

Hi, I know you meant well but intention and impact are different. You said one or both of these to me: 1. <i>"You look so healthy"</i> This confuses weight and health. It isn't true. I was healthier When I was fat. 2. <i>"You look great."</i> This reinforces a sizeist beauty standard - when that's based on a white, nondisabled, upper-/middle-class norm. I've lost lots of weight because I've been sick. I've neither been "healthy" nor "great."	Hi, I know you meant well but intention and impact are different. You said one or both of these to me: 1. <i>"You look so healthy"</i> This confuses weight and health. It isn't true. I was healthier When I was fat. 2. <i>"You look great."</i> This reinforces a sizeist beauty standard - when that's based on a white, nondisabled, upper-/middle-class norm. I've lost lots of weight because I've been sick. I've neither been "healthy" nor "great."	Hi, I know you meant well but intention and impact are different. You said one or both of these to me: 1. <i>"You look so healthy"</i> This confuses weight and health. It isn't true. I was healthier When I was fat. 2. <i>"You look great."</i> This reinforces a sizeist beauty standard - when that's based on a white, nondisabled, upper-/middle-class norm. I've lost lots of weight because I've been sick. I've neither been "healthy" nor "great."	Hi, I know you meant well but intention and impact are different. You said one or both of these to me: 1. <i>"You look so healthy"</i> This confuses weight and health. It isn't true. I was healthier When I was fat. 2. <i>"You look great."</i> This reinforces a sizeist beauty standard - when that's based on a white, nondisabled, upper-/middle-class norm. I've lost lots of weight because I've been sick. I've neither been "healthy" nor "great."	Hi, I know you meant well but intention and impact are different. You said one or both of these to me: 1. <i>"You look so healthy"</i> This confuses weight and health. It isn't true. I was healthier When I was fat. 2. <i>"You look great."</i> This reinforces a sizeist beauty standard - when that's based on a white, nondisabled, upper-/middle-class norm. I've lost lots of weight because I've been sick. I've neither been "healthy" nor "great."	Hi, I know you meant well but intention and impact are different. You said one or both of these to me: 1. <i>"You look so healthy"</i> This confuses weight and health. It isn't true. I was healthier When I was fat. 2. <i>"You look great."</i> This reinforces a sizeist beauty standard - when that's based on a white, nondisabled, upper-/middle-class norm. I've lost lots of weight because I've been sick. I've neither been "healthy" nor "great."	Hi, I know you meant well but intention and impact are different. You said one or both of these to me: 1. <i>"You look so healthy"</i> This confuses weight and health. It isn't true. I was healthier When I was fat. 2. <i>"You look great."</i> This reinforces a sizeist beauty standard - when that's based on a white, nondisabled, upper-/middle-class norm. I've lost lots of weight because I've been sick. I've neither been "healthy" nor "great."
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I anticipated this interaction. It happened when I had cancer too. I anticipated it to such a frequency this time that I made bookmarks.

It is a bookmark because I'm giving you **homework**.

I don't want you to get in touch and apologize. You said an ignorant thing - **let's move on**.

I do want you to learn about fat politics.

Here are a couple places to start:

TheBodyIsNotAnApology.com (also a book)

Fearing the Black Body: The Racial Origins of Fat Phobia by Sabrina Strings

"Everything You Know About Obesity Is Wrong" by Hobbs and MacKay in *Huffpost*

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