

SUPPORTING SIZE ACCEPTANCE

Doing Your Part as a Professional

Become Educated About This Issue

1. Read books and articles about the new paradigm which promotes health, self-esteem and beauty for all sizes. Begin with *Big Fat Lies: The Truth About Your Health and Your Weight* by Glenn Gaesser, Ph.D., *Nothing to Lose: A Guide to Sane Living in a Larger Body* by Cheri K. Erdman, Ed.D., and *Self-Esteem Comes in All Sizes* by Carol Johnson
2. Become a member of the political and social activist group, NAAFA (National Association to Advance Fat Acceptance). Membership is \$35 a year and includes a newsletter with the updates on the diet industry, legal rights of large people, obesity research reviews, and other articles of interest. Contact NAAFA at (916) 558-6880.
3. Subscribe to "The Healthy Weight Journal," a publication which educates and informs on obesity research. Call (701) 567-2646.
4. Subscribe to *Radiance: The Magazine For Large Women*, and *BBW* [Big Beautiful Woman] *Magazine*. Both are upbeat quarterly magazines for women all sizes of large, of all ages, lifestyles and ethnic groups. Issues feature articles on health, media and fashion along with compelling profiles of successful large women from all walks of life. For subscriptions contact *Radiance* at (510) 482-0680 and *BBW* at (800) 707-5592.

Become A Size-Friendly Professional

1. Communicate that you are a size-friendly professional! Leave copies of *Radiance* and *BBW* in your office and public areas such as lounges and waiting rooms. Recommend both *Radiance* and *BBW* to clients (also NAAFA).
2. Consider displaying prints or art reproductions that celebrate large people on your walls.
3. Have seating in your office in which a larger body will feel more comfortable—armless chairs, substantially built that can hold a heavier body.
4. Keep a small lending library of information on this topic so that you can offer material to people, colleagues, or clients who are interested or skeptical.
5. Raise your colleagues' consciousness by starting to address these issues in formal and informal ways. Ideas: bring these issues up in supervision, in informal discussions over coffee, and by reading some of the material mentioned

here in a discussion group; ask a colleague to come to meetings that address aspects of this issue; invite someone to present on this topic in your organization; sponsor a workshop on your campus.

Doing Your Part as a Person

Avoid Participating In The Diet Culture!

1. Do not go on weight loss diets, or engage in compulsive or excessive exercise programs.
2. Avoid all discussions of "good/bad" food and being "good/bad" in relationship to eating.
3. Do not compliment anyone for losing weight. Likewise, do not criticize anyone for gaining weight (to their face or to others).
4. If you struggle with weight and body image issues, try to discuss your feelings in private. Avoid complaining that you "hate your fat thighs" or "wish you were thinner" in public. **Try to learn to accept and love your own body!**

Other Important Things To Do

1. Make a pact with yourself to be politically active by writing a letter of protest to an advertiser or a TV show or a Congressperson on size acceptance issues at least twice a year. Watch the NAAFA newsletter for letter writing campaigns.
2. When you hear comments or see behavior that troubles you, consider saying something in a constructive way that challenges and educates.
3. Encourage your close friends and family to do some of the following: question their own sizeism; eliminate fatphobic behavior; stop participating in the diet culture; and support the rights and dignity of larger people.
4. Encourage colleagues to do some or all of the above.

Developed by Dr. Cheri K. Erdman and may be reprinted if she is given due credit as originator.