

# **As the average American female is a whopping 171lbs at 5'4, is wanting a girlfriend under 140/150lbs now considered "high standards"?**

October 22, 2019 | 189 upvotes | by [Cynewald](#)

---

I'm a fairly fit guy and in good shape (5'10, 166lbs) but somewhat homely facially, and I like my ladies slim to normal, but it seems that wanting a slim or healthy weight female is now considered "high standards" by a huge entourage of people as the average American female is disgustingly overweight (5'4 / 171lbs). I'm not going to get out the scales when judging a woman to date, but using 140 to 150lbs as a loose guide, anything considerably more than that looks overweight on an average height woman unless she is muscular or very large framed.

I'm not talking facially beautiful slim or healthy ladies either, just average looking faces - or even below average. It seems simply being a healthy weight woman in America makes you an automatic 5+ or 6, 7 in SMV, where as guys are going to be judged on facial attractiveness, height and general genetics before fat / bodyweight. Its simply a lot harder now for the average healthy weight guy to get a healthy weight girlfriend.

So a "less attractive" or average looking man who is fit and healthy in weight can never monopolize on a "less attractive" or average healthy weight female as she has way more options being one of a few healthy weight females around + hypergamy. A good looking man would simply rather be with an unattractive but fit woman than a goodlooking fat woman who's good looks are hidden because she is too fat. Only 29% of American women are of healthy bodyweights and most men (I'd estimate 85% of men don't want a fatty or overweight woman) are competing for that small pool, so of course women are going to pick Chad, the tall guys, high status guys etc. Basically, fat women create more hypergamy in the non-fat women.

Is a healthy, fit but facially ugly/plain man like me better off looking abroad for a healthy weight partner?

---

Archived from [theredarchive.com](http://theredarchive.com)

---

## Comments

---

FinancialThanks1 • 71 points • 22 October, 2019 10:38 AM

Most American men are overweight as well

If your smv isn't high enough for the women you're attracted to then increase it

Merica911 • 26 points • 22 October, 2019 11:49 AM

<https://www.google.com/amp/s/www.cbsnews.com/amp/news/women-overtake-men-in-u-s-obesity-rates/>

This is back in 2015. Would imagine the two are even farther difference than closer.

Yeah all and all, the US has a weight problem but statistics are showing men are starting to get a better grip on it more than women

Alt\_Mayday • 32 points • 22 October, 2019 12:07 PM

It's no wonder with the whole body positivity bs

PhaedrusHunt • 31 points • 22 October, 2019 12:42 PM

"How dare you call me obese you misogynist piece of crap!"

"I'm your doctor and you are going to die if you don't lose weight."

"Stop body shaming me!"

Sad\_Sleeper • 2 points • 23 October, 2019 07:53 AM

And after that she is 32, fat land whale with 2 cats, alone and blaming Men for everything. hahaha

Merica911 • 9 points • 22 October, 2019 12:15 PM

Yep. And it's gonna get worst before it gets better.

Women just to need to find out by themselves in how all men react to you being overweight (probably invisible) and how they react to you being fit (gold).

It's like girls fuck over girls for NOT being honest and deep down inside they ALL know; be fat - you're sliding down the SMV. Be fit- not only are you "climbing up" but now you're place on the top by default

Cynewald[S] • 7 points • 22 October, 2019 01:24 PM

And fat women are much more spiteful than thin, top tier women. They are bottom of the barrel.

cdh1003 • 1 point • 22 October, 2019 09:13 PM

There's a lot of truth in the cliché about many feminists being ugly and overweight.

deathhandmachiavelli • 90 points • 22 October, 2019 11:56 AM

It all evens itself out.

I would suggest its even EASIER in the US than other countries to get hot women.

US Men are lumps of fat, low muscle tone, skinny arms, pot bellied.

Its pretty easy to get into the top 20% with some style and working out. Once you are there, the fit girls will go

for you.

You are 5'10" 166. I know you say you are fairly fit and in good shape. I used to be 5'11" 165, also fit and in good shape.

I went on a weightlifting and eating binge and got up to 180-185. HUGE difference.

You said " Its simply a lot harder now for the average healthy weight guy to get a healthy weight girlfriend. "

You don't want to be an "average healthy weight guy." You want to be a buffed, hot guy. Then, you don't have to worry about overweight women.

Brodin69 • 43 points • 22 October, 2019 01:06 PM

5'10 166 is fairly small. Good thing you shot up to 185. Im shorter but the same weight but very muscular and have giant thighs. Morale of the story is chicks like muscles.

deathhandmachiavelli • 12 points • 22 October, 2019 05:15 PM

Yup, exactly.

I did fine at 165, but at 185 HUGE difference. Things got so easy with girls I couldn't believe it.

OP could be well served by hitting the weights and eating a lot.

He'll rethink his post when he sees his options increase.

mt\_y\_green\_go • 4 points • 22 October, 2019 09:05 PM

same.. was around 5'11 and 156 lbs. Up to 185lbs makes a huge difference.

sebastianconcept • 2 points • 22 October, 2019 11:44 PM

5'10 and 194lbs ~12%BF and I agree from Brazil

IcyBear7 • 6 points • 22 October, 2019 09:37 PM

Where are you guys living where you think this is true? 90% of young professionals end up in larger cities where the competition is much higher and fitness is a lot better. If you're talking about small towns, hot girls wont live there

TheTrenTrannyTrain • 3 points • 22 October, 2019 05:41 PM

I'm your height but was around 170lbs, until I hopped on and now I'm hovering around 195. Definitely more notice from women.

namethisbooty 1 points 22 October, 2019 09:28 PM **[recovered]**

How old are you? Is it not a dangerous game in terms of heart / renal / liver disease? I've also heard people need to go on for life. I definitely want to hop on but not until im 45-50

Scriptopeia • 1 point • 22 October, 2019 10:31 PM

At that age it's useless

i-am-the-prize • 3 points • 22 October, 2019 07:38 PM

yup, 5' 11" and 205# with low 14% BF, and no problem getting noticed and attention from the fittest of women.

jackandjill22 • -14 points • 22 October, 2019 01:21 PM

Bro wtf are you taking about.

RevolutionaryPea7 • 62 points • 22 October, 2019 11:51 AM

171lb is 77.5kg! Holy fucking shit. That's genuine landwhale territory. At 5'4" I'd expect more like 55kg or about 120lb.

No you shouldn't lower your standards. Please don't. Come to Europe if it's getting too bad over there.

jackandjill22 • 18 points • 22 October, 2019 01:20 PM

Its really bad here man.

Radinax • 6 points • 22 October, 2019 02:36 PM

Which part of Europe?

beginner\_ • 6 points • 22 October, 2019 02:45 PM

Any part is better than that, at least in height/weight ratio.

snb0rder • 9 points • 22 October, 2019 04:26 PM

Every time I travel to Europe, it's blatant how the obesity epidemic in the US has lowered female attractiveness. There's hotties everywhere in Europe

Hungboy6969420 • 1 point • 22 October, 2019 10:18 PM

Yep , far less fatties in Europe when I went this year.

plenty\_of\_eesh • 4 points • 22 October, 2019 04:29 PM

Any part of THE REST OF THE WORLD is better than that.

imhaeri • 2 points • 22 October, 2019 06:05 PM

Australian women are on average really big too. Whether it's as bad as it is in America though, I'm not sure.

Kobinks • 118 points • 22 October, 2019 10:45 AM

Not an american but fuck averages, i like 120lbs blondes and that's what i go for, why settle for less than what you want, it'll just make you miserable.

This post is coming from a position of scarcity, you're making excuses on why you can't have what you want.

TheNashvilleConnxion • 8 points • 22 October, 2019 02:51 PM\*

Fat acceptance doesn't matter. Normal people want hwp and attractive partners. Perform or die.

mkovic • 0 points • 22 October, 2019 11:21 PM

Most people will settle on their partner just like they'll settle in life because comfortable is more palatable than hard work with a good payoff.

flying-backflip • 26 points • 22 October, 2019 01:03 PM

How to balance what you want vs what you're genetically able to get

Kobinks • 8 points • 22 October, 2019 01:13 PM

I wouldn't know, I've never had to settle for less.

I'd imagine increasing your SMV would be a start though.

jackandjill22 • 10 points • 22 October, 2019 01:20 PM

Sure man let's *not* be realistic, there needs to be a rule on this subreddit about "chest thumping".

Kobinks • 12 points • 22 October, 2019 01:26 PM

I am being realistic, not everyone on this sub is an unattractive incel...

mattbrah 1 points 22 October, 2019 01:36 PM [recovered]

Then we must have found the first man who gets every woman he desires

Kobinks • 7 points • 22 October, 2019 01:44 PM

The question wasn't about getting everyone you desire, it was about what you want vs what you're capable of getting.

Key phrase was i don't have to settle for less, that doesn't mean a 100% success rate it means a decent success rate with the women i find attractive and no need to ever lower my standards.

ahillbilly97 • 4 points • 22 October, 2019 02:58 PM

I don't get why this is being argued with. You're not being unreasonable. But at the same time, some guys are short, unattractive etc. Raising SMV helps but everyone has different ceilings

jackandjill22 • -2 points • 22 October, 2019 01:33 PM

Top 20% isn't median even if I were to seriously consider a statement made with your head in your ass.

Protocol\_Apollo • 12 points • 22 October, 2019 01:17 PM

Fat skews SMV/rating scale so much.

A plain Jane who would normally be a 3-5 gets bumped up by a few points just because she isn't fat.

2/3 women in the US are overweight/obese. For UK, 60% of women are overweight/obese.

Cynewald[S] • 7 points • 22 October, 2019 01:58 PM

its actually 68% in the UK. Not far behind America.

Protocol\_Apollo • 2 points • 22 October, 2019 08:39 PM

What? 68>66

US has a higher obesity rate than the UK.

PayneGreyWolf • 3 points • 22 October, 2019 07:31 PM

These are facts most people aren't aware of. I see alot of this in the rateme subreddit. Average ass girls get rated 7+ simply because they aren't fat and aren't drop dead ugly.

Hungboy6969420 • 1 point • 22 October, 2019 10:19 PM

Yep agree totally. If you aren't far you're at worst averageish unless hideous

PhaedrusHunt • 18 points • 22 October, 2019 12:46 PM

I think it's kind of breaking two different ways on one hand you have people in worse shape than ever but on the other hand you also have people in better shape than ever.

Make sure that your social group is people that workout. Date within your community. Rock climbing, cycling, cross fit, all sorts of stuff. If you do BJJ avoid those girls though. Some of them get passed around the gym or other gyms, and it's almost guaranteed she's been with a chadder chad than you'll ever chad.

oooKenshiooo • 13 points • 22 October, 2019 03:14 PM

Bro, any girl who is legitimately into a guy thing you like is awesome fuck buddy material. I used to fuck this musician chic and all we ever ever did was listen to music, have dirty sex and nerd out about equipment. Same thing for a martial artist girl I plated. It's nice to have an actually interesting topic to talk about with a girl.

Just don't get attached.

PhaedrusHunt • 10 points • 22 October, 2019 03:41 PM

Yeah you know it's an interesting phenomenon that I've noticed about myself personally. the type of girl that I seek a relationship with that I could actually get involved with emotionally is someone that I want to be in two different things than I am into.

When was first dating my wife and brought around some of my BJJ buddies one of them said hey you should come and take a class with us. I looked at him right in front of her and I said no I don't think so. Jiu-Jitsu is my thing. She's in great shape and is a good athlete and dancer and all that and would be really good at jiu-jitsu, but I want my time to do my thing and her time to do her thing and I've made it very clear to her that we are not and never will be friends. She said to me once you're my friend. I just laughed and said no I'm not. She got really upset but I kept frame, and she REALLY came to respect that.

There HAS to be some difference, some contrast between the sexes. The greater the contrast the greater the attraction. Keep the differences stark.

Now I've had fuckbuddies before that WERE friends, but you can't let that shit turn into a relationship. All the tension gets removed. That goes back to your original point of making sure not to catch feels for this type of girl because it's a recipe for disaster.

Whenever I see men say "I married my best friend" my simp alarm goes off. MY best friend is a man LMAO I'm not fucking that hairy asshole.

The worst thing you ever want to be part of is to be one of those couples you see at Costco where they're both dressed in Kirkland stuff and look like the same person. Why do they even have genitals?

oooKenshiooo • 4 points • 22 October, 2019 03:55 PM

I agree about 90% I guess.

I actually took my LTR to BJJ and it was a pretty good decision. Sure, some of the chads there can kick my ass right in front of her, but guess what..? It made her appreciate how much hard work I put in, gave her a realistic perspective on fighting and gender strength differences.

However, she does not nearly train as hard or as often as I do, so she will always be more like a guest.

Also, she full well knows, as does your wife, that she is not my friend. That's an underappreciated

corner stone!

askmrcia • 5 points • 22 October, 2019 03:43 PM

Good advice. I do a lot of co ed volleyball, flag football and swing dancing stuff and dated women from there.

I don't know why most people here don't get into co ed volleyball leagues, you have an endless supply of fit women to date. And the fact that it's co ed, tells you that majority of those women are looking to date. You just have to be play it cool and not be too thirsty.

Similar to what you said about the Bjj girls, you do have to be on the lookout for girls that get passed around.

The more you socialize with people around the league, the more you can tell which girls are being passed around. The best indicator is if they are still single and been in the league for a years.

PhaedrusHunt • 2 points • 22 October, 2019 03:53 PM

The more you socialize with people around the league, the more you can tell which girls are being passed around. The best indicator is if they are still single and been in the league for a years.

I've been doing BJJ for a long time and man, I could tell you some STORIES. But the community is relatively small and it would be pretty easy to figure out who I'm talking about.

I'll just put it this way. Back in the early 2000s especially when the man to woman ratio was like 15 or 20 to 1, you would occasionally have these thirsty girls come in that just wanted to be dirty and roll around with hot guys. Most women were serious about training and still are, and there are a lot more women doing it now so I think this is less prevalent. Depending on the gym and kind of the culture that the headed insructor would set, all bets were off. Gang bangs and trains were a thing. I'm sure they still are but that's not happening at my current gym (not when I've been around anyway lol)

backtothebeginning11 • 1 points • 22 October, 2019 01:37 PM\* [recovered]

Your observation is correct, of course, but you're still gonna get a lot of guys who are like the opposite end of the spectrum to Black Pillers and will bleat out "raise SMV" any time a guy points out anything to do with society. *Suck it up and stop complaining, kiddo.* Rollo addresses these guys (what he calls ("Extreme Ownership" in a recent post:

The ideology of personal responsibility is the Swiss army knife of subjectivist rationalization. "Extreme Ownership" is a lot like the "just be yourself" non-response people will give you when they don't know what to tell you about your lack of Game. It sounds like wisdom, but it's really based on the presumption of knowing a guy must always find fault in himself before any other consideration. Guys rarely struggle with overconfidence, but tell him the solution to his problems lies in him self-deprecating more and that he can get behind.

In this subjectivism there are no outside variables. There is no intentional maliciousness from others, or extenuating circumstances, only how you react to them and what you did to bring them on yourself. All the blame for anyone's bad condition rests on the shoulders of the individual:

Your life is fucked up? Your fault.

etc etc. The truth is somewhere in between the Black Pillers who deny that you have *any* control, and the "Extreme Ownership guys" (like the top rated comment) who bleat out "raise SMV" when anyone tries to discuss how society is getting worse and worse for men.

beginner\_ • 1 point • 22 October, 2019 02:51 PM

"stop complaining and lift"

Is till correct answer as even with the ugliest face you will look better when fit vs skinny or fat. Plus good for your health, also mental health.

Patches0wholahan • 19 points • 22 October, 2019 12:29 PM

We need to stops telling people it's ok to be fat.

When a girl is sub 5foot 4 there is no reason she can't be in the under100club.

Hate me if you want, but we all know it's true.

RevolutionaryPea7 • 2 points • 23 October, 2019 07:19 AM

Under 100lb? Sure, if you like anorexic women, I guess.

Patches0wholahan • -1 points • 23 October, 2019 12:47 PM

Na just not attracted to chubby

whostonedtx • 1 point • 22 October, 2019 01:57 PM

depends on the frame. Ectomorph, mesomorph endomorph etc. I'm a mesomorph and I'll never be under 100 pounds and if I was it wouldn't look cute. I would any type of boobs , ass and curves at that point and would look 12.

VaN\_\_Darkholme • 10 points • 22 October, 2019 04:55 PM

There's no such thing as body types. Stfu

whostonedtx • -2 points • 22 October, 2019 05:15 PM

There is . You can still be healthy and fit for your body type. It's just a fit ectomorph will look different to a fit endomorph.

Patches0wholahan • -1 points • 22 October, 2019 02:00 PM

What's weight and height now?

whostonedtx • -1 points • 22 October, 2019 02:02 PM

5 foot 2 and 118 pounds

Patches0wholahan • 3 points • 22 October, 2019 02:26 PM

I'm just gonna stop. No sense in proceeding further with this conversation

glenthedog • 1 point • 22 October, 2019 05:11 PM

Weird

WizardSenpai • 1 point • 23 October, 2019 12:02 AM

Idk why you're being downvoted, thats a great weight. possibly perfect depending on if you lift. any thinner and you'd be damn near emaciated. I know girls with 6 packs at your height and weight, idk what these dudes are looking for.

whostonedtx • 5 points • 23 October, 2019 12:45 AM\*



I honestly think a lot of people don't know what weight looks like on different heights, body frames and ethnicities. Many people assume I'm somewhere around 100 to 110 pounds because I'm petite but I'm not.

Could I afford to lose some body fat? Probably but not necessarily weight. I don't want to look like a kid.

Short girls look better with more muscle or curves because being skinny makes us look like middle schoolers.

<https://ibb.co/G03wMzW>

WizardSenpai • 2 points • 23 October, 2019 01:44 AM

at the end of the day It has a lot to do with genetics too. some girls store more fat in their ass than in their stomach, some girls the reverse. if you're a tummy fat kind of girl then it makes more sense to be lower bodyfat. but I know a lot of girls in the 110-130 range between 5'1 and 5'4 and 90% of them have good to great looking bodies there. under 100lbs is unattractively thin on most girls over 5' tall IMO. 130+ is where I start to consider girls around 5'3 to start looking like they actually need to lose weight or drop in SMV.

whostonedtx • 2 points • 23 October, 2019 02:04 AM

IMO Short girls only look good skinny if they have wide hip bones and long legs. Skinny w Short legs and narrow hip bones is not a good look. Having wide hip bones makes it so that you don't need extra fat/muscle on your hips to look womanly. I unfortunately was not blessed with long legs / wide hip bones so I need a bit of Extra weight there to balance it out.

Patches0wholahan • 1 point • 23 October, 2019 12:46 PM

It's funny to me how women will say being skinny makes them look like middle schoolers because they can't lose the weight. Lol.

whostonedtx • 1 point • 23 October, 2019 07:15 PM

lol well I'm not fat so I'm happy ♀

Patches0wholahan • 1 point • 23 October, 2019 12:55 PM

Judging from your style and body shape, you're mid 30s?

whostonedtx • 1 point • 23 October, 2019 07:13 PM

Oh wow no I'm 26! It's just I was in Vegas. I don't normally dress that way.

Patches0wholahan • 0 points • 23 October, 2019 12:58 PM

Don't worry sweetheart, Mr. White knight is here to save you!!!'

WizardSenpai • 2 points • 24 October, 2019 03:30 PM

☐ you guys are just wrong if you think its reasonable to be under 100lbs at anything over 5 foot without looking like you could drop dead at any moment. even girls I know that are so thin they struggle to lift a gallon of milk with one arm are 110-120 at 5'1-5'3. youd know this if you actually talked to girls, but its clear youre likely some incel who thinks

simply reading RP stuff makes you superior in some way.

Merica911 • 17 points • 22 October, 2019 12:03 PM

Bro. I've been saying this for years! Women (non overweight ones) are winning the sexual hierarchy just by default. Now making a girl that doesn't have any body fat an automatic 10.

All the women that just "letting themselves go" is doing is making easier for the next women to wave her beauty power for thirsty man to get down on one knee without hesitation only for the fact that there isn't many healthy women out there.

And yeah I said it. Overweight = health risk. And Society (women) wants to why these overweight women just ain't finding a partner. It all boils down to childbearing. Men can't have babies. We need women. But a women can't or it be extremely difficult to carry a child being unhealthy.

BuzzLightGear321 1 points 22 October, 2019 03:03 PM\* [recovered]

It's all I want, an equal partner. I'm wealthy, educated, smart, fit, funny, have hobbies. I want her to have the same things but apparently being fit is too high of a standard. W/e, I'll just save up to leave the country.

Merica911 • 1 point • 22 October, 2019 03:08 PM\*

Just curious, were you thinking in going?

So instead trying to be the "top 20% men" the actual work you'll do is just bounce? Like, run away from something all men around the world needs to work on, but you rather just go to a third world country where people can't eat all day because of scarcity of food so, their not.... fat?

Edit. Add. With that being said, you don't have to save your money. Because what you want (endlessly amounts of skinny girls) and what you have (wealth just being in US) you can already financially flourish 2/3rd of the world like right now

BuzzLightGear321 1 points 22 October, 2019 03:18 PM\* [recovered]

Just like I want the best job/body/life, I want the best country. USA isn't it anymore.

Merica911 • -3 points • 22 October, 2019 03:20 PM

Best job/body/life have ZERO to do in what country you're from. You have to work in making that happen. NO country just hands that to you

BuzzLightGear321 1 points 22 October, 2019 03:27 PM\* [recovered]

Your name implies this is a pointless conversation.

Merica911 • 0 points • 22 October, 2019 03:29 PM

Wow. How you think is astonishing disappointing but peace and good luck from running away instead something you should be working on.

XXXMersenne • 4 points • 22 October, 2019 02:39 PM

If you're good at game you don't worry about this.

Start going out 4-7 nights a week, sober & solo, torrent RSD Blueprint Decoded and you'll be good by June 2020.

Funkydirigidoo • 8 points • 22 October, 2019 11:14 AM

I often think of those stats too and it scares and depresses me. I live in a big city though, so I don't see it. I can't imagine what it must be like outside the city.

jackandjill22 • 1 point • 22 October, 2019 01:21 PM

How does living in a city affect this?

thy\_shall\_win • 10 points • 22 October, 2019 01:32 PM

Cities usually have the highest average SMV I would say, speaking from experience.

jackandjill22 • 1 point • 22 October, 2019 01:40 PM

Hm...Interesting. Appreciate the insight.

Funkydirigidoo • 1 point • 22 October, 2019 11:06 PM

People are wealthier in the cities. Higher wealth usually equals better nutrition and fashion, which means higher SMV.

jackandjill22 • 1 point • 23 October, 2019 12:31 AM\*

That *is not* necessarily true, cities usually have the highest gini-efficient & growth of homelessness among many other things. Everyone wanting to live in cities doesn't mean all the inhabitants are wealthy.

Funkydirigidoo • 1 point • 23 October, 2019 12:32 AM

sure, but I don't see the poor and homeless as people /s (kind of)

jackandjill22 • 1 point • 23 October, 2019 12:36 AM

Everybody does, we just look through them.

AlmostWardCunningham • 5 points • 22 October, 2019 01:28 PM\*

Holy shit that's nuts, no wonder it's so hard to find women who weigh around 120lbs or less.

Cynewald[S] • 1 point • 22 October, 2019 01:57 PM

Its why I'm considering Thailand, Laos, Cambodia, Vietnam. The women in those countries are light and slim mostly.

AlmostWardCunningham • 10 points • 22 October, 2019 02:07 PM

I used to think that white guys who dated Asian girls had "given up", but that's not true anymore. White girls gave up by becoming so obese.

scorpionkinggg • 3 points • 22 October, 2019 11:37 PM

Obsolete\*

AlmostWardCunningham • 1 point • 22 October, 2019 11:53 PM

Yeah seriously, so many fatties on dating sites.

VaN\_\_Darkholme • -2 points • 22 October, 2019 04:54 PM

"women"

Obstruction • 4 points • 22 October, 2019 02:05 PM

Bruh that is wild as fuck. My target weight at 6' is 180... 5'4" female at 171 is gross lol. That's like 20%+ bodyfat :S.

Where did you get this study/data?

MattyAnon • 5 points • 22 October, 2019 04:29 PM

but it seems that wanting a slim or healthy weight female is now considered "high standards" by a huge entourage of people

Who cares what other people think - it's not relevant.

Go for the girls you like, and tell everyone she "has a nice personality" of "I'm attracted to her joy of life" or some such bullshit.

Go after slim women, you'll get them. But you don't need to worry about it more than that.

PickUpScientist • 12 points • 22 October, 2019 10:43 AM

you seem to be operating under the assumption that men being fat is more acceptable to most women than women being fat is to most men. that is most definitely not the case.

FatGirlsInPartyHats • 16 points • 22 October, 2019 12:08 PM

You're wrong. While being fat is a turnoff if a dude has money, power, status, etc. women largely will overlook virtually any physical attribute.

Men care about looks... not even personality...just looks.

PickUpScientist • 3 points • 22 October, 2019 02:02 PM

if it is your firm believe that fat men fair better on the dating market than fat women i don't know what to tell you. maybe if you are from the south of the united states, but not in most places.

FatGirlsInPartyHats • 10 points • 22 October, 2019 02:11 PM

I'd say a fat man who's got money or power is going to get a higher value partner than a fat woman who most likely will settle for someone unattractive and broke or blowing lots of random dudes who won't date her who she met on tinder.

beginner\_ • 3 points • 22 October, 2019 02:47 PM

A fat guy can also be strong, in extreme that would be a power lifter.

BuzzLightGear321 1 points 22 October, 2019 03:03 PM\* [recovered]

Not for short term fucks

FatGirlsInPartyHats • 7 points • 22 October, 2019 03:49 PM

Doughy dudes with cash and power get short term fucks all the time,mostly because women want something from them but it happens.

BuzzLightGear321 1 points 22 October, 2019 03:51 PM\* [recovered]

Great point, I forgot about sugar babies.

FatGirlsInPartyHats • 2 points • 22 October, 2019 04:07 PM

Actresses who want a part, secretaries who want a raise/promotion, girls who want to go to an exclusive event or trip, etc.

Merica911 • 4 points • 22 October, 2019 12:20 PM

You must be new here? And I say this with true concern and not trying to dis you.

But with all the sympathy, please read all the sidebar because a comment like that is BP thinking.

I can easily show you the whole NFL offense line that's consider obese men and all their hot wives

AceMav21 • 3 points • 22 October, 2019 12:41 PM

This dude just wants to not get stuck with a fat bitch

i-am-fish • 3 points • 22 October, 2019 04:42 PM

Look these are averages..... I will admit I just came back to the US from Germany and just a simple observation coming back to the US was really eye opening and sad. Yes the first thing is noticed was both men and women are fat here(also slow as fucking hell doing simple task like getting me coffee). So I understand where are coming from.

Also you may want to take into account location, the west coast is vastly different from the east coast. Take LA for example, I noticed that many women take care of them selves where as here in FL you get chunky chicks at the beach...

bodybuilder98 • 3 points • 23 October, 2019 12:11 AM

Just whatever you do, do not ever date a woman of another race (White guys going for Asians), I'm looking at you.

BeenCalledLazy1ce • 1 point • 23 October, 2019 07:36 AM

Why so ?

bodybuilder98 • 1 point • 23 October, 2019 12:37 PM

Inter-race mixing is horrible.

BeenCalledLazy1ce • 1 point • 24 October, 2019 04:47 AM

What if they are childfree ? I'm wondering why you specifically pointed out caucasian and asian race mixing , most uproar I heard about was about caucasian and African mixing .

distantoceanangrey • 5 points • 22 October, 2019 12:53 PM

I tell my gf's I will break up with them if they crest 115. I have never had trouble replacing one, but I have never had to replace them because of weight. Definitely more big women than women at a healthy weight, definitely a lot less at an attractive weight than a healthy weight, but they are out there, I think they are all the same so I wouldn't consider them to be of higher value, just higher problems.

maljo24 • 2 points • 22 October, 2019 12:33 PM

That's all ages, not specific to college age women. Remember large breasts make women heavier also. Look around. Lots of slim young women.

cracksniffer666 • 2 points • 22 October, 2019 03:32 PM

I just fucked overweight chicks until I came across a fit lady I met at the gym. There's a lot of fat chicks out there, but most of that average are women already married bro.

Lalocal4life • 2 points • 22 October, 2019 05:51 PM

Absolutely not. Go to any large chain gym. Get a membership. Lift weights and don't relentlessly hit on ever fit woman in sight. Times passes.

Get a girlfriend that meets your standards.

johnn2015 • 2 points • 22 October, 2019 07:22 PM

140/150 lbs female is pretty fat.

Garathon • 2 points • 22 October, 2019 09:49 PM

Move to Europe. We hate whales.

warthundersfw • 3 points • 22 October, 2019 03:13 PM

Gotta bring back fat shaming. Fat bitch bring a count? Call her a fat bitch. It's gonna take hard men to put these bitches back in their place and to the gym. Also shame guys for dating fatties or even ones below 5s. They're the real problems, absolutely pathetic

Cynewald[S] • 1 point • 23 October, 2019 03:34 PM

In reality those people don't care about you one bit. They simply want to help every lardass female find her meal ticket so she can have a clueless beta provider to leach resources from and stuff her cake-hole even more. All women need to do, to be physically acceptable is to stay trim or normal in shape more or less, and the rampant obesity epidemic proves women fail to accomplish even that.

AceMav21 • 2 points • 22 October, 2019 01:20 PM

I remember my fat little sister who like 5'4 150 said once when I gained 15 pounds of muscle @ 10% bf. "Hey you finally weigh more than me".

InformalCriticism • 1 point • 22 October, 2019 01:28 PM

Wanting someone who takes care of their health is not a high standard if you are also healthy.

I suspect you're looking for an LTR, or a steady girlfriend, but you shouldn't really be looking for that if you're capable of getting into the top 20% of males, at which point, you won't have to settle for any one girl.

dark\_rabbit • 1 point • 22 October, 2019 03:20 PM

According to math, it's the bottom 50%. So no, not high standards, just the other half.

LordFa9 • 1 point • 22 October, 2019 04:12 PM

Be the top 20% and only date the top 20%

"Because you're worth it" doesn't just apply to women

thetotalpackage7 • 1 point • 22 October, 2019 04:24 PM

What's your body fat %? Are you skinny fat?

JiraiyaKun • 1 point • 22 October, 2019 04:42 PM

Holy shit I didn't know the average woman was that fat

Nergaal • 1 point • 22 October, 2019 04:44 PM

guys are going to be judged on facial attractiveness, height and general genetics before fat / bodyweight.

Is this true?

FillySapper • 1 point • 22 October, 2019 05:12 PM

idk all I can say is thicc.

And there are a lot of underweight women because of weight stigma. I wonder if weight has to do with failed pregnancies.

PIGamer86 • 1 point • 22 October, 2019 06:55 PM

"Real men like curves."

Nah. Men like whatever they want.

RPthrowaway123 • 1 point • 22 October, 2019 07:56 PM

Holy hell, are US women really that fat now? What the fuck lol.

Hamlet\_Prime • 1 point • 22 October, 2019 08:17 PM

Why are you crying? there's too many people on the planet, so ya it's going to be harder to find the good ones.  
Raise SMV

MOSFETBJT • 1 point • 22 October, 2019 09:02 PM

Also, I fact checked OP because this sounded made up. ...he is right wtf!

<https://www.cdc.gov/nchs/data/nhsr/nhsr122-508.pdf>

Players5045 • 1 point • 22 October, 2019 09:57 PM

My wife and I are both fit trim but we both prefer slightly chunkier somewhat chubby swing partners

[deleted] • 1 point • 23 October, 2019 06:40 AM

Does it have to do with feeling superior to the non-primary swing partner?

kick6 • 1 point • 22 October, 2019 10:37 PM

Yes it's high standards. No, you shouldn't lower them.

DaddyIssues6 • 1 point • 22 October, 2019 10:40 PM

Only really acceptable if you fall into the same male "high standards". Be more than average and receive more than average.

Time\_Soup • 1 point • 22 October, 2019 11:00 PM\*

Because it's morons that are fat. Everyone I work with has a stem degree.

Keeping in mind the real BMI scale where 150 is overweight for a 5'5" girl

Lady 1 - Model Figure

Lady 2 - Fit

Lady 3 - Normal BMI

Lady 4- overweight, used to be obese, but like 4'10".

Girl 1 - Normal BMI

Girl 2 - Thin

Girl 3 - Thin

Girl 4 - Slightly overweight, probably about 180 but only because she's like 5'10"

Girl 5 - Obese, worst in department at job too at her job.

New Area

Girl 1 - Thin/fit

Girl 2 - Thin

Girl 3 - Normal BMI, fit

Girl 4 - Thin

Girl 5 - Thin

Girl 6 - Overweight, maybe borderline obese

Lady 1 - Thin

Lady 2 - Thin/Fit

Lady 3 - Fit

Lady 4 - Fit

Lady 5 - 10ish pounds Overweight but looks like she works out too

Lady 6 - 5ish pounds Overweight but looks like she works out too

Lady 7 - Overweight? But pregnant so maybe not?

Lady 8 - Overweight, like 4'10" like the other one. I don't know how you manage at that height

Lady 9 - Rail thin

Girl 6 - Rail thin

Lady 9 - Overweight, trending towards Obese, 60+ years old

So 9/26 are Overweight with only 1 or 2 Obese, with 2 of the overweight ones being attractive still because they look like they work out i.e. good posture, thigh/butt thickness, square shoulders etc. One of the rail thin ones looks like the wind is going to blow her away and like she has scoliosis.

Nighthawkdragon8 • 1 point • 22 October, 2019 11:32 PM

Absolutely not. You should strive for model quality girls. You know about game which, with hard work, can allow you to get past 97 percent of guys, so top 3 percent women is your standard.

gigolobob • 1 point • 22 October, 2019 11:42 PM

140lb crew checking in

Imaginary\_Historian • 1 point • 23 October, 2019 03:55 PM

171 lbs sounds like the average for all ages to me and all locations.

People pork up with age so if you are looking in a younger bracket then I bet the odds are better.

Plus, people are in general in better shape in larger cities, particularly northern cities, than average.



Whyalwaysrish • 1 point • 22 October, 2019 11:37 AM

depends where you live

castleglastonbury • 1 point • 22 October, 2019 03:12 PM

MAN THE HARPOONS

WHITE WHALE

HOLY GRAIL

YoSerato • 1 point • 22 October, 2019 03:51 PM

Move to Europe, problem solved. Trying to plan my escape myself lol.

whostonedtx • 0 points • 22 October, 2019 01:51 PM

Height and muscle mass should be factored in as well.

170 pounds at 5 foot 3 looks different on 170 pounds at 5 foot 9.

Also - lots of women lift weights these days and have muscle weight.