

What being Tall Means to Me

Being tall as a woman compared to being tall as a man are two very different experiences indeed. As young boys growing up, most have dreams of being tall for many reasons such as fitting into the "tall, dark and handsome" stereotype, more efficient at playing sports, specifically basketball, volleyball, water polo, rowing and sporting or whatever sport requires long limbs as an advantage, and being more attractive to the opposite gender. Likewise, growing up little girls may toy with the idea of being tall mirroring themselves with the fantasy of their favorite supermodel or sports figure. Now that I am grown up and tall, I have realized that for at least most of the time, men seem to romanticize shorter, petite women. At first, this may seem like a tall woman's height is a disadvantage in regards to romance; however, in my opinion this automatically disqualifies men who have the need to feel superior heightwise compared to their female partners. Thus, leaving the men who are secure in themselves available for all of the tall women! Being tall provides women with a different perspective regarding romantic relationships and more so focuses on character and personality as opposed to just looks.

Tall people have the blessing of many tall-people experiences, both positive and some less positive. Since I am tall, I am asked constantly if I play basketball. I get asked this question mostly from the older women at my church, but nonetheless I do not mind. The ladies who ask me this question are sweet and innocent and it provides an easy and efficient conversation starter. A less positive aspect of being tall is finding clothes, specifically pants that fit. I am limited in my store choices of brands that carry Longs/Talls in pants, and even then most times after the first washing the pants shrink up and are still too short. What started out as a sleek looking long pant on the tall supermodel in the ad now looks like a pair of frumpy capri pants on me once they have been washed.

Being tall also has a plethora of health benefits that many do not know about. Some studies suggest that being tall is connected with higher IQ, higher income and lower risk of dementia, heart disease and diabetes. Tall people tend to exude leadership due to their height, thus gaining a higher income than their short counterparts.

I have been given the gift of height and I am thankful for this genetic trait. While some women who are 5/11" might shy away from wearing heels, I proudly put on my stilettos and confidently walk around well over 6 feet tall. I see being tall as a positive attribute for many reasons. The most important benefits of being tall for me means having limbs that can help others in need in society. I have long arms that can reach out and help lift up someone who is down. I have long legs that can run to those in distress and provide a positive role model for them. Being tall means people look up to me, literally, and I have a reputation to uphold. Like it or not, when you are tall people notice you. I can use this attention from others positively as I uphold dignity, virtue, love and compassion to all those I come in contact with. Overall, being tall or short is all a matter of mindset about how you carry yourself in the body you've been given. The true definition of who we are doesn't come from outward appearances, but rather our moral character and depth of who we are in our hearts.