The Body Manifesto

Imagine

Imagine a world where all bodies are valued and all people are supported in compassionate self-care.

This Is How We Get There

Disrupt
Disrupt the injustices that lead to body dissatisfaction, alienation, shame, trauma, poor health and body disconnection, including weight bias, racism, sexism, cis-sexism, ableism, ageism, and classism, among others.

Challenge the narratives that centralize privileged people and underrepresent, marginalize, and violate others.

Believe
Believe in our power to heal ourselves and the culture.

Connect
Connect with the growing community that recognizes, values, and celebrates the multiple identities that enrich our experiences.

Nurture
Nurture your compassion for self and others. Support all in developing the resilience to live well in an unjust world.

Respect
RESPECT – all bodies, regardless of look, size, shape, gender, age, class, ability, and the many other characteristics that make us human.

Transform
Transform the culture of injustice that limits our humanity into a more just, compassionate and respectful global community.

Imagine, Disrupt, Nurture, Respect, Believe, Connect, Transform.