

Full Fat - Limmud 2022

Fat Liberation Manifesto (1973)

By Judy Freespirit and Aldebaran (Sara Fishman) on behalf of the Fat Underground

1. We believe that fat people are fully entitled to human respect and recognition.
2. We are angry at mistreatment by commercial and sexist interests. These have exploited our bodies as objects of ridicule, thereby creating an immensely profitable market selling the false promise of avoidance of, or relief from, that ridicule.
3. We see our struggle as allied with the struggles of other oppressed groups against classism, racism, sexism, ageism, financial exploitation, imperialism and the like.
4. We demand equal rights for fat people in all aspects of life, as promised in the Constitution of the United States. We demand equal access to goods and services in the public domain, and an end to discrimination against us in the areas of employment, education, public facilities and health services.
5. We single out as our special enemies the so-called "reducing" industries. These include diet clubs, reducing salons, fat farms, diet doctors, diet books, diet foods and food supplements, surgical procedures, appetite suppressants, drugs and gadgetry such as wraps and "reducing machines".

We demand that they take responsibility for their false claims, acknowledge that their products are harmful to the public health, and publish long-term studies proving any statistical efficacy of their products. We make this demand knowing that over 99% of all weight loss programs, when evaluated over a five-year period, fail utterly, and also knowing the extreme proven harmfulness of frequent large changes in weight.

6. We repudiate the mystified "science" which falsely claims that we are unfit. It has both caused and upheld discrimination against us, in collusion with the financial interests of insurance companies, the fashion and garment industries, reducing industries, the food and drug industries, and the medical and psychiatric establishment.

7. We refuse to be subjugated to the interests of our enemies. We fully intend to reclaim power over our bodies and our lives. We commit ourselves to pursue these goals together.

FAT PEOPLE OF THE WORLD, UNITE! YOU HAVE NOTHING TO LOSE ...

Full Fat Texts

"I hate being fat. I hate the way people look at me, or don't. I hate being a joke; I hate the disorienting limbo between too visible and invisible; I hate the way that complete strangers waste my life out of supposed concern for my death. I hate knowing that if I did die of a condition that correlates with weight, a certain subset of people would feel their prejudices validated, and some would outright celebrate. I also love being fat. The breadth of my shoulders makes me feel safe. I am unassailable. I intimidate. I am a polar icebreaker. I walk and climb and lift things, I can open your jar, I can absorb blows - literal and metaphorical - meant for other women, smaller woman, breakable women women who need me. My bones feel like iron - heavy, but strong. I used to say that being fat in our culture was like drowning (in hate, in blame, in your own tissue), but lately I think it's more like burning. After three decades in the fire, my iron bones are steel."

— Lindy West, *Shrill: Notes from a Loud Woman*

"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.'"

- Three by Nayyirah Waheed

"there are three very general fat person tropes that I personally find to be very present and harmful: the Stupid Fat Person, the Funny Fat Person, and the Evil Fat Person."

— Jes Baker, *Things No One Will Tell Fat Girls: A Handbook for Unapologetic Living*

"We fatties have a bond, dude. It's like a secret society. We got all kinds of shit you don't know about. Handshakes, special fat people dances-we got these secret fugging lairs in the center of the earth and we go down there in the middle of the night when all the skinny kids are sleeping and eat cake and friend chicken and shit. Why d'you think Hollis is still sleeping, kafir? Because we were up all night in the secret lair injecting butter frosting into our veins. ...A fatty trusts another fatty."

— John Green, *An Abundance of Katherines*

"Dieting is a practice of fatphobia. Dieting is the result of unresolved fatphobia. We become terrified of what it would mean for us to be fat because we understand fundamentally how poorly fat people are treated. We transpose that bigotry onto the fat itself, rather than placing the blame where it belongs: on the culture that created and promotes injustice and fat hatred. We thereby, perhaps unintentionally, end up blaming fat people for the bigotry they are experiencing. Even though fatphobia is culturally pervasive and treated as if it's a totally normal part of everyday life, it's important to recognize that it is a form of bigotry that really harms people and that must be eradicated."

— Virgie Tovar, *You Have the Right to Remain Fat*

"The legacy of Protestant moralism and race science as it related to fat and thin persons loomed large. Indeed, many early to mid-twentieth-century physicians relied on moral and racial logics to rail against persons deemed too fat or too thin."

— Sabrina Strings, *Fearing the Black Body: The Racial Origins of Fat Phobia*

"Please don't forget: I am my body. When my body gets smaller, it is still me. When my body gets bigger, it is still me. There is not a thin woman inside me, awaiting excavation. I am one piece."

— Lindy West, *Shrill: Notes from a Loud Woman*

"Body acceptance means, as much as possible, approving of and loving your body, despite its "imperfections", real or perceived. That means accepting that your body is fatter than some others, or thinner than some others, that your eyes are a little crooked, that you have a disability that makes walking difficult, that you have health concerns that you have to deal with — but that all of that doesn't mean that you need to be ashamed of your body or try to change it. Body acceptance allows for the fact that there is a diversity of bodies in the world, and that there's no wrong way to have one."

— Golda Poretsky