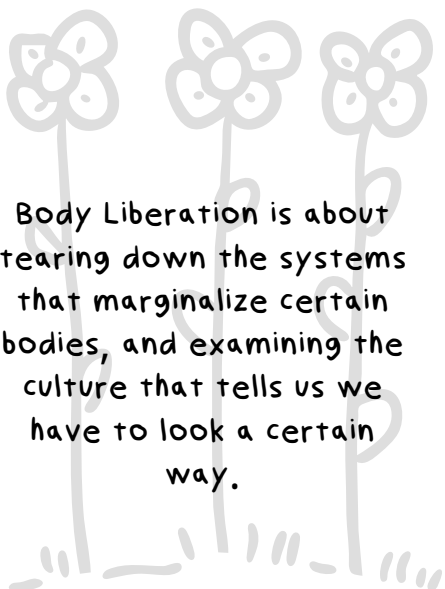




Body Liberation is for Everyone



Body Liberation is about tearing down the systems that marginalize certain bodies, and examining the culture that tells us we have to look a certain way.

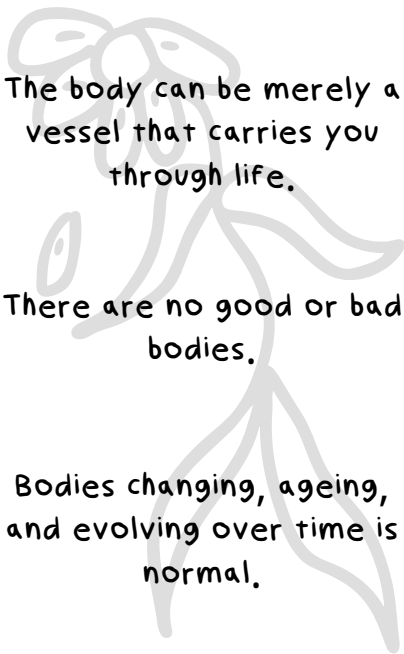


This can look like accommodations for different physical abilities, more inclusive sizing, and removing biases from the healthcare system.



We are constantly being told how our bodies should look.

We can reject that and redefine beauty and worthiness for ourselves.

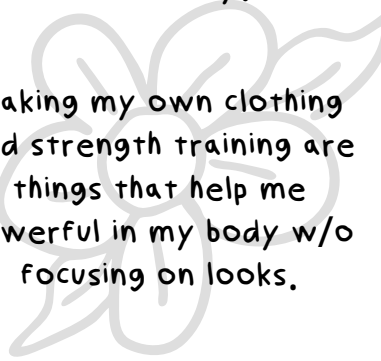


The body can be merely a vessel that carries you through life.

There are no good or bad bodies.

Bodies changing, ageing, and evolving over time is normal.

Viewing my own body this way has helped me tremendously.



Making my own clothing and strength training are things that help me powerful in my body w/o focusing on looks.



Everyones' bodies deserves love and care, just the way it is.

Body Liberation is for everyone.