



## THE BODY MANIFESTO

# I M A G I N E

Imagine a world where all bodies are valued and all people are supported in compassionate self-care.

## THIS IS HOW WE GET THERE

### DISRUPT

Disrupt the injustices that lead to body dissatisfaction, alienation, shame, trauma, poor health and body disconnection, including weight bias, racism, sexism, cis-sexism, ableism, ageism, and classism, among others.

Challenge the narratives that centralize privileged people and underrepresent, marginalize, and violate others.

### BELIEVE

Believe in our power to heal ourselves and the culture.

### CONNECT

Connect with the growing community that recognizes, values, and celebrates the multiple identities that enrich our experiences.

### NURTURE

Nurture your compassion for self and others. Support all in developing the resilience to live well in an unjust world.

### RESPECT

RESPECT – all bodies, regardless of look, size, shape, gender, age, class, ability, and the many other characteristics that make us human.

### TRANSFORM

Transform the culture of injustice that limits our humanity into a more just, compassionate and respectful global community.

**IMAGINE, DISRUPT, NURTURE, RESPECT, BELIEVE, CONNECT, TRANSFORM.**