

## Links to some good info on Body Liberation, Fat Acceptance, Health at Every Size, & Healthism:

- Virgie Tover, Fat Activist, [The Difference Between Body Positivity And Fat Activism](#)
- [It's not obesity - it's slavery](#), Sabrina Strings - New York Times
- [Covid-19 Does Not Discriminate by Body Weight](#), Wired
- [Health At Every Size](#), Shameless Magazine
- [Fat Indigenous Bodies & Body Sovereignty: An Exploration of Re-presentations](#), Ashlea Gillon
- FoodShare [Panel on Dismantling Fat Shaming and Weight Stigma \(video\)](#)
- It Gets Fatter! (videos): <https://vimeo.com/user13207910>
- ["The Unhealthy Truth Behind 'Wellness' and 'Clean Eating'"](#) (Vice, May 2016):
- [Evidence-based articles on dieting, BMI, obesity...](#) (via The Fat Nutritionist, RD):
- [Everything you know about obesity is wrong](#), Huffington Post 2018:
- [Body Neutrality Acknowledges The Struggles Of Self-Love & TBH. It's Liberating AF](#), Bustle
- [Fat Phobia And Its Racist Past And Present](#), NPR: (Fearing the Black Body - Sabrina Strings)
- [Is Fat Phobia in Medicine Harming Doctors and Patients?](#), Psychology Today
- [Here's What Fat Acceptance Is - and Isn't](#), Yes! Magazine:
- Ellyn Satter, RD ("Normal Eating"): <http://www.ellynsatter.com/>
  - "Normal Eating" worksheet  
<https://www.ellynsatterinstitute.org/wp-content/uploads/2017/11/What-is-normal-eating-Secure.pdf>
- [Weight-neutral Health Promotion in Schools](#) with Dr. Shelly Russell-Mayhew (podcast)
  - University of Calgary [Body Image Lab](#)
- [Maintenance Phase](#) (podcast) with Aubrey Gordon and Michael Hobbs