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The global obesity epidemic introduced a new class of disenfranchisement. Dr. Charlotte Cooper, an activist and writer since the mid-1990s, has eloquently criticized blaming fat people for the financial costs of obesity, explaining how such negative perspectives lead to self-hatred, body-disgust, and shame. She coined the term “headless fatties,” the practice of photographing overweight people from the neck down and using these images in news stories and fitness marketing to represent the evils of self-indulgence and lack of control. Dr. Cooper pointed out that mainstream media often imply that negative consequences stem from being fat, and, conversely, that everything good is the result of being thin.

For an alternative perspective, and to see large-bodied people celebrating their size and the joy of movement, you may want to look at *Nothing to Lose*, a film shown at the 2015 Sydney Festival in Australia.