



October 2018 NAAFA Newsletter

In This Issue:

1. [NAAFA's 50th Anniversary Celebration](#)
2. [Call for Presenters](#)
3. [Sweet Reasons and Needy Knees](#)
4. [NAAFA Chronicles](#)
5. [Intersectionality in Fat Liberation](#)
6. [Media and Research Roundup](#)
7. [Video of the Month](#)

NAAFA's 50th Anniversary Celebration Honoring Our Past: Creating Our Future!



HONORING OUR PAST; CREATING OUR FUTURE  equality at every size

If you were to ask Bill Fabrey if he thought we'd be celebrating 50 years when he and his colleagues founded NAAFA, he'd probably tell you "no". But here we are. Next year will mark 50 years that NAAFA members have been working to end discrimination based on their bodies, working for Equality at Every Size!

The NAAFA Board of Directors is pleased to announce that we will be returning to Las Vegas for our 50th Anniversary Conference. Make plans to join us June 14-16, 2019 at Sam's Town Hotel in Las Vegas, NV as we honor our past and create our future.

You can expect this conference to be packed with learning, fun, networking, community building, and so much more. We are excited to announce that Bill Fabrey has confirmed as the

Video of the Month

NAAFA Webinar Series 2018 

EMBODIED DANCE
featuring Ifasina Tameika L. Clear

Dance workshop and fat liberation discussion with NAAFA Board Member Tigriss Osborn.



Embodied Dance with Ifasina TaMeicka L. Clear

In case you missed it last month, NAAFA's first movement webinar was an awesome event. Ifasina led this dance workshop while Tigriss and Sarah demonstrated both sitting and standing dance. The video is at

<https://fccdl.in/ytNB7PSZsu>

Quick Links

[NAAFA.org](https://naafa.org)

Facebook

[Main](#)

[Toronto, ON, Canada](#)

[Capital \(DC\)](#)

[Clark County, NV](#)

[SF Bay, CA](#)

[Los Angeles, CA](#)

[Orange County, CA](#)

[End Bullying Now](#)

keynote speaker for our Friday luncheon. We will announce other exciting keynotes we are working with as they are confirmed.

[Twitter](#)

We have worked hard to keep the cost of this conference down and to make our conference package available early so you can make plans. NAAFA is rolling back conference packages to 2010 prices. Our SUPER EARLY BIRD SPECIAL price starts now and is available until January 1, 2019.

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

Sam's Town has offered us fantastic room rates for a variety of rooms, including suites, but you need to make your reservations early as they are having another large event that same weekend. Make your reservations now to get the best rooms!

Join Our
Mailing
List

For those early holiday shoppers, the 2019 NAAFA Conference Package would make a great holiday gift for you, your family and all your friends!

We have made it easy for you to register for the conference as well as the hotel through our website at www.naafa.org. We encourage you to register today and to fully participate in this life-changing event. Watch our website for more exciting details as they become available.

Call for Presenters



The NAAFA Board of Directors is seeking workshop presenters for the 50th Anniversary Conference being held June 14 - 16, 2019. As an all-volunteer run organization with a small budget and a relatively intimate conference, we ask presenters to volunteer their time and expertise if possible. However, we are seeking funding for a stipend program available to presenters with financial needs. LGBTQI, people of color (POC) and those from backgrounds that have been historically underrepresented at NAAFA Conferences are encouraged to apply.

It is our sincere hope that everyone who wants to submit a proposal will do so. We will do everything we can to work with speakers to make attending the 2019 conference financially feasible and a personally and professionally enriching experience.

If you are interested in conducting a workshop, please contact us at naafa-secretary@outlook.com with your proposal. We are looking for subject matter experts in the following areas for panels and presentations:

- Medical Discrimination
- Fat Liberation History

- Changing the Anti-Discrimination Laws in your State/City
- Workplace Discrimination
- Intersections and Collaboration
- Anti-Oppression 101
- HAES vs Healthism
- Movement for Every BODY

Sweet Reasons and Needy Knees

by Cinder Ernst



Editorial Note: Our beloved Cinder has been generously contributing to the NAAFA Newsletter without complaint every month since October 2011. She has decided it is time to take a much needed break. We thought that this would be a good opportunity to look back at her body of work and feature "encore" articles that you might find helpful. This article was first published on February 2012.

Last month I told you one of my sweet reasons for being healthy and mobile is to walk my dog in nature. To do that I perform some pretty boring hip rehab exercises for arthritis. I remember my sweet reason and simply do what is needed without dread or drama. Yay, Cinder! (Celebrating every accomplishment is a good habit; I'll talk more about that next month.)

In my many years of helping folks with fitness, I have never met a knee that couldn't use a bit of support from the surrounding muscles. This brings me to the famous Miracle Knee Exercise. This exercise is one of those pretty boring rehab moves that is good for

knees. So if your knees could use a little help, break out a sweet reason of your own, sit on the edge of your chair and get ready for a knee miracle! Here are the 2 Steps:

1. Learn the Miracle Knee Exercise. This is the chair version so please do the exercise as you read it. Sit up tall and straight on the edge of your chair. Straighten both legs (or try one at a time) out in front of you. Keep your heels on the floor throughout the exercise. Squeeze your quadriceps muscles (quads) and then hold the squeezes for 2 or 3 seconds. (Your quads are the muscles in the front of your thighs that contract as you straighten your leg, you can go from straight to straighter to get the squeeze.) Breathe throughout the exercise.
2. Do the Miracle Knee Exercise. Work up to ten repetitions. You can do them all at once or spread them out during the day. The Miracle Knee Exercise can be done every day, three times a week, or just once in a while. People get the knee miracle at many levels. Be sure to say to yourself "I'm doing the Miracle Knee Exercise now", and expect a knee miracle.

Bonus: You can do the Butt Bouncer in between to break up the action (see newsletter archive for that article).

See you next month where I'll tell you all about celebrating and then you can practice that!

If you would like more of me, you can sign up for my free tele-class "3 Easy Steps You Can Take Right Now to Lower Your Blood Sugar and Increase Your Energy" at

<http://cinderernst.com>

Here's to Your Premium Health!
Thanks and love, Cinder

NAAFA Chronicles #33

Our Chronicles feature continues with NAAFA's 33rd newsletter, January-April 1978:

https://www.naafaonline.com/newsletterstuff/oldnewsletterstuff/Chronicles/Jan-Apr_1978.pdf

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

Intersectionality in Fat Liberation

NAAFA Webinar Series 2018 

INTERSECTIONALITY IN FAT LIBERATION
featuring Caleb Luna and Tammy Johnson
in discussion with NAAFA Board Member Tigress Osborn.



In case you missed it last Saturday, NAAFA's latest awesome webinar is available to view at <https://fccdl.in/DnhiSul0Kw>

Media and Research Roundup

by *Bill and Terri Weitze*

July 12, 2018: Researchers conclude that metabolically healthy fat people have no increased mortality risk.

<https://medicalxpress.com/news/2018-07-obesity-death.html>

<https://doi.org/10.1111/cob.12263>

September 2018: The U.S. Preventative Services Task Force, which provides recommendations to the U.S. government, recommends that adults with a BMI (body mass index) of 30 or higher receive intensive, multicomponent behavioral interventions for weight loss and maintenance, even though research shows little to no health benefit beyond weight

loss.

<https://www.uspreventiveservicestaskforce.org/Page/Document/RecommendationStatementFinal/obesity-in-adults-interventions1>

September 10, 2018: A study finds that fat adolescents who have body dissatisfaction are more likely to experiment with cigarettes.

<https://doi.org/10.1093/jpepsy/jsy070>

September 19, 2018: Prominent food researcher Brian Wansink has had six of his articles in American Medical Association-affiliated journals retracted after an internal investigation by Cornell University concerning problems with his research and scholarship, and has resigned from his position at Cornell.

<https://media.jamanetwork.com/news-item/jama-network-retracts-6-articles-that-included-dr-brian-wansink-as-author>

<http://time.com/5402927/brian-wansink-cornell-resigned>

September 19, 2018: FOCUS: Michael Hobbes' article "Everything You Know About Obesity Is Wrong" provides some insight into the world of being fat, what we face every day, and why we should not have to face these things. In response, two fat women write about some shortcomings of the article (2nd and 3rd links). Finally, five of the participants in the Hobbes article talk about their photos in the article (4th link).

<https://highline.huffingtonpost.com/articles/en/everything-you-know-about-obesity-is-wrong>

<http://www.thegoodandplenty.com/2018/09/24/everything-you-know-about-obesity-is-still-wrong>

<https://tashafierce.com/2018/09/27/capitalism-patriarchy-and-other-reasons-im-fat-revisiting-fatness-as-choice>

https://www.huffingtonpost.com/entry/obesity-article-photos-huffpost_us_5ba9011fe4b0181540df3a22?of0

September 20, 2018: Haley Morris-Cafier is a fine art photographer who, as a fat woman, has dealt with body shaming through her art. Her latest project, The Bully Pulpit, features photos of herself as characterized by people who body shamed her on the internet, along with their hateful words.

<https://www.nytimes.com/2018/09/20/lens/they-body-shamed-her-online-then-this-photographer-struck-back.html>

September 22, 2018: Six women tell why they love their fat bodies along with beautiful photos by Alice Zoo.

https://www.bbc.co.uk/news/resources/idt-sh/why_we_are_proud_of_our_fat_bodies

September 25, 2018: Weight Watchers announces they are changing their name to Wellness that Works and get called out for attempting to disguise its diet culture. In the second link, Ragen Chastain presents her view on how WW is coopting body acceptance language for profit.

<https://www.washingtonpost.com/news/morning-mix/wp/2018/09/25/weight-watchers-rebrands-critics-say-its-another-disguise-for-the-diet-culture>

<https://danceswithfat.wordpress.com/2018/10/03/weight-watchers-by-any-other-name-would-still-be-a-fraud>

October 1, 2018: Significant fluctuations of BMI, fasting blood sugar, systolic blood pressure, and total cholesterol correlate with a greater risk of heart problems and all-cause mortality, possibly due to damage to endothelial cells from weight cycling. Another study (third link) has similar findings.

<https://www.medicaldaily.com/fluctuating-weight-risks-how-yo-yo-dieting-could-affect-body-427801>

<https://www.ahajournals.org/doi/abs/10.1161/CIRCULATIONAHA.118.034978>

<http://doi.org/10.1038/s41366-018-0079-0>

October 2, 2018: In a non-peer reviewed paper presented to the European Respiratory Society's International Congress, researchers conclude that adults with asthma have an increased risk of becoming obese, although the reason is currently unknown.

<https://www.mdmag.com/medical-news/asthma-appears-to-increase-risk-of-obesity-in-adults>

October 3, 2018: A non-peer reviewed study presented at the annual meeting of the European Association for the Study of Diabetes concludes that people with type 2 diabetes are at greater risk for death from non-obesity related cancers; however, where BMI was recorded prior to cancer diagnosis, BMI was negatively related to all-cause mortality.

<https://www.medpagetoday.com/meetingcoverage/easd/75475>

October 9, 2018: Weight discrimination in the job market and workplace are discussed with input from NAAFA's Peggy Howell discussing the economic and health cost of this type of discrimination.

<http://inthesetimes.com/working/entry/21502/weight-discrimination-workers-civil-rights-labor-obesity-health-fat-pride>

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

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

