



Body Positivity stems from the fat acceptance movement from the 1960s. This movement was created by and for folx in marginalized bodies (such as black, queer, and fat bodies). The purpose of this movement is to foster size diversity and body acceptance for all folx as well as encourage folx to love their bodies unconditionally. In recent years, it's been co-opted, thus leaving out the folx the movement was originally created for which has contributed to body dissatisfaction.^{1 2}



Body Neutrality focuses on the body's functions and achievements rather than appearance. This movement aligns with the belief that always loving your body is unrealistic and that loving your body is not required for self love.^{3 4}



Body Liberation is rooted from the development of the National Association to Advance Fat Acceptance (NAAFA) and the Fat Underground in the late 1960s and early 1970s. The movement encourages inclusivity, body autonomy, fat acceptance, and size diversity for all – particularly among historically marginalized folx. The movement also encourages folx to fight systems of oppression such as weight stigma and size discrimination and acknowledges that self worth is separate from a person's appearance and size.^{5 6}

For more information on body image and eating disorders, visit: myneda.org/body-image-eating-disorders



¹ Gelsing, A. S. (2021). A critical analysis of the body positive movement on Instagram: How does it really impact body image?. *Spectra Undergraduate Research Journal*, 1(1), 47-55. <https://doi.org/10.9741/2766-7227.1003>

² Frazier, C., & Mehdi, N. (2021). Forgetting Fatness: The Violent Co-optation of the Body Positivity Movement. *Debates in Aesthetics*, 16(1), 13-28. <https://doi.org/http://debatesinaesthetics.org/debates-in-aesthetics-vol-16-no-1/#FRAZIERMEHDI>

³ Hallward, L., Feng, O., & Duncan, L. R. (2023). An exploration and comparison of #bodypositivity and #bodyneutrality content on TikTok. *Eating Behaviors*, 50, 101760. <https://doi.org/10.1016/j.eatbeh.2023.101760>

⁴ Pellizzer, M. L., & Wade, T. D. (2023). Developing a definition of body neutrality and strategies for an intervention. *Body Image*, 46, 434-442. <https://doi.org/10.1016/j.bodyim.2023.07.006>

⁵ Edison, L.T., & Notkin, D. (2022). The trajectory of fat liberation: where did we start? Where are we now? *Fat Studies*, 12, 456 - 471.

⁶ Freespirit, J., & Aldebaran. (1979). *Fat Liberation Manifesto*. *Off Our Backs*, 9(4), 18-18. <http://www.jstor.org/stable/25773035>