



## WELLNESS ON YOUR TERMS

### Supporting Self-Identity and Body Neutrality Through Personal and Communal Advocacy in Health, Wellness and Fitness Spaces

1. **Health Care Terms:** What does it all mean: [Functional](#), [Integrative](#), [Alternative](#), [Holistic](#), [Naturopathic](#), [Acupuncture](#), [Chiropractic](#), [Ayurvedic](#) and [midwifery](#) and/or [doula](#)? There are other [modalities](#) of, and many [disparities](#) to [access](#), [health](#) and [wellness care](#).
2. **Health Policy:** [What it means](#) and what [health literacy](#) means.
  - a. Local organizations making a difference in health access, treatment and outcomes: BCCS [Health Resource Center](#); [Roots](#) Community Birth Center and work towards [more equitable birth outcomes](#); [NorthPoint](#); [Northside Center for Emotional Wellness](#); and the U of M [Center For Antiracism Research for Health Equity](#).
  - b. [Health policy has not fixed](#) all of the [gaps in health care](#) disparities. Additionally, [racial concordance](#)—when a patient and provider share the same racial identity— impacts treatment beyond what health policy does.
3. **Intersectionality of Identity:** There are many [dimensions of identity](#). Intersectionality of social identity may [impact health care](#) and [body image](#). Below are two specific components of identity to consider.
  - a. [Ableism](#), and [an example of ableism](#) with intersectionality considerations.
  - b. [Pronouns matter](#) as well as [usage](#).
  - c. **Do This:** Draw a circle and then divide it into eight (or more) “wedges” or sections. In each of the sections write [an identity marker](#). Note: the center is YOU. How do you relate with what your circle shows? To take it one step further, journal a few sentences about how your identity impacts your body image and/or your self-image.
4. **Mental Health:** [Generations-long stigmas](#) associated with mental health still negatively impact our society. As the [intersectionality of identity](#) impacts body image and healthcare, all three can have an [impact](#) on mental health. Mental health is [multifaceted](#) and [interconnected](#) with all [dimensions of wellness](#).
5. **BMI is Inaccurate** - A Body Mass Index rating is [not an accurate indicator of health](#). → Most dangerously, it was created based on young, white males and the harmful concept of an [“ideal body”](#).
  - a. **Skip the Scale.** You do not have to be [weighed at doctor visits](#) (unless there are specific health reasons for weight to be tracked that you discuss with your doctor). The decision is yours.
  - b. **Body Image, Body Neutrality, Diet Culture, Body Dysmorphia, and Fat Stigma** → Any promotion of an [“ideal body image”](#) is based in [oppression](#) - of all identities - and [supports capitalism](#). Businesses are profiting off of people’s insecurities.
    - i. **Local** fitness or wellness contractors that promote inclusive spaces and holistic wellness - NOT weight loss or body ideals. (These are examples, not a complete list): [57Fit](#), [Bridges Through Yoga](#), [Healthy Roots Institute](#), [VF Health Fitness Solutions](#)
    - ii. **Do This:** Search for “yoga”, “weight lifting”, “runners”, “fitness”, “wellness” or “healthy” on social media. What are the images? What do the bodies look like? How does it make you feel?