

FAT  
AZINE  
BY  
KAT

FAT BODIES ARE  
INHERENTLY



POLITICAL

EVERYONE  
HAS

OPINION





ABOUT WHAT WE  
EAT, HOW WE  
DRESS, EVERYTHING  
WE DO IS  
SCRUTINIZED.

HAVE YOU  
WATCHED  
TV OR A  
MOVIE LATELY?  
FAT CHARACT-  
ERS ARE

ALWAYS THE VILLAIN OR THE  
COMIC RELIEF,

BEING FAT  
IS SEEN AS  
A MORAL  
FAILING.



WE ATTACH MORALISTIC  
VALUES TO CERTAIN FOODS AND  
BEHAVIORS WHICH ALL FEEDS  
INTO DIET CULTURE AND  
FAT PHOBIA.



WE NEED FOOD TO LIVE -  
SO WHY DO WE SHAME  
FAT PEOPLE FOR SUSTAINING  
THEIR BODIES?

DOCTORS REFUSE TO TREAT US. WE ARE TOLD TO LOSE WEIGHT - AS IF THAT WILL CURE ANY ILLNESS.



WHEN ILLNESS CAUSES US TO LOSE WEIGHT WE ARE CONGRATULATED. BEING THINNER IS BETTER THAN BEING WELL IS THE MESSAGE.



WHEN FAT PEOPLE ARE TOLD: "JUST EAT LESS" AND "JUST GO TO THE GYM" IT TRIVIALISES ALL THE REAL CAUSES AND ISSUES

ISSUES LIKE POOR MENTAL HEALTH, DISABILITY, POVERTY AND DISORDERED EATING.

IN A DIET AND BODY IMAGE OBSESSED SOCIETY LOVING AND CARING FOR YOUR FAT BODY IS A RADICAL ACT.

BE RADICAL. LOVE YOUR BODY. BEING FAT ISN'T INHERENTLY BAD.