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Society in Denial

Thursday, October 04, 2012

Although I've only been active on SP for a few weeks, I have been quietly lurking for over 3 years. Lately I've been aware of the differences between the insulated environment of SP and the larger society we live in.

On SP there are differences in approach and disagreements on various topics, amount of carbs or other nutrients, intensity/frequency of exercise, and even the appropriate shoes when beginning to run, but we are united in striving for the common goal of living a healthier life. Moving more and eating the right foods in appropriate quantities are the methods we use to get there. We also realize that the 'one size fits all' approach is not reasonable and we find our own modification to achieve success.

Then there's the world outside of SP, the world increasingly accepting of the new size of America.

We meet them personally. "You don't want to be a size 0, do you? It's unhealthy to be too skinny." (Like that's right around the corner or even an option)

We meet them anonymously through the resizing of the fashion industry. "Don't worry, see, you're still a size 10" (Even though you're 30 lbs heavier than you used to be)

Finally, we're beginning to meet them in print – the apologists for obesity, subtly denigrating those striving to change.

(Source: www.theglobeandmail.com/commentary/surprise-a-little-fat-is-good-for-you/article4560312/) Thanks to Watermellen's recent blog

While the title "A little fat is good for you" is reasonable. It also states that: "Taking and keeping weight off is next to impossible" (So why try?) "Entire empires – commercial, government and academic – have been built on our morbid fear of fat" (Looking around, we must have conquered our fear pretty well)

All of this has led to fat becoming the new normal (Source: www.theglobeandmail.com/life/health-and-fitness/health/how-fat-has-become-the-new-normal/article4576071/) Again thank you Watermellen for finding this.

This is reflected in the adjustments in our environment.

- Home furnishing companies make their products larger
- Urban buses need reinforced frames
- Hospitals re-engineer their equipment to be able to serve patients

While these are necessary to deal with reality, they also mask the problem

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As the weight of our nation increases, our image of ourselves is changing. With 66% of us overweight or worse and another % struggling with anorexia or illness, normal BMI or slim people are currently an ever shrinking minority.

A generation ago America didn't look like this. Scare tactics may not work but putting the statistics out there is necessary. Making us happy with the status quo is not helpful either individually or as a society.

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MISSUSRIVERRAT

Excellent blog. Very thoughtful and interesting. Thanks for taking the time to make the entry.
3171 days ago



CRYSTALJEM

"Making us happy with the status quo is not helpful either individually or as a society. "

Very powerful point. I agree totally (aren't Watermellen's blogs awesome!). While I don't believe in being mean about it, or nagging people that they have to change (take the viral video/email about the Denver anchor), but turning a blind eye, saying that gaining weight to an unhealthy degree is the new normal is just as wrong and very unhelpful.

Thank you.
3174 days ago



JENNYR0506

"No matter what your weight, you can achieve striking benefits from eating well and exercise. Just don't expect that diet and exercise will cause you to lose a meaningful amount of weight, because (unless you are among a tiny sliver of extremely lucky and determined people) they won't. For most of us, losing weight and keeping it off is next to impossible."

This was the whole quote on weight loss from the article "A Little Fat is Good for You".

It is amazing how quickly she can go from achieving "striking benefits" to "losing weight ,, is next to impossible."

So many of us on SP have proven that eating a healthy diet and exercising DOES result in striking benefits in weight loss and health. We are not lucky but we are determined. And that is not a bad thing!



Jenny

3174 days ago



WATERMELLEN

Great blog! There's lots of pressure to accept being fat. . . . and to pressure those of us trying to be healthy just to give up.

(And: thanks for the shout-out!)

I'm glad that after "lurking" for 3 years you're becoming more active and speaking out!
3175 days ago



ROSEWAND

It is a strange new world out there. Even though my BMI is around 20, many people think I am too thin. 30 years ago, I would be perceived as normal

I, too, have noticed how the idea of just adjusting to larger sized people is become the norm in our culture and advertising.

I had the strange experience of going to a pot-luck recently where there was nothing I could eat except what I had brought. What was there was mostly manufactured "food", and everyone seemed so comfortable with it. I feel as if I was in a different country!



I am very grateful to this community of like-minded health conscious people who are committed to changing themselves and become a model of what we can be.

Thanks for writing such a good blog.
3175 days ago



CELIAMINER

I really resonate with the clothes sizing issue, as I have in my closet clothes ranging from an XS sweater to a size 14 pair of jeans...and they all fit.

As for redefining "fat," I am happy that I can now fit comfortably in a coach class airline seat, that I'm not the one getting "why me" eyerolls when I sit down next to someone on the commuter bus, and that I can do so many more physical things so much more easily than I could 75+ pounds ago.
3175 days ago



SWAZY33

Great info :)
3175 days ago



MJZHERE

Same thoughtwave here - yesterday at the store, the sizes on clothes really got me going in this direction. Having recently read The Influencer, I was struck with how the two effective methods of influencing change are modeling (actual) and vicarious modeling (presenting an example so real that the person can put themselves there in the story). Unfortunately education doesn't usually work unless the person strongly trusts the source and is already heading that direction (according to the book and reinforced by my own experience - how often does "do what I say, don't do as I do" work with our kids). My mom ate healthy (from her own 1 acre garden mostly), and was still riding her bicycle at age 80 (with severe arthritis). She has strongly influenced me. Also why I look to those who have been successful here at sp and read their posts, blogs.
3175 days ago




SUZYMOBILE

Bravissima!!

Love this: "'Entire empires – commercial, government and academic – have been built on our morbid fear of fat' (Looking around, we must have conquered our fear pretty well) " !

I'm lucky to have found a little coterie of new friends here in Florida who are constantly seeking to become thinner and healthier. In NH, our neighbors viewed me as a freak and often asked, "Is Sue

all right?"  (A lot better than you, honey!)
3175 days ago



BIGDOG18



3175 days ago



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