



Love  
Your  
Body

## CELEBRATE INTERNATIONAL NO DIET DAY

MAY 6, 2002

International No Diet Day (INDD) is an annual celebration of body acceptance and diversity. It is observed on May 6 of each year.

This year's theme is "Love Your Body"!



### WHAT IS INDD?

INDD is a day to:

- ❖ Celebrate the beauty and diversity of ALL our natural sizes & shapes
- ❖ Affirm everyBODY's right to health, fitness, and emotional well-being
- ❖ Declare a personal one-day moratorium on diet/weight obsession
- ❖ Learn the facts about weight-loss dieting, health, and body size
- ❖ Recognize how dieting perpetuates violence against women
- ❖ Honor the victims of eating disorders and weight-loss surgery
- ❖ Help end weight discrimination, sizism and fatphobia



### DOES INDD HAVE A SYMBOL?

Yes, the light blue ribbon was designated by INDD's founder, Mary Evans Young, as its international symbol. This year on May 6, we invite you to put on a light blue ribbon and join the celebration!



### WHO CELEBRATES INDD?

INDD is for everyBODY! Since its origin a decade ago in 1992, INDD has been celebrated by size acceptance, anti-diet, body image, and eating disorders activists, groups, and individuals around the world who want to empower people of all sizes. Events and activities will be held in cities and towns spanning the globe. Check out the official INDD website for more information and events in your area:

<http://www.eskimo.com/~largesse/INDD/>