health Promotion, Wellness Services and Emergency Response  
New York University

"MuscleBound is the perfect catalyst for a deeper discussion on men, body image, and the pressures they face. Michael Feldman offers a heartfelt performance that will stir audiences and make them think."

-Jessica Weiner, Speaker, Author of "Do I Look Fat In This" and "A Very Hungry Girl"

"MuscleBound is a powerful, unique and real presentation that addresses the issue of male body image in society. The blend of live acting with the documentary film creates a seamless expose of the mostly secret lives of men who struggle with eating and their bodies. I highly recommend this performance, especially for male athletes and their coaches."

-Jason Zelesky  
Associate Dean of Students, Clark University

"It was a great performance and members of the committee are already trying to figure out how to bring you back next year. We all really enjoyed it and thought it was a great way to raise discussion about such a serious problem amongst our male students. I do believe that educational theater such as your performance is one of the best and most effective ways to educate students."

-Francesca Maresca,  
Coordinator of Health Promotion, Rutgers University

"Musclebound is an entertaining, provocative, and important performance that addresses the issue of body image obsessions and eating disorders through stories of three men. The performance offers an inside view into how easy it is to get caught up in the obsessive cycle of altering your body. The personal nature of the performance allows the audience to connect with the material and gain a better understanding of issues around body image and eating disorders without having to feel like they are being lectured at. Musclebound tackles an important topic in a personal and entertaining manner."

-Wendy Huang, Ph.D.  
Counseling Center, College of the Holy Cross

"MuscleBound is truly a unique offering to men to help them look at issues they may hold in private that can be very painful. Body image issues are not just the domain of women. This program opens up the discussion for men. It is humorous yet educational. Michael and Adam have put together a great program."

-Marianne Turnbull,  
Counselor, North Carolina State University

"MuscleBound is the perfect combination of humor, reality, education, and entertainment. The show leaves you thinking about these important issues and what can be done to change the culture on college campuses in regards to male body image. Michael and Adam are a pleasure to work with!"

-Anna M. Lutz,  
Student Health Dietitian, Duke University

"On behalf of the University Lecture Series and the USF community, I would like to say thank you! Your willingness to address issues that many are ignorant or afraid of has opened many eyes. Please keep being the individual that travels the road less followed. Working with you was a

pleasure and your presence is refreshing. I know that your futures are bright"

-Iris Elijah

University Lecture Series, University of South Florida

"It was a pleasure working with you and Adam. I've had some students who were at the show stop in to thank me for bringing you here. One of the men is also going to start a club on campus for men's health issues, particularly eating disorders.

Best of luck."

-Sara Waldron

Associate Dean of Students, American University

"I was thoroughly amazed with MuscleBound. The content was highly relatable to the men on our campus and the delivery method was great for holding the attention of 150 fraternity men just coming off "spirit week". I am excited to have Michael back to our campus to address this issue with the next cohort of men at our University."

-Tracy Zeeger

Coordinator of Wellness Programs, University of Maryland

"MuscleBound creatively tackles a topic that few are talking about - male body issues and eating disorders. Michael Feldman brings to life three very different men struggling with the issue and weaves their stories together magnificently. His acting is complemented by the documentary interviews of men shown intermittently during the performance. The most powerful aspect of this presentation is the fact that the men interviewed look like real men and that Michael is so accessible before and after the show to meet with students. College athletic directors and health centers should, if at all possible, book a show soon. It is an issue our students are silently dealing with, and Muscle Bound helps to get the conversation started."

-Anne Peacock

Health Educator and QueerTrans Resource Coordinator, Bowdoin College

"Our students were greatly impacted by your presentation, MuscleBound. We had a huge turn out and the audience was more attentive and more interactive than they have been for any other educational event we have had on campus! The method of presentation was very unique and effective,

delivering the message quite clearly and captivating the audience.

I was highly impressed with the participation, interest and discussion that MuscleBound generated. The program was successful and the message well received. Congratulations on such a great program!"

-Kathryn E. Quinlan

Assistant Director of Center for Health and Wellness Education,  
Villanova University

"Michael Feldman is one person, but he makes a tremendous difference in the lives of college students wherever he goes with his spectacular MuscleBound play. Our students came away buzzing with increased awareness of male muscle dysmorphia, and greater knowledge of what some people will do to try and achieve the "perfect" body. MuscleBound is an entertaining, informative one-person play that will keep your campus talking long after the show is over. It was one of our best-attended events of the year!"

-Amy K. Langevin

Director of Health and Wellness Education, University of New England

"Michael's riveting performance casts a revealing light on male body image and muscle dysmorphia. Like an elephant in the living room, this difficult topic is both highly visible and not much discussed, but its importance to the physical and psychological health of men, as well as ripple effect in society, cannot be underestimated. Michael is a pioneer in bringing this subject into the open, where discussion can finally begin. He is also incredibly personable and wonderful to work with--flexible and willing to adapt MuscleBound to whatever unique population and performance space is available."

-Myra Berkowitz

Nutritionist, Gannett Health Services, Cornell University