

# Tips for making your virtual world a body positive environment



Social media has become a popular source of news and information for many people. It can, however, be tricky to fine tune your social media so that you remove the constant pressure to achieve an unrealistic body type.

## CLEANING UP YOUR SOCIAL MEDIA

Most social media uses software to track your actions such as websites that you visit and uses this information as a guide to choose the news and stories that are likely to be interesting for you.

If you have ever looked at dieting, weight loss or even healthy eating websites you may get a lot of weight loss ads and articles in your social media feed. Most of these ads are intended to make you feel bad about your body so that you will buy whatever product or service that is being offered.

The good news is that social media is a fast learner and it doesn't take long to begin to tailor your news feed to see more of the things you love and less of the things you don't.

Block, unfollow or report any content you do not wish to see. If you have liked or followed any unqualified "lifestyle gurus" or "wellness warriors", unlike and unfollow them. This works for ads too; you can tell sites like Facebook that you do not want to see certain ads.

Now that you have told your social media what you don't want, it's time to tell it what you do want! This resource is filled with different Facebook groups to join, pages and people to follow, podcasts and websites, all of which are body positive and follow the Health At Every Size® approach.

## FACEBOOK

Facebook is one of the longest running social media networks and is used by millions of people worldwide. Members of Facebook can become “friends”, exchange messages, share content and join groups with other members who share similar interests.

Facebook is a for-profit organisation, this means there are a lot of ads trying to tempt you to purchase. If you find an ad for a product or service that you do not want look in the upper right hand corner of the ad and click the down arrow and choose to hide the ad. From there Facebook will ask you why you don't want to see that ad, state that you find it offensive or inappropriate and you will see less of these types of ads in your feed.

AND I SAID TO MY BODY. SOFTLY.  
'I WANT TO BE YOUR FRIEND.'  
IT TOOK A LONG BREATH. AND REPLIED,  
'I HAVE BEEN WAITING MY WHOLE  
LIFE FOR THIS.'  
-NAYYIRAH WAHEED



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*“You alone are enough. You have nothing to prove to anyone.”*  
*Maya Angelou*

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### **Health, Not Diets**

Articles, blog posts and research about the Non-Diet Approach, Self Compassion, Mindfulness, Health at Every Size®, Body Image and Nutrition.

<https://www.facebook.com/HealthNotDiets/>

### **The Militant Baker**

The Militant Baker is a blog about losing the bullshit and loving your body.

<https://www.facebook.com/themilitantbaker/>

### **Linda Bacon HAES**

Author of the book Health At Every Size® and one of the founders of the Association For Size Diversity And Health

<https://www.facebook.com/LindaBaconHAES/>

### **Body Positive Australia**

Counselling, Nutrition, Group therapy, Yoga and Retreats. We are Body Positive, Inclusive & Fat Positive. Eating Disorders & Body Image Specialists.

<https://www.facebook.com/bodypositiveaustralia/>

### **Body Image Movement**

Celebrating body diversity and positive body image. Your body is not an ornament, it is the vehicle to your dreams!

<https://www.facebook.com/bodyimagemovement/>

## FACEBOOK GROUPS

### **HAES Health At Every Size®**

Health At Every Size® (HAES) is an approach to health that is focused on the individual. This group is a place to share, seek support and ideas about your HAES journey. It is NOT a diet or weight loss site.

<https://www.facebook.com/groups/52546775431/>

### **The Moderation Movement**

A supportive place for fans of the Moderation Movement approach to discuss all things moderation including: intuitive eating, non-diet, Health At Every Size®, enjoyable movement, body respect and self-compassion.

<https://www.facebook.com/groups/moderationmovement/>

### **The Dare To Not Diet Society**

This group is 100% anti-diet culture, anti-pursuit-of-weight loss, anti-body-shame, anti-restrictive eating. This is your place to be free of diet talk!

<https://www.facebook.com/groups/DTNDSociety/>

### **Life. Unrestricted.**

If you are longing to finally embrace your own body, flaws and all, and if you are willing to extend that same love and acceptance to others, that's it: welcome home!

<https://www.facebook.com/groups/lifeunrestricted/>

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*“There is power in community, and there is power in numbers. If we support each other in our journeys, the sky is the limit.” Jes Baker*

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### **Bo-Po without the BS with Sarah Vance**

We celebrate all bodies and honour body diversity which includes weight, shape, size, gender, sexual orientation, race, abilities, and ages.

<https://www.facebook.com/groups/BoPowithouttheBS/>

### **Body Acceptance Group---Health At Every Size**

Are you beating yourself up because your not the "ideal" weight? Are you waiting to do something until after you lose that weight? Stop! Embrace a healthy lifestyle and learn to love yourself and live your life right now!

<https://www.facebook.com/groups/157366087721517/>



## INSTAGRAM

Instagram can be a bit of a minefield. Content is driven by hashtags to identify user images and a lot of users are sponsored by fitness/beauty companies. If you enter a search term like #bodypositive you will get a lot of workout pictures and before/after photos together with images that truly represent the body positive ideal.

Once you start following some HAES advocates, it doesn't take Instagram long to make some good suggestions of similar people and pages to follow.

Some hashtags that you can use that will help fine-tune your feed are:

#self worth	#takingupspace
#bodyacceptance	#sizediversity
#allbodiesaregoodbodies	#antidiet
#bodypositiveathletes	#losehatenotweight



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*“You are the CEO of your body, and like any CEO, you have the power to allow people into your space or to dismiss them if they’re not doing a good job” Louise Green, Big Fit Girl*

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### **themindfuldietitian**

NonDiet Dietitian & Body Positive Yoga

<https://www.instagram.com/themindfuldietitian/>

### **moderationmovement**

Discover food & exercise freedom! NonDiet, Intuitive Eating, body positive, HAES.

<https://www.instagram.com/moderationmovement/>

### **marcird**

Nutrition Therapist, Certified Eating Disorder Dietitian & Supervisor, Body Image Guru

<https://www.instagram.com/marcird/>

### **louisegreen\_bigfitgirl**

Plus-Size Trainer, Fitness Columnist

[https://www.instagram.com/louisegreen\\_bigfitgirl/](https://www.instagram.com/louisegreen_bigfitgirl/)

### **foodpeacedietitian**

Fat positive dietitian, speaker, writer

<https://www.instagram.com/foodpeacedietitian/>

### **leah\_bpathletes**

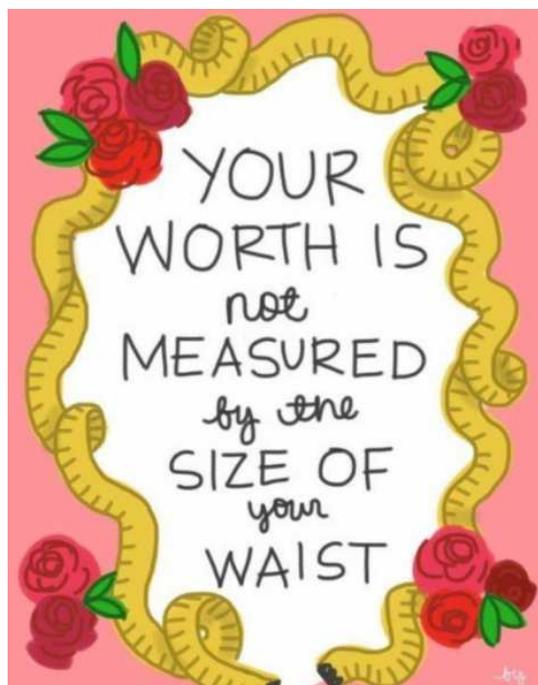
Founder of Body Positive Athletes

[https://www.instagram.com/leah\\_bpathletes/](https://www.instagram.com/leah_bpathletes/)

## PODCASTS

Podcasts are a digital audio file that can be downloaded or streamed from the internet to devices such as your smart phone, tablet or computer.

They are a brilliant way to hear new ideas and learn new perspectives, very much like talk radio. When you find a narrator that you like you can subscribe to their podcasts and new updates will get delivered to you automatically.



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*Body confidence does not come from trying to achieve a perfect body, it comes from embracing what you have.*

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### **Life. Unrestricted. Podcast**

Meret Boxler interviews advocates for HAES and body positivity.

<http://www.lifeunrestricted.org/category/life-unrestricted-podcast/>

### **Love, Food with Julie Duffy Dillon**

This authentically engineered series is in the form of a love letter welcoming you to reconnect with food.

<http://www.juliedillonrd.com/lovefoodpodcast/>

### **Dietitians Unplugged Podcast**

Hosted by Glenys Oysten and Aaron Flores, Registered Dietitians who embraces HAES and the non-diet approach.

<http://dietitiansunplugged.libsyn.com/>

### **Food Psych Podcast**

Food Psych is now the world's leading anti-diet podcast.

<https://www.christyharrison.com/foodpsych/>

### **Nutrition Matters Podcast**

Paige Smathers is a registered dietitian who celebrates the people who have made peace with food and their bodies.

<https://www.acast.com/nutritionmatterspodcast>

### **Body Kindness**

In this podcast Rebecca Stritchfield talks to people from all walks of life about their journey to a better wellbeing.

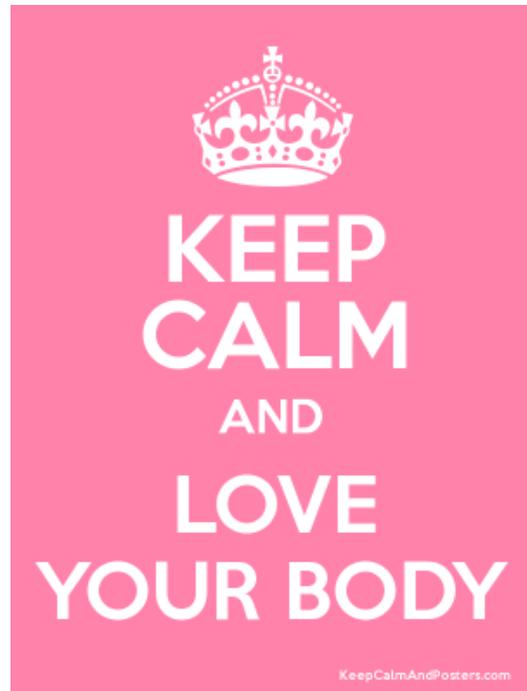
<http://www.bodykindnessbook.com/podcast/>

## TED TALKS

TED Talks are “ideas worth spreading”, it is a forum for some of the worlds greatest thinkers, activists and entertainers to share their wisdom. The creator of TED Talks had an idea, he wanted to invite the best and brightest to give the greatest talk of their lives.

Similar in content to a podcast, they are typically presented at 10-20 minute sessions with some of the most engaging speakers from around the world.

The four TED talks selected below are all delivered by inspiring fat activists who have incredible stories to tell.



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*“The more that body diversity is normalized in our minds, the kinder we can be to ourselves and our bodies.” Lillian Bustle*

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### **Enough with the fear of fat**

In a society obsessed with body image and marked by a fear of fat, Kelli Jean Drinkwater engages in radical body politics through art.

[https://www.ted.com/talks/kelli\\_jean\\_drinkwater\\_enough\\_with\\_the\\_fear\\_of\\_fat](https://www.ted.com/talks/kelli_jean_drinkwater_enough_with_the_fear_of_fat)

### **The Stand For Self-Love**

Amy Pence-Brown is a fat feminist mother who believes in opening her mouth and her heart. From both of these places she tells a powerful story of vulnerability, courage, and body positivity and the importance of taking a stand for something you believe in.

<https://www.youtube.com/watch?v=VnTLFlQ419s&feature=youtu.be>

### **Stripping away negative body image**

Actor and Burlesque performer Lillian Bustle grew up battling body shame and harassment that colored her view of the world and her own worth.

<https://www.youtube.com/watch?v=ME-col8oTkY>

### **Why It’s Okay To Be Fat: Golda Poretsky**

In 2008, Golda founded Body Love Wellness, a program designed for plus-sized women who are fed up with dieting and want support to stop obsessing about food and weight.

<https://www.youtube.com/watch?v=73SXXow4eY8&feature=youtu.be>

## BLOGGERS WITH FATTITUDE

Any fat person will tell you that they often don't have access to the same resources and opportunities as lean people.

For example, it's hard to find nice clothes because designers don't want to deal with fat people. Another issue is weight-bias in the health care system, this attitude reduces fat people to just a number on the scale.

Fat activism is an important part of ensuring that people with bigger bodies are treated equally. The following bloggers each have their own areas of interest and activism. Be warned though, some colourful language may appear!



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*“Would life be better if I were skinny? Nope. But life would be better if I didn't live in a culture that tries to make me feel like shit simply because I'm not.” Jes Baker*

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### **Dances with Fat**

Ragen Chastain writes: I blog because there are people who hate themselves and their bodies because they don't think they have another choice, because there are people who diet only because they think it's the only way to pursue health.

<https://danceswithfat.wordpress.com/>

### **Lose Hate Not Weight**

Virgie Tovar is an author, activist and one of the nation's leading experts and lecturers on fat discrimination and body image.

<http://www.virgietovar.com/blog>

### **Adipositivity**

*The Adipositivity Project* aims to promote the acceptance of benign human size variation and encourage discussion of body politics, not by listing the merits of big people, or detailing examples of excellence (these things are easily seen all around us), but rather through a visual display of fat physicality.

<http://theadipositivityproject.zenfolio.com/about.html>

### **The Militant Baker**

Jes Baker writes: Here on The Militant Baker, I preach the importance of body autonomy, self-love, mental health, strong coffee, and even stronger language. I also post a million outfit photos because they're fun, political and pretty.

<http://www.themilitantbaker.com/>

## BODY POSITIVE YOGA

Not only is yoga a gentle and joyful way to move our bodies, it is a powerful tool for helping us embrace our bodies.

### Fat Yoga

Sarah Harry was the first yogi in Australia to offer yoga for bigger bodies. She has practised yoga for more than 20 years and has been running specialist classes and retreats for the last few years all over Australia.

<https://www.fatyoga.com.au/>

<https://www.instagram.com/bodypositiveyoga/>



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*“What I’ve learned is that I am enough, just as I am.”*  
*Amber Karnes*

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### **mynameisjessamyn (Instagram)**

Jessamyn Stanley is a fierce advocate for yoga at every size.

<https://www.instagram.com/mynameisjessamyn/>

Jessamyn also has a free beginner-intermediate yoga class available on Youtube.

<https://www.youtube.com/watch?v=Ar-al6IhHLQ>

### **ybicoalition (Instagram)**

The Yoga & Body Image Coalition is a movement to smash stereotypes, promote body acceptance and diversity.

<https://www.instagram.com/ybicoalition/>

### **Body Positive Yoga**

Amber Karnes, plus size yogi, offers a 7 free yoga videos delivered straight to your inbox.

<https://bodypositiveyoga.com/>

Amber also has a series of Youtube videos that are freely available.

<https://www.youtube.com/user/bodypositiveyoga>

### **Curvy Yoga**

Anna Guest-Jelley, founder of Curvy Yoga is a training & inspiration portal for curvy yogis and their allies & teachers.

<https://www.youtube.com/user/CurvyYoga/about>

## SELF LOVE THROUGH SELFIES

Selfies are photos that you take of yourself, either on your phone or with a camera. Although some like to label taking selfies as vain, they can be an act of extreme self love. You don't have to share them on social media, simply taking the photo for yourself can be a powerful act of self love.



### Selfies To Promote Self-Love

Selfies are us giving people who bullied us about our looks or weight the proverbial middle finger and saying 'Your words cannot hurt me, for I love myself. I will not hate myself because you cannot accept me.'

[http://www.huffingtonpost.com/jessica-lovejoy/selfies-to-promote-self-love\\_b\\_4743141.html](http://www.huffingtonpost.com/jessica-lovejoy/selfies-to-promote-self-love_b_4743141.html)

### Be Your Own Beloved

Vivienne McMasters, an accomplished body positive photographer, encourages us to explore self compassion through self portraiture. She offers a free E-book containing 30 tips for taking selfies with love

<http://www.viviennemcmasterphotography.com/2015/05/22/a-free-e-book/>

<https://www.facebook.com/BeYourOwnBeloved>

<https://www.instagram.com/viviennemcm/>

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*"Taking a picture of yourself doesn't make you vain or narcissistic. We should be able to feel good about our appearance and show it to the world without criticism." Kelsi Lara*

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loving myself is  
such an important  
part of my health



## FURTHER READING

### **Eating in the Light of the Moon: How Women Can Transform Their Relationship with Food Through Myths, Metaphors, and Storytelling by Anita Johnston**

By weaving practical insights and exercises through a rich tapestry of multicultural myths, ancient legends, and folktales, Anita Johnston helps the millions of women preoccupied with their weight discover and address the issues behind their negative attitudes toward food.

### **Health At Every Size: The Surprising Truth About Your Weight by Linda Bacon**

Fat isn't the problem. Dieting is the problem. A society that rejects anyone whose body shape or size doesn't match an impossible ideal is the problem. A medical establishment that equates "thin" with "healthy" is the problem. The solution? Health at Every Size.

### **Body Kindness by Rebecca Stritchfield**

This practical, inspirational, and visually lively book shows you how to create a healthier and happier life by treating yourself with compassion rather than shame. It shows the way to a sense of well-being attained by understanding how to love, connect, and care for yourself—and that includes your mind as well as your body.

### **HAES Australia**

<http://haesaustralia.weebly.com/>

