



## Heartbeat

**Genre:** Short Story

Dave tries to gain weight, but he remains as thin as ever. Then he discovers that wearing layers of clothes makes him look big. One night, he almost faints at a party from all the extra layers. After that, he decides to accept himself and dress normally.



## Behind the Bulk

**Genre:** Informative Article

Craig was obsessed with building up his muscles, so he turned to anabolic steroids. He got huge, but the drugs damaged his health and personal life. When his drug use affected his relationship with his son, he finally decided to change.