



This Year's Goals



Celebrating natural body diversity



Promoting positive body image and self-esteem in people of all shapes and sizes



Advocating for non-restrictive, healthy eating patterns and non-punitive physical activities for everyBODY



Challenging cultural attitudes and values that contribute to body hatred, weight preoccupation, and eating disorders



Encouraging positive, body-diverse images throughout the media



Increasing awareness of the dangers of weight-loss dieting and the social, emotional and physical consequences of food-, size-, and weight-obsessions



Educating the public about the dangers of weight-loss surgery, diet drugs, and size-biased medical treatment



Working to end weight discrimination, size abuse and fatphobia