



**national association
to advance
fat acceptance**

NAAFA Newsletter

**National Association to
Advance Fat Acceptance**
March 2014

In This Issue

[NAAFA Board Appointments](#)

[Superhero Visit](#)

[In Loving Memory of Judith Richardson](#)

[A Book in Review](#)

[How Much Exercise?](#)

[Media and Research Roundup](#)

NAAFA Board Appointments

NAAFA Board member Lisa Tealer has transitioned from her current position on the NAAFA Board, Director of Programs & Treasurer and has accepted the position of NAAFA Board Member Emeritus. Lisa will continue to work with NAAFA and represent the organization in projects as needed and directed by the Board. We thank her for 7+ years of service and look forward to working with her in this new role.

Additionally, Medical Exercise Specialist and Accredited Life Coach Cinder Ernst has joined the NAAFA Advisory Board. *Knee Friendly Fitness Coach* Cinder Ernst is passionate about helping people all over the world to move their bodies, no matter what size or shape they are, so they can age gracefully and have full active lives. She has been working with plus size people for almost 25 years. Her popular *Heal Your Knee 1-2-3* and *Healthier You* programs are valued by hundreds of smart women who have reduced pain, gained strength and stamina, and live abundant lives with these programs as their guide. Many of you are familiar with Cinder from her monthly column in the NAAFA newsletter.

Having overcome her own battle with addiction and poor body image, Cinder stopped dieting and hating her body 25 years ago, and began a journey to guide other women to live more active, fit and joyful lives as they take control of their bodies and their health. Cinder's ground breaking techniques have been featured on *Good Morning America*, *NPR*, and the *San Francisco Chronicle*. NAAFA is pleased to have her commit her time and talent to helping heal the knees of our members.

Superhero Visit



In the spirit of New Year's Resolutions, the OC Chapter started the year off right with a special End Bullying Now event for kids in Anaheim. On January 2nd, 2014, students at Walt Disney Elementary School received a special

What Would You Do?

[March Video of the Month](#)

The hidden cameras of ABC News' series *What Would You Do?* captured the scene inside an IGA supermarket in Fort Salonga, N.Y. Pushing a cart filled with junk food, actors played the role of a fat mother and her daughter. Other actors portrayed shoppers who harassed the mother about her food choices. Onlookers were asked for their opinion on what they saw.

NAAFA has received reports from people who have had similar experiences in real life. Has this happened to you or have you witnessed a situation like this? What did you do?

<http://abcnews.go.com/WhatWouldYouDo/overweight-mom-criticized-buying-junk-food/story?id=12111162>

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visit from Batman and Batgirl. Our superhero team spent the afternoon with the kids talking about bullying. The message: anyone can be a superhero if they make the decision not to be a bystander and take action against bullying. They explained that a superhero's job is to protect people from bullies and stop the hurt that is caused. They also said that you don't have to use violence to stop a bully. Instead, you can get help from an adult. "Being a superhero takes courage," explained Batgirl. "Sometimes it's hard to speak up. It can be scary, but superheroes must defend people who have a hard time defending themselves."

Students were asked to identify superhero teams and discussed that sometimes it's easier to approach a bully as a team. Examples given were The Justice League, X Men, Fantastic Four, and others. Batman and Batgirl explained how bullies seem powerful because there is an imbalance of power. By creating a superhero team, students can feel stronger knowing someone is standing beside them. They emphasized that violence is never the answer and bullying back makes you a bully too.

After the discussion, students signed pledge cards and took individual pictures with Batman and Batgirl. There was a reporter present from the *Orange County Register*. She interviewed several students and wrote a full page article featuring lots of pictures that was published in the following issue.

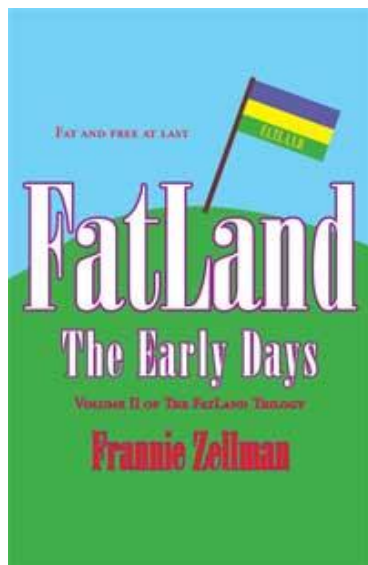
In Loving Memory of Judith Richardson



We are sad to announce the passing of Judith Richardson, long time fat activist and NAAFA supporter. We lost our dear friend on February 11th and our lives will be forever changed. Judi became active in the size acceptance movement in 1988. She attended several conventions, put on workshops, participated in pickets of anti-fat businesses, marched to support the cause, and partied hearty at the dances. She has been a member of size acceptance groups such as Mor2Luv, NAAFA, and Size Diversity Task Force. She was one of the founding mothers of the Size Acceptance For Empowerment (SAFE) organization. For SAFE, Judi worked on planning, writing newsletters and providing leadership to implement activities that have grown well beyond the initial scope of retreats and swims for fat people. Judi was a long time member of the Fabulous Fatimas Plus Size Bellydance Troupe and the Fatimalani's Polynesian Dance Troupe.

Judi led a full life. She retired from a successful career as Administrative Law Judge a few years ago and devoted her time to occasional Pro Tem judge work, writing, lots of reading, her cats, her man, crafting, and her patio garden, as well as her aforementioned involvement in the size acceptance movement. Judy was a great friend who touched the lives of many and will be greatly missed.

A Book in Review



FatLand: The Early Days (volume 2 of the fat land trilogy)

Book by Frannie Zellman

Review by Dawn Jett

FatLand: The Early Days chronicles the history of the successful territory of FatLand. Twists and turns abound as the protagonist delves deeper into FatLand history. This 164 page book is fast paced as it covers a lot of information in a small space of time, giving this reader some trouble with the full immersion of the story. However, this is a true sequel and I would definitely recommend reading the first installment of the *FatLand* series, not only for the backstory that makes the transition into this epic smoother, but also because it is a good read.

How Much Exercise?



by Cinder Ernst

There is no good beginning exercise information out there for fat people, let alone for fat people over 50. Where do you start? How do you know how to keep going?

One good way to start is with the 2 exercises on my website. There are videos available to view or you can sign in and get more detailed instructions at <http://lesskneepain.com>

Another way that is a little easier to start is to follow the "on the plane workout" which you can find here: <http://cindersays.com/2014/01/21/snakes-on-a-plane-not>

The problem is when you do too much, you are more likely to hurt yourself or feel sore and then not want to exercise again. The solution is to know how to gauge the amount and intensity of exercise. All your "I used to be able to . . ." conversations are not useful because they can make you feel stuck and disheartened.

Here are some tips to help you know when enough is enough:

1. Err on the side of caution. When you do just a little bit at a time, you avoid setbacks that stop you in your tracks.
2. Take your time. You have the rest of your life to practice this fitness thing . . . don't rush it. Progress is steady when you don't have big setbacks.
3. Voice of Wisdom. Your body has the wisdom to tell you what it needs. Learning to hear that body wisdom is the trick. Use tips 1 and 2 then

notice what you experience when you exercise with gentleness and caring. Start to listen to your body.

4. Look for signs of success. When you have found your body's right pace you will feel a sense of satisfaction and ease. You don't have to be training for a marathon to feel satisfied. You may notice that pain has lessened and little things have gotten easier. Maybe your mood has improved or you are sleeping better; everything counts.

If you have questions you can email me at coach@cinderernst.com

Media and Research Roundup

by Bill and Terri Weitze

[Check <http://naafa.org> and <http://groups.yahoo.com/neo/groups/naafanews/conversations/topics> for the latest news.]

January 2014: A 2013 analysis of meta-data on whether skipping breakfast leads to fatness had found at least two major problems with this type of study (research lacking probative value and biased research reporting, first link). [See September 6, 2013 entry in the 9/2013 NAAFA Newsletter roundup, second link.] A 1/2014 response to the 2013 study argues that such research, while not sufficient to show causality, can be of some value (third link).

<http://ajcn.nutrition.org/content/98/5/1298.abstract>

<http://www.naafaonline.com/newsletterstuff/oldnewsletterstuff/September%202013%20NAAFA%20Newsletter.html>

<http://ajcn.nutrition.org/content/99/1/212.extract>

February 2014: Researchers using data from the 2009 Japan Collaborative Cohort Study conclude that people of all sizes can reduce their risk of cardiovascular mortality by implementing healthy lifestyles.

<http://www.sciencedirect.com/science/article/pii/S0091743513004581>

February 3, 2014: PBS's *Independent Lens* posts an excerpt from its upcoming March 24 episode featuring the fabulous fat dancer Ragen Chastain and MORE Cabaret. The video shows the group strutting their stuff, and includes Ragen telling how she came to size acceptance by turning around a message of fat shame. Inspirational!

<http://www.youtube.com/watch?v=jhb4Vfum120>

February 19, 2014: A study looks at the effect of weight and waist size on survival for older women. The study categorizes women into 5 groups based on presence of chronic disease (including type 2 diabetes), illness, mobility, and survival to age 85. The conclusion is that being fat and old is bad for you. But we thought there were no fat old people.

<http://newoldage.blogs.nytimes.com/2014/02/19/weight-gain-and-older-women>

<http://archinte.jamanetwork.com/article.aspx?articleid=1770523>

February 20, 2014: A study to validate ways of calculating population-level energy requirements and physical activity somehow claims that the average obese woman gets 1 hour of exercise a year and that obese men get less than 4 hours of exercise yearly. However, the study excludes moderate (yet beneficial) activities like swimming or biking, which are more suited to larger bodies than the "vigorous" activities included, such as jogging or jumping rope.

<http://consumer.healthday.com/fitness-information-14/aerobics-or-calisthenics-health-news-239/average-obese-woman-gets-just-1-hour-of-exercise-per-year-study-684974.html>

<http://www.sciencedirect.com/science/article/pii/S0025619613007908>

February 21, 2014: A study finds that calling obesity a disease results in improved body image, but also less self-regulation (i.e., fat people stop trying to lose weight). The researchers seem unaware that known methods for weight loss often result in weight gain in the long term, and that this is a win-win for fat people.

<http://www.nytimes.com/2014/02/23/opinion/sunday/should-obesity-be-a-disease.html>

<http://pss.sagepub.com/content/early/2014/01/24/0956797613516981.abstract>

February 25, 2014: A recent report shows a significant drop in the obesity rate in children ages 2 to 5, while showing rates to be essentially flat for other age groups (first two links). At this point no one knows the cause of the change, and some anti-fat warriors have questioned the significance of the drop (third link). Fair enough, just as we should question all other statistics in the war on fatness (fourth and fifth links).

<http://jama.jamanetwork.com/article.aspx?articleID=1832542>

<http://www.nytimes.com/2014/02/26/health/obesity-rate-for-young-children-plummets-43-in-a-decade.html>

<http://www.forbes.com/sites/geoffreykabat/2014/02/27/how-credible-is-cdcs-43-percent-decline-in-obesity-in-young-children>

<http://www.newrepublic.com/article/116774/childhood-obesity-rate-declines-dont-give-michelle-obama-credit>

<http://bit.ly/1fzwwlx>

March 1, 2014: A market study reports that the weight loss industry was worth \$265 billion in 2012, and is projected to reach \$361 billion by 2017. This despite the fact that there is no weight loss treatment that works over the long term for most people who try it. To paraphrase Darliene Howell, if only that money were spent on something that could actually help people . . .

<http://www.digitaljournal.com/pr/1766931>

March 3, 2014: A new study links weight dissatisfaction to a higher risk of Type 2 diabetes, regardless of actual body mass index (BMI). This research complements previous work that showed that body satisfaction and acceptance, as well as lack of prejudice, can have positive health effects.

<http://www.ncbi.nlm.nih.gov/pubmed/24588630>

<http://www.ncbi.nlm.nih.gov/pubmed/24328664>

<http://www.ncbi.nlm.nih.gov/pubmed/23862054>

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3776815>

March 4, 2014: Chemicals released by fat cells appear to cross the blood-brain barrier, causing inflammation and reduction of cognitive function - in mice. The study also finds that exercise (without weight loss) normalized function. While interesting, the researchers admit "humans may react very differently." Sadly, the NYT blog reporting on this piles on the fat panic.

<http://www.jneurosci.org/content/34/7/2618.short>

<http://well.blogs.nytimes.com/2014/03/05/how-fat-may-harm-the-brain-and-how-exercise-may-help>

March 15, 2014: The great Dr. Deah blogs about how self-accepting messages are twisted by advertising agencies to sell products whose success depends upon poor self image. We say, beware of companies willing to corrupt these positive messages to make a buck.

<http://www.drdeah.com/hijacked>

Founded in 1969, NAAFA 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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