

Don't Accept Your Body & Leave it at That “What? You did not just say that!”

If the title of this blog article makes you angry...good. But, also, listen.

Over the last few years there has been a huge body positivity movement. This is wonderful. I'm all for body positivity. However, I think the meaning of body positivity has been muddled and the consequences of that muddling is catastrophic.

According to the most recent [National Health and Nutrition Examination Survey](#) obesity in America roughly includes 100 MILLION adults. That's 39.6 percent of the country's population. Almost half of the adults in the United States aren't just overweight, but are obese.

This rips my heart out.

Not because of some body image ideal. Our bodies are beautiful no matter what condition they're in because people are beautiful. Amazing even.

But beauty isn't the same thing as health.

Obesity comes with so many detrimental health effects, the smallest of which being lower energy and less mobility. Fitness, health, wellness...it's not about your dress size. It's not about getting #swole. It's about your life and the condition in which you live it.

So. No. I don't think it's okay to JUST accept your body.

Body acceptance is an important piece for your mental and emotional well being. You have to learn to love yourself and your body through every season of your life. If you don't you'll always be miserable. This, I believe, is the sentiment behind the body positivity movement.

But. There's a big difference between accepting your body as it is now and accepting that your body can never be healthier than the where you are now.

When we perpetuate the idea that the condition in which we live our lives now is and should just be accepted, we say that there's no need to try anything different. And really, that there's just no need to care, no need for any effort. We have no control.



Accepting your body is like giving yourself a hug. On it's own, a hug only temporarily makes your life better. It's a of moment comfort. Yet, it has the power to be a turning point to help you see better that harshness doesn't have a place in your life.

BUT. Acceptance on it's own is too weak a mindset.

Acceptance needs LOVE to make a difference.

Think about people.

When you accept people that are different than you, but don't love them, you're content to let them be, but don't really care what's happening with them.

When you love people that are different than you, but you don't accept them, you might want them to have all the joy and happiness that could possibly come their way, but you'll approach them with a mind only on how to fix them.

When you accept and love someone who's different from you, you'll take their hand and walk through any journey with them, listening and offering the **opportunity** for help.

Why deny your body loving it enough to do your best to take care of it?

I was talking to one of my customers about the need for acceptance and love when taking care of ourselves and she chimed in with a story that she said I could share here.

One thing she does in her family is put together a yearly photo album. Growing up she loved looking at old photos, so she wants her kids to be able to do the same. Recently, she was looking through the albums and found photos from early in her marriage. She was much thinner then and looking at the photos she teared up a little. It wasn't because she was envying her past figure. It was because she could remember the day she took those photos and how she had cried then because she had thought she looked so ugly and that awful word "fat". Looking at the photos, she wanted to hug her old self. Tell her to accept herself.

She said, "I'm actually really grateful I gained weight. It made me realize that my weight or extra rolls doesn't make me less of anything. I love myself right now. But I'm also going to work my butt off to get back to a healthy weight. I deserve that too."

By gaining more weight than she ever thought she would, she was forced to either accept her body as it was or live in a constant state of self-loathing. By learning to accept herself as she is, [getting healthy doesn't come with punishment or self-loathing](#). She has known and felt beautiful in nearly every pant size.

I challenge you to both love and accept your body.

If you're struggling with either, I want to help.

Mindfulness and fitness is what is all about. A committed, positive mindset paired with purposeful physical activity is a huge jump into the healthy lifestyle you deserve.