Hi,
I know you meant well but **intention** and **impact** are different.
You said one or both of these to me:
1. “**You look so healthy**”
   This confuses weight and health. It isn’t true. I was healthier when I was fat.
2. “**You look great.**”
   This reinforces a sizestist 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.”
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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