# Demi Moore opens up about her past body image struggles and evolving self-care approach



Demi Moore has openly shared her past struggles with body image and the extreme measures she once took to maintain her physical appearance. The 62-year-old actress, who recently earned her first Oscar nomination for her lead role in the sci-fi horror film The Substance, reflected candidly on the pressures of Hollywood that fuelled her “obsession” with exercise.

In a new interview with People for their World’s Most Beautiful 2025 cover story, Moore revealed how she subjected herself to intense workout routines, including biking from Malibu to Paramount Studios—a distance of around 26 miles. “I did torture myself,” she admitted. “Crazy things like biking from Malibu all the way to Paramount, which is about 26 miles. All because I placed so much value on what my outsides looked like.”

The star explained that her mindset around fitness and body image has since evolved significantly. “I think the biggest difference today is it’s so much more about my overall health and longevity and quality of life. I think I’ve evolved into greater gentility toward myself,” Moore said. “I was so harsh and had a much more antagonistic relationship with my body. And straight up I was really just punishing myself.”

Now, Moore says she embraces a more “intuitive” and “relaxed” relationship with her body, listening to its needs and responding without fear. “I trust when it tells me it needs something to eat, that it’s thirsty. I listen to my body today, and I have a lot less fear,” she continued. “When I was younger, I felt like my body was betraying me. And so I just tried to control it. And now I don’t operate from that place. It’s a much more aligned relationship.”

Her current wellbeing routine includes short meditation sessions, journaling, and a nutrient-dense diet that excludes meat but includes eggs. “I think a big part of wellness is really inside out. And I’ve come to realise how important sleep is,” Moore remarked, while acknowledging she still enjoys occasional indulgences like Red Bull.

Moore also spoke in a September 2024 interview with The Independent about how playing Elisabeth Sparkle in The Substance helped her to embrace her imperfections. “I knew there were going to be shots that highlighted my flaws, but those allowed me to find acceptance and appreciation in myself,” she said. “It was about surrendering. I had to let go of any parts of me that value perfection.”

The Independent notes that for anyone facing similar struggles with body image or eating disorders, support is available through organisations such as the eating disorder charity Beat and the National Centre for Eating Disorders Federation (NCFED), both of which offer helplines and resources.

Source: [Noah Wire Services](https://www.noahwire.com)

## References

* <https://www.youtube.com/watch?v=iYRwe7eiFIg> - This video from People Magazine covers Demi Moore's reflections on being named People's 2025 World's Most Beautiful cover star and her evolving relationship with her body, discussed in the context of her past roles and experiences.
* <https://www.instagram.com/reel/DIwvBd8scLb/> - This Instagram reel mentions Demi Moore's latest recognition as People's World's Most Beautiful 2025, as well as her Oscar nomination, highlighting her achievements in both film and personal life.
* <https://www.the-independent.com/life-style/demi-moore-people-worlds-most-beautiful-b2737547.html> - The Independent discusses Demi Moore's journey with intense workout regimens and her shift towards self-acceptance, particularly highlighting her experience playing Elisabeth Sparkle in The Substance.
* <https://extratv.com/2025/04/22/people-magazine-names-demi-moore-world-s-most-beautiful/> - This article from ExtraTV reports on Demi Moore being named People's World's Most Beautiful 2025 and includes her thoughts on beauty and aging, reflecting on her role in The Substance.
* <https://parade.com/news/demi-moore-revealed-worlds-most-beautiful> - Parade's coverage of Demi Moore's recognition as the World's Most Beautiful includes fan reactions and excerpts from her interview, where she discusses aging in Hollywood and her evolving self-appreciation.