

## Syracuse University Senior Redefines Health in Instagram Blog

*By Madeline Hunt*

**SYRACUSE, N.Y., Feb. 11, 2020** – If you’ve ever been a college student, you know the ins and outs of the dining hall. The place where you go to eat with your friends and bask in glory at the wall of cereal dispensers and the soft serve ice cream machine. There is nothing quite like sitting for hours on end at the all-you-can-eat buffet getting seconds, then thirds...

This is something that Jordanna Drazin, a Syracuse University senior, knows all too well. She has invited the public to see her documented journey on her health and fitness Instagram blog. The account started as a cathartic release for Drazin herself but evolved into posting real, relatable content for her followers on health, fitness, body positivity and living your own version of your happiest and healthiest lifestyle.

In her childhood and teenage years, Drazin danced competitively and was used to eating with no repercussions. In the months prior to her freshman year at Syracuse, she caught herself starting to binge eat. Once on campus, Drazin’s poor eating habits escalated, and, while she noticed slight changes, she felt it was nothing extreme.

“When you see yourself every day, you don’t realize that you’re gaining weight. I looked the same to me. My clothes were getting tighter, but I still didn’t think it was that drastic,” Drazin said.

After her freshman year, she ignored her family and friends’ faces and comments that hinted she had gained weight. It was not until she saw a number on the scale at her doctor’s office that it sank in.

“My heart sunk,” she said. “It wasn’t that I cared about the number. It was that I genuinely didn’t believe that I had gained that much weight. It confirmed what everyone in my family had

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been trying to tell me, but I just figured that this was where I was now, and I tried to make peace with that.”

Fast forward to the summer after Drazin’s sophomore year; a perk of her summer internship was a discounted gym membership. As she began to exercise, she started to realize muscle definition and felt extremely proud of her progress. While losing weight was never her intention, by the end of the summer she had lost 23 pounds. She felt healthier, stronger and more confident than ever before.

When looking at fitness influencers on other Instagram accounts, it irritated Drazin the way they portrayed unrealistic expectations with full faces of makeup, perfect hair and not a drop of sweat at the gym. Looking to squash the misconceptions that she saw, Drazin created an Instagram account and dubbed it “@thedailyschvitz.” She started by posting sweaty selfies post workout to show people what that truly looked like for her.

Soon enough the account became a makeshift diary where Drazin could be honest and share her struggles with binge eating. Finally, she didn’t have to feel ashamed anymore but instead hoped to share her story and help others.

The more passionate Drazin became about health and fitness, the more questions she got asking for advice about what to eat or what workouts to do. She decided that she wanted to share her knowledge with her growing follower base, and, before she knew it, her account evolved into posting class reviews, recipes, workout videos, tips and more.

Ever since @thedailyschvitz took off, Drazin has stayed true to a few key messages that she

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Two years later, Drazin stays true to posting her sweaty post workout selfies. Source: Instagram @thedailyschvitz

wants her content to support. First, she always wants to be authentic by posting real photos and her real story without any guilt. Another one of Drazin's goals is to convey that confidence comes from progress and improvement, not only from losing weight.

Drazin also explained that she wants to inspire her followers to lose weight if that is their intention, but she never wants them to feel that they *need* to lose weight in order to be healthy. This delicate balance is hard for Drazin to navigate, especially since losing weight was what started her journey, but all of her posts and captions emphasize body positivity no matter what the number is on the scale.

In @thedailyschvitz's future, followers can expect to see more workout videos and other new things, such as vlogs, so Drazin can speak to her followers at length and more personally. She is in the process of becoming a certified personal trainer and has started by training a few friends. One of her trainees, Syracuse University sophomore Grace Sands, hired Drazin as her personal trainer about a month ago and already sees results in her fitness routine and her outlook.

"Jordanna is one of the most inspiring and hardworking people I know," said Sands. "She has increased my confidence and made me much more driven to get to the gym. She has helped me realize that by working out, what's important is feeling happy, not feeling skinny."

While @thedailyschvitz started as an outlet for Drazin to share her struggles with eating and exercise, it has evolved over the past two years into an account that her followers look to for motivational tips and inspiration. In light of today's extreme diet culture, Drazin hopes to continue blogging her story in order to educate people on what good health truly looks like.

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