



## January 2017 NAAFA Newsletter

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### Video of the Month



#### Body Positive New Year's Resolutions? Let's Do it!

Although Cece published this video last January, it is still relevant this new year and every new year. Having a positive attitude and loving your body is always a good choice.

### 2017 NAAFA Advisors Webinar Series



NAAFA's Board of Directors and Advisory Board Members are pleased to introduce the 2017 NAAFA Advisors Webinar Series. These webinars will be **FREE OF CHARGE**, an educational service to not only our members and the size acceptance community, but to the world. All interested parties are welcome to join us. Of course we are always happy to accept donations to help support the efforts of NAAFA to realize Equality at Every Size. These webinars will occur bimonthly throughout the year.

### Quick Links

[NAAFA.org](http://NAAFA.org)  
[NAAFA-CC.org](http://NAAFA-CC.org)

Facebook

[Main](#)

[Cause](#)

[Toronto, ON, Canada](#)

[Capital \(DC\)](#)

[Clark County, NV](#)

[SF Bay, CA](#)

[Los Angeles, CA](#)

[Orange County, CA](#)

[End Bullying Now](#)

[Twitter](#)

The first in our series of presentations will be **Why Become an Advocate for HAES® (Health-at-Every-Size®)? on Saturday, January 28, 2017 at 11:00AM PST, 2:00PM EST presented by NAAFA Advisor Joanne Ikeda, MA, RD**, a nationally recognized expert on pediatric obesity and the dietary practices of ethnic and immigrant populations as well as a pioneer in the HAES community and long-time NAAFA supporter.

Health At Every Size and HAES are registered trademarks of the Association for Size Diversity and Health, and are used with permission.

Joanne is dedicating her presentation to Frances White, “who welcomed me into NAAFA in the mid-'90s when most dietitians were not fat-friendly. She made me feel like I had something to contribute and encouraged me to participate in annual meetings and other NAAFA projects . . . her friendship is one I really treasure.”

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Joanne's objectives are that:

1. Participants will be enthusiastic about adopting HAES as their approach to health.
2. Participants will become familiar with resources they can use to learn more about HAES and to advocate a HAES approach to health.
3. Participants will learn to recognize bogus HAES programs when they see them.

This webinar is **FREE OF CHARGE** to all who wish to attend. All you need to do is register at <http://www.naafaonline.com/dev2/community/events.html>

## Easy Fitness!

*by Cinder Ernst*



*Easy Fitness for the Reluctant Exerciser* is the name of my book! It is due out on February 28th! I'm so excited. Excited, not only by how smoothly the process of writing and publishing is going, but by the content itself. I love how it feels to read the book. It's loving, funny and kind. Can you believe I'm saying that about a fitness book? Lol

What makes Easy Fitness easy? As I was thinking about this, a million reasons came to mind. But there is one overarching reason that covers them all. Easy Fitness is easy because it is a completely different pathway than traditional fitness. Traditional fitness is often not easy and can be frustrating.

Traditional fitness begins with a flawed premise. It says there's something wrong with you and you need to fix it. Or it says there will be something wrong with you if you don't exercise. I think all the trouble with exercise comes from that flawed premise. If you find yourself a reluctant exerciser, I say bravo! Your reluctance points to your refusal to agree with that flawed premise.

Easy Fitness starts with a true premise: You are fine. Where you are is fine. Making peace with where you are gives you a way to move forward. Where you are is always fine because it's your perfect starting point. You may want to argue that you are not fine; that where you are is not ok. You may feel that way because of all the "health hype". Thinking you are not fine is not a good place to start your fitness journey.

So start with making peace with where you are. Appreciate yourself. Appreciate others. Appreciation that feels good is a great way to feel good. When you are feeling good, that's the time to try a bit of exercise.

Find me on Youtube.com and try an Easy Fitness small step!

[https://www.youtube.com/playlist?](https://www.youtube.com/playlist?list=PLF8D2Po4p9djYXwrF0lRXGevOMwop6JKn)

[list=PLF8D2Po4p9djYXwrF0lRXGevOMwop6JKn](https://www.youtube.com/playlist?list=PLF8D2Po4p9djYXwrF0lRXGevOMwop6JKn)

# January is Self-Love Month

## Tip #3



**Do things for OTHERS!**



## Celebrating the Life of Frances White



Do you live in the SF Bay area? Help us celebrate the life and accomplishments of Frances White. Join friends and loved ones on Sunday, February 5, 2017 from 1:30 pm – 4:30 pm at Studio One, 365 45th Street, Oakland, CA. Please share this message with anyone who might like to celebrate Frances' life.

## NAAFA Chronicles #11

As part of our monthly NAAFA Chronicles feature, here and on the "Chronicles" tab in the newsletter section of the NAAFA website, enjoy NAAFA's eleventh newsletter; the June 1973

issue:

[http://www.naafaonline.com/newsletterstuff/oldnewsletterstuff/Chronicles/June\\_1973.pdf](http://www.naafaonline.com/newsletterstuff/oldnewsletterstuff/Chronicles/June_1973.pdf)

## Media and Research Roundup

by *Bill and Terri Weitze*

July 7, 2016: Watch David Peters, internet star of a video of him twirling baton in a 4th of July parade in the Pittsburgh area.

<https://www.follownews.com/v/3qsz>

<https://www.facebook.com/viralthread/videos/611306739042013>

July 24, 2016: Fatima Parker appears on BBC Sunday Morning, telling why fat shaming is unacceptable and explaining that claiming fat equals unhealthy is part of fat shaming.

<https://www.facebook.com/fpfatimaparker/videos/1214237871949358>

September 12, 2016: Your Fat Friend (who writes anonymously because of threats she has received) describes the battle fat people face going to the doctor and talking to family and friends about health in a world where fat is assumed to mean unhealthy.

<http://www.upworthy.com/what-its-like-going-to-the-doctor-as-a-fat-person>

December 6, 2016: A study on physical reactions in social interactions shows that obese participants had stronger responses, possibly related to negative body image, and suggests that behavioral interventions focusing on body image and social insecurity might improve the wellbeing of fat patients.

[https://www.researchgate.net/publication/311247673\\_Parasymphathetic\\_cardio-regulation\\_during\\_social\\_interactions\\_in\\_individuals\\_with\\_obesity-The\\_influence\\_of\\_negative\\_body\\_image](https://www.researchgate.net/publication/311247673_Parasymphathetic_cardio-regulation_during_social_interactions_in_individuals_with_obesity-The_influence_of_negative_body_image)

December 14, 2016: A new study claims there is a causal relationship between body mass index (BMI, a weight-height ratio) and atrial fibrillation (AF) and offers the possibility that public health initiatives to prevent obesity could reduce AF.

<https://www.ncbi.nlm.nih.gov/pubmed/27974350>

December 15, 2016: Japanese pop group Potty, named after a slang word for chubby, is gaining followers and acceptance. The members are all heavier than average in a country known for thinness and hope to change peoples' minds about fat stereotypes and bias.

<http://www.foxnews.com/health/2016/12/15/japans-pudgy-pop-stars-take-aim-at-obesity-prejudice.html>

December 16, 2016: A woman buying ice cream for her children decides to fat shame an employee, then complains on Yelp that although the employee does her job well, her looks "interfere with my experience." The employee shared the story to educate people about bullying, and has received a lot of positive feedback and support.

<http://people.com/bodies/teen-ice-cream-scooper-fat-shamed>

December 19, 2016: From the "no duh" department: A study finds that, two years after having Roux-en-Y gastric bypass surgery, patients develop more food intolerance and aggravated gastrointestinal symptoms than those who didn't get the surgery.

<http://www.healthnewslines.net/weight-loss-surgery-digestive-issues/2536249>

<http://onlinelibrary.wiley.com/doi/10.1002/bjs.10419/full>

December 19, 2016: A study concludes that for women over 80, the rate of weight loss is associated with increased risk of dementia or mild cognitive impairment. More study is needed to understand the association.

<http://onlinelibrary.wiley.com/doi/10.1111/jgs.14552/full>

December 20, 2016: Coverstory, a plus-size clothing brand, has been looking for a female trans model for their new campaign. Shay Neary booked the job, and she looks stunning.



Both Coverstory and Neary are advocates for more diversity in the fashion world.

[https://mic.com/articles/162832/a-plus-size-transgender-model-just-made-history-by-landing-a-major-fashion-campaign](https://mic.com/articles/162832/a-plus-size transgender model just made history by landing a major fashion campaign)

December 21, 2016: Teresa Newsome used to hate her body but those days are (mostly) behind her, and she shares her journey with photos of the parts of her body that she struggled with.

<https://www.bustle.com/articles/196371-i-took-intimate-photos-of-every-body-part-i-used-to-hate-it-showed-me>

December 23, 2016: Marilyn Wann makes CNN's list of top opinions for 2016 (scroll down – April 8) with her thoughts on Amy Schumer's response to being included in Glamour magazine's plus-size special edition.

<http://www.cnn.com/2016/12/21/opinions/best-of-2016-opinions>

December 26, 2016: Enjoy a sweet video listing six things you should not be afraid of doing in your fat body.

<https://www.facebook.com/Upworthy/videos/1544493035591549>

December 26, 2016: While a few items in this list of advances in 2016 for obesity and health are indeed improvements for the fat community, most of the list items emphasize weight loss rather than weight-neutral healthcare and living.

<http://conscienhealth.org/2016/12/top-10-milestones-2016-obesity-health>

December 27, 2016: Here is a helpful list of 10 reasons why you should not make any weight-focused resolutions for the New Year.

<https://www.pdxmonthly.com/articles/2016/12/27/ten-reasons-not-to-focus-on-your-weight-in-the-new-year>

December 27, 2016: Two people having weight loss surgery are followed for a year. The patients end up weighing less with mixed feelings about the surgery, and doctors continue to talk about the resulting changes to the body as if causing so many complex and poorly understood changes is a good thing as long as you lose weight.

<http://www.nytimes.com/2016/12/27/health/bariatric-surgery.html>

December 27, 2016: Being a fat black woman in the cosplay scene is not easy. TaLynn Kel talks about how body-image issues and fashion policing have been a part of her life since grade school, and her continued participation in the world of cosplay.

<https://blackgirlnerds.com/black-fat-woman-cosplay-double-standard>

December 29, 2016: According to a small study out of Australia, being fat may protect against being murdered. The researchers attribute the lower rate of fat murder victims to the physical protection of the fat padding and sociodemographic isolation.

<http://onlinelibrary.wiley.com/doi/10.1111/1556-4029.13374/full>

December 30, 2016: Great video from Canadian Confidence blowing apart a list of things that society often says fat people can't do.

[https://www.youtube.com/watch?v=OWXD\\_yVd3LI](https://www.youtube.com/watch?v=OWXD_yVd3LI)

December 30, 2016: A paper by Jennifer A. Lee and Cat J. Pausé discusses the barriers fat women face in accessing healthcare, including why fat people are less likely to get healthcare and to receive evidence-based and bias-free healthcare when they do get it.

<http://journal.frontiersin.org/article/10.3389/fpsyg.2016.02063/full>

January 2017: Problems with alcohol start going up after the first year after weight loss surgery, especially for survivors of the Roux-en-Y bypass, and about two-thirds of those with this issue had never experienced problems with alcohol prior to the surgery.

<http://www.mdedge.com/currentpsychiatry/article/126520/addiction-medicine/alcohol-use-disorders-after-bariatric-surgery>

January 2017: Krista Henderson is a triathlete and coach, and she's fat. Lane Bryant's website features a video of Krista training accompanied by her choices for active wear from

the Lane Bryant collection.

<http://www.lanebryant.com/plus-size-active/livi-360/krista/20233c21790c21792/index.cat#video>

January 2017: A study links perceived discrimination and perceived stress on African Americans to higher weight. Researchers state that these risk factors should be considered as part of public initiatives to reduce fatness, perhaps not realizing that the perception of fatness alone as a problem reinforces discrimination.

[http://www.ajpmonline.org/article/S0749-3797\(16\)30320-8/abstract](http://www.ajpmonline.org/article/S0749-3797(16)30320-8/abstract)

January 2017: Dexter Mayfield is a plus-size male model and dancer, and this video shows just how sexy and talented he is. He talks about his journey, the difficulties, and the opportunities that he has found along the way.

<https://thescene.com/watch/greatbigstory/this-plus-size-model-loves-what-his-body-can-do>

January 3, 2017: Told at a young age that he should not pursue a career in the arts, fat dancer Erik Cavanaugh has been dancing since age 7, and he has magnificent moves, not just for a fat dancer, but for any dancer.

<https://gma.yahoo.com/fierce-male-dancer-defies-traditional-body-stereotypes-bold-203457356--abc-news-fashion-and-beauty.html>

January 4, 2016: Society for Human Resource Management discusses weight bias in the hiring of employees and the hope that hiring practices can be improved by diversity training and acknowledging that the problem exists.

<https://www.shrm.org/resourcesandtools/hr-topics/talent-acquisition/pages/weight-bias-hiring-process.aspx>

January 7, 2017: What should have been a simple case of misappropriation of copyrighted material has blown up into cyber bullying of a fat photographer when someone posted one of her photos on his Instagram account in order to make fun of the people in it.

<http://wjbf.com/2017/01/07/local-photographer-receives-hundreds-of-mean-messages-from-cyber-bullies>

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*Founded in 1969, NAAFA, the National Association to Advance Fat Acceptance, is a non-profit human rights organization dedicated to improving the quality of life for fat people. NAAFA works to eliminate discrimination based on body size and provide fat people with the tools for self-empowerment through public education, advocacy, and member support.*

On the web: <http://www.naafa.org>

Comments: [pr@naafa.org](mailto:pr@naafa.org)

