



THE BODY MANIFESTO

I M A G I N E

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.