

Body Liberation:

How Fitpros Can Empower All Bodies

Session 445 - Friday July 22nd 9:45-11:35am

Presenters: Nikki Snow and Rachael Babiracki

Body Freedom Philosophies

Body Positivity

What is it? Loving and celebrating your body in its current state. About finding beauty and value in every body, reframing engagement with our bodies to be positive.

Challenges: tends to center white, thin, able bodied women. Doesn't directly challenge power structures but works within them to be more inclusive. Can be reactionary, focused on beauty being tied to worth, not sustainable as an every day practice for many people.

Where have you experienced body positivity?

What are some examples?

Body Neutrality

What is it? Promotes acceptance of your body as it is, encouraging you to recognize its abilities and nonphysical characteristics over your appearance. This movement aims to decentralize the body as an object by challenging the myth that the way you look drives your worth and value.

Challenges: Current society does value bodies that look a certain way, so can create dissonance when we try to push back.

Where have you experienced body neutrality?

What are some examples?

Body Liberation

What is it? Freedom from social and political systems of oppression that designate certain bodies as more worthy, healthy, and desirable than others.

Challenges: Radical and so can cause discomfort. Directly challenges current systems so requires a high level of understanding and education on related liberation topics.

Where have you experienced body liberation?

What are some examples?

Personal

What are you already doing?

What will you stop doing?

What will you start doing?

Professional

Take notes on your scenario here.

Further Resources

- [Ragen Chastain](#)
- [Ilya Parker](#)
- [Sabrina Strings: Fearing the Black Body](#)
- [Da'Shaun L. Harrison: Belly of the Beast](#)
- [Aubery Gordon: What We Don't Talk About When We Talk About Fat](#)
- [Sonya Renee Taylor: The Body is Not an Apology](#)
- [adrienne marie brown](#)

Contact Information



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