



national association
to advance
fat acceptance

We Come In All Sizes....
Understand It.
Support It.
Accept It.

PHYSICAL FITNESS

NAAFA'S OFFICIAL POSITION:

The National Association to Advance Fat Acceptance asserts that individual fitness can be achieved despite a relatively high ratio of fat-to-lean body mass and affirms that fitness is a desirable and attainable goal for most fat people. Different physiques and levels of fitness are appropriate for different people. NAAFA demands that fat people have the opportunity to become healthy at every size in an environment safe from prejudice and harassment.

NAAFA ADVOCATES:

- That the national councils on physical fitness delete the ratio of fat-to-lean body mass from its definition of fitness.
- That fitness professionals become better educated on factors affecting weight and health so that they can develop optimum fitness programs tailored specifically for fat people, with goals related to the health at every size lifestyle.
- That fat people be trained to lead health at every size fitness classes and serve as role models for health and fitness regardless of size.
- That fat people have equal access to fitness and exercise facilities in an environment free from ridicule and derogatory comments by staff or patrons.
- That exercise programs encourage fat clients to attain an increased level of fitness and well-being rather than emphasizing weight loss or unrealistic levels of physical performance or appearance.
- That exercise equipment and apparel be manufactured and made available which would allow fat people to pursue fitness goals safely, efficiently, and comfortably.
- That fat people increase physical activities slowly, choose enjoyable activities, and be motivated by inner goals and interests.

PHYSICAL FITNESS

NAAFA RESOLVES TO:

- Encourage fat people to strive for optimum fitness levels in accordance with their health goals.
- Acknowledge groups, individuals, or organizations that provide programs or places where fat people can pursue their health at every size goals with dignity.
- Disseminate to fitness professionals, fat people, the media, and the public, information regarding health at every size, in the form of pamphlets, reading lists, or clippings.
- Document incidents of discrimination by health clubs and their staffs, or by independent professionals.
- Include opportunities for exercise and movement at NAAFA events.