



January 2019 NAAFA Newsletter

In This Issue:

1. [Exciting and Informative Workshops Confirmed](#)
2. [RIP Toggy](#)
3. [Meme of the Month](#)
4. [How to Fight Discrimination in Clothing Sizes](#)
5. [NAAFA Chronicles](#)
6. [Going Down Stairs](#)
7. [Media and Research Roundup](#)
8. [Video of the Month](#)

Video of the Month



Told I Was Too Fat To Dance

Some people don't take being told they can't do something very well.

Thankfully, Charity Holloway refused to accept that verdict and has gone on to create a plus-sized dance group in Charlotte, North Carolina.

Check out her story: [youtube.com/watch?v=QxkojD2ew60](https://www.youtube.com/watch?v=QxkojD2ew60)

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Exciting and Informative Workshops Confirmed



NAAFA is excited to announce the latest confirmed workshops for our 50th Anniversary Conference.

Join us June 14-16, 2019 at Sam's Town Hotel & Gambling Hall in Las Vegas, NV as we honor our past and create our future.

An exciting variety of presenters have stepped forward to share their expertise with our attendees:

- Interested in starting your own business? The founder and CEO of the Babydoll Beauty Couture brand Jamie Lopez will conduct a workshop sharing what motivated and challenged her and how you too can start your own business.
- Dr. Christopher Salute from Long Island University, founder of Bold Media, Inc., will share his research into weight discrimination in the workplace in the digital age

using mock LinkedIn profiles and asking people whether they would hire plus sized men and women. He will be joined by Recruiter Kelly Lough and HR Director Stephanie Hall, both from Las Vegas, for a Q & A following the presentation.

- Aby Deal, Body Positive Influencer; and Crave LV, a women-owned party promotion company specializing in size acceptance events in Las Vegas, will sponsor a fun and lively movement workshop.
- Danielle Schwartz, a Las Vegas Curvy Yoga instructor at Vagabond Yoga, is offering a Chair Yoga for Beginners class. Chair Yoga is a gentle hatha yoga class that is performed while seated and/or with the aid of a chair. In this chair yoga class, you can expect to learn poses accessible to everyone.
- Dr. Deah Schwartz is co-author of *Leftovers*, an off-Broadway show that was produced in 1980s and was staged for many years at festivals and black box theaters. *Leftovers* explores the impact of the diet mentality and weight-driven culture in which we live. Dr. Deah will share excerpts from a video of the stage play and discuss the historical significance of the play.
- Have you always wanted to attend one of those popular painting events? Arts and crafts expert Diana Morreo will guide you step-by-step through the process of creating your very own work of art. No painting experience is necessary but this class will be limited.

Our EARLY BIRD SPECIAL price starts as low as \$229.00 and is available through April 1, 2019. Visit www.naafa.org today to learn more about NAAFA's 50th Anniversary Conference. Conference and hotel registration may be completed right through the NAAFA website.

RIP Toggy



absolutely one of a kind. He will be missed by many.

[Twitter](#)

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It is with deep sadness that we announce the untimely death of Michael R. Tognarelli, better known as Toggy. He passed away at the Mount Auburn Hospital on Saturday, December 15, 2018. Toggy had a heart of gold and would do anything for anyone in need.

Michael was born in Boston on February 20, 1966, and grew up in Charlestown. Michael dedicated himself to the City of Boston from 1985 to 1995 as a Special Events Coordinator and then became Technical Director of Special Events for the Commonwealth of Massachusetts (DCR) from 1995 until his health recently prevented him from working.

Many NAAFA members will remember Toggy from NAAFA events in the Boston area. His friends remember him as an amazing, generous and funny person who was

Meme of the Month

Now Accepting Applications and Donations for NAAFA's 50th Anniversary Conference

Wish to attend but have
financial challenges?
Applications accepted
through 2/1/19.
Scholarship details at:
<https://bit.ly/2M3uzSV>



Want to support those who need help?
Donate today at: <https://bit.ly/2VJcD11>

How to Fight Discrimination in Clothing Sizes

by Stephen Hadley

"What size are you?"

That simple question comes packed with a nasty punch. It should just be about finding a beautiful piece of clothing that fits your body, showcases your personal style, and makes you feel amazing.

But far too often, sizing becomes another opportunity for discrimination against the fat community, especially women. Instead of designing clothing and designating sizes in a way that helps people find the right fit, you get body shaming, fat shaming, and discriminatory labels.

After more than [20 years of experience as a handmade women's clothing designer](#), I can



attest to two things:

1. Getting sizing right is a never-ending challenge.
2. There's no need to shame anyone with sizing.

If you're sick of dealing with brands and designers that discriminate against the fat community, use these recommendations to find fat-friendly designers. That way you can cut through the shaming to find what you really want (and deserve): a beautiful outfit that makes you look amazing.

Fat-First Sizing

Many clothing brands design their clothes starting with thin models and simply upsize the original design. This helps them fill shelves and claim that they are a "plus size"

brand. But it's not that simple.

Fat women have unique figures that are not larger versions of thin bodies. Properly crafting a well-fitting garment for large women requires careful attention to their bodies, their curves, and their needs. That takes hard work, experience working with the fat community, and a dedication to fat-first sizing.

That's why you'll get a better fit when you wear clothing from clothing designers that work exclusively in plus sizes. They're much more likely to be focused on the needs of the fat community. Instead of just expanding a smaller item, they create every cut, seam, and hem to be comfortable and flattering for a full figure.

Fat Models

Look for brands and designers that use fat models to display their clothing. A "plus size" garment being shown off on a thin woman is a dead giveaway that the brand is not realistically addressing the needs of the fat community. Even worse, they're contributing to the fat-shaming culture that has pervaded the fashion world for much too long.

But there is good news: It's getting easier than ever to find clothing designers who celebrate and support fat models. Seeing a beautiful fat woman wearing a well-fitting, appropriately sized garment is a sign that this is a brand you can trust. When you shop with these designers and brands, you get a better fit and help fight size discrimination.

Honest Sizing Guides

Online shopping is great, but one of its notable challenges is choosing the right size without being able to try anything on. That's why you should go with retailers that have clear, honest sizing guides.

You shouldn't have to guess the measurements of a particular size. Any brands that make it hard to compare your measurements to their sizing chart aren't worth your time or money.

For the best results, shop with [handmade designers](#) who you can reach out to with your specific questions about fit and sizing before you buy. Plus size designers who understand the unique sizing challenges fat women face when shopping online can help you get the ideal fit.

It's sad that sizing discrimination continues to be such an issue for the fat community. But you

can make a difference with every purchase by supporting designers who advocate for honest sizing, use fat models, and make fat-first designs.

*Stephen Hadley has been exclusively creating plus size clothing for women (up to 2x to 4x depending on the item) since 2002. He designs fabric and garments for generousfashions.com and his [Etsy shop](#), which offers NAAFA readers a **10% discount**. Sign up for the Generous Fashions newsletter for new arrivals and member discounts.*

NAAFA Chronicles #36

As we review our history in our NAAFA Chronicles feature, enjoy NAAFA's 36th newsletter, February-March 1979:

https://www.naafaonline.com/newsletterstuff/oldnewsletterstuff/Chronicles/Feb-Mar_1979.pdf

For more, click the "Chronicles" tab in the newsletter section of the NAAFA website.

Going Down Stairs

by Cinder Ernst



Editorial Note: Our beloved Cinder generously contributed to the NAAFA Newsletter without complaint every month from October 2011 to July 2018. Since she is taking a much deserved break, we are looking back at her body of work and featuring "encore" articles that you might find helpful. This article was first published in January 2013.

Late last year I asked what activities of daily living (ADLs) were the hardest for my readers. The answer that I got most was going down stairs. This month I am going to give you the first step in the training routine to make going down stairs easier.

If you have a knee injury (or back, or hip, or foot) that has you go sideways or just one leg at a time, please continue doing that. In the meantime, here is a fun little exercise that works for most people, and can be done to the beat of a favorite song.

The Heel Tap

Sit on the edge of your chair in the 90 degree rule position (knees over ankles). Straighten your right leg and gently tap your heel on the floor, then return to 90 degrees. Now do the left. Alternate legs rhythmically (this is where a favorite song comes in handy). Start with 5 on each leg and build up slowly.

This exercise will start to build strength in the muscle in the front of your thigh. And the rhythmic motion may help to lube up your knee a bit. Remember: motion is lotion.

Love, Cinder

Media and Research Roundup

by Bill and Terri Weitze

November 2018: A study looks at the effect of omentectomy (surgical removal of belly fat) along with WLS (weight loss surgery) and finds that the additional surgery is not warranted as it results in minimal reduction of BMI (body mass index), and no overall improvement of metabolic outcomes.

<https://doi.org/10.1016/j.soard.2018.08.003>

November 16, 2018: Researchers in Korea looking for the optimum BMI range for the elderly find little to no effect of high BMI on mortality in the elderly and, since low BMI may be a prominent risk factor, state that preventing weight loss should be prioritized in the elderly.

<https://doi.org/10.1371/journal.pone.0207508>

November 28, 2018: A recent study finds that patients who are fat are more likely to have a favorable outcome with intracerebral hemorrhage. More study is urged for this new example of the protective aspects of fatness.

<https://doi.org/10.3171/2017.5.JNS163266>

December 19, 2018: Enjoy the whimsical and beautiful carvings of Matt Verginer, a sculptor in Northern Italy.

<https://www.volup2.com/artitorials/verginermatt>

December 20, 2018: A study finds that prevention programs for teen girls that reduce perceived pressure to be thin reduced the onset of eating disorder as well as downstream risk factors.

<https://doi.org/10.1037/abn0000400>

December 26, 2018: This article urges that fat acceptance be used to subvert sizeism in scientific and professional communities.

<https://doi.org/10.1080/02703149.2018.1524067>

December 26, 2018: New research claims obese male teens are associated with a higher risk of weapon carrying at school, with little evidence that it is due to victimization.

<https://doi.org/10.1080/0735648X.2018.1559753>

December 31, 2018: An article in *Women & Therapy* talks about one patient's experiences with weight bias in an inpatient eating disorder treatment setting, with many unintended negative consequences for the patient.

<https://doi.org/10.1080/02703149.2018.1524068>

January 1, 2019: *USA Today* offers a better New Year's resolution. They suggest you spend 2019 losing weight bias because of all the harm it does mentally and physically.

<https://www.usatoday.com/story/opinion/2019/01/01/2019-new-years-resolution-lose-weight-bias-stigma-not-weight-column/2445190002>

January 1, 2019: The most current volume of *Fat Studies* (An Interdisciplinary Journal of Body Weight and Society) is now available.

<https://www.tandfonline.com/toc/ufts20/8/1>

January 2, 2019: Dr. Jon Robison offers some of the common arguments given to urge people to get back on the diet roller coaster and explains why the arguments do not work.

<https://www.linkedin.com/pulse/obesity-2019-here-we-go-again-jon-robison>

January 3, 2019: Since body size or shape is not a protected class in most of the US, weight stigma and discrimination (based on the concept that body size and shape are controllable) are not discussed in workplace diversity training.

<https://amp.cnn.com/cnn/2019/01/03/success/weight-bias-work/index.html>

January 7, 2019: Instead of dieting, some people are resolving to make peace with food and their bodies and try intuitive eating to learn how to take morality and shame out of eating.

<https://www.theglobeandmail.com/life/food-and-wine/article-the-big-diet-this-year-could-be-no-diet-at-all>

January 7, 2019: Although exercising generally results in people feeling better, people with body dissatisfaction who exercise to improve appearance may end up having even more body dissatisfaction.

<http://www.deakin.edu.au/about-deakin/media-releases/articles/study-shows-exercising-for-appearances-sake-a-blow-to-body-image>
<https://doi.org/10.1111/bjhp.12334>

January 7, 2019: In her TED talk, Sofie Hagen explains how she learned to love her own body and why it's important for everyone to unlearn the hatred.

<https://www.youtube.com/watch?v=8U1pvQXn1qs>

January 9, 2019: A sad story: A fat man has a great life, but spends his time bemoaning things he cannot do and dreaming of what he will do when he's thinner. He is losing weight now by counting and burning calories. He knows diets don't work, but he believes this is not a diet, rather a lifestyle.

<https://www.theatlantic.com/health/archive/2019/01/weight-loss-essay-tomlinson/579832>

January 11, 2019: New research shows that attitudes about sexual orientation, race and skin tone have moved toward neutrality but weight bias has increased over the past 13 years. However, the study did not look at the intersectionality of different oppressions, making its findings incoherent.

<https://www.wbur.org/commonhealth/2019/01/11/implicit-bias-gay-black-weight>
<https://doi.org/10.1177/0956797618813087>

January 16, 2019: A study finds that the risk of cardiovascular disease for people with a BMI between 18.5 and 24.9 living a sedentary lifestyle is equal to that of overweight people.

<https://www.reuters.com/article/us-health-heart-lifestyle/slim-but-sedentary-might-face-same-heart-risks-as-overweight-idUSKCN1PA348>
<https://doi.org/10.1016/j.amjcard.2018.11.043>

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>

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Any products or services mentioned in articles in this newsletter are for information only and should not be considered endorsements by NAAFA.

