Dad Bod May Be In, But It's Not Healthy

By Ana-Marija Dolaskie — July 6, 2016

According to the Internet, and beer-bellied men everywhere, biceps are out, and curvy men are in. 'Dad Bod' has taken the U.S. by storm, with nearly 28 million men sporting the trendy physique — even celebs are doing it. But despite the fact that men have given up on looking like Brad Pitt circa Troy, is dad bod healthy?