

If you're tired of seeing 'perfect' bodies take over the blogosphere, you're not alone. There's a new army of women online, here to challenge that notion—meet the body-image bloggers who want the world to know that 'skinny' isn't everything.

GEORGINA HORNE

fullerfigurefullerbust.com

"Nowadays, we're bombarded with images of celebs looking too small, too big, on diets, and sometimes it's hard to know what's 'normal'. Although there's a huge emphasis on being unique, at the core, there's a huge pressure on women to be slim or to not look too outrageous. And these are exactly the issues I address. Me and my blog are here to provide images and feedback on how lingerie and clothing looks when you are this shape and size. It's one thing seeing items on models, with the perfect lighting, hair, make-up and probably air brushing, but it's quite another to see it on someone who will actually use it. I think it has become a lot more acceptable to admit loving how you look or just talking about your body in general. It's also more 'okay' to be a bit bigger or smaller, taller or shorter. It's a funny balance that one needs to strike."



THE BLOGGERS

**Who Are Good
for Your
#BodyImage**

There's an online revolution underway where women aren't afraid to showcase their 'real selves', curves et all. **By Priyam Chaturvedi**

Georgina picture courtesy VELVET D'AMOUR (WWW.VOLUP2.COM)

Frances Locie

Corpulent.wordpress.com

“Like a lot of women, I used to struggle with my body image. I used to diet and wear baggy clothes to hide myself. One day, I found these ‘fat acceptance’ blogs online. After reading them I realised that I wasn’t alone in how I felt about my body, and that social and cultural messages made me and other fat people ashamed of their bodies. There’s an expectation in society that young women should be perfect—thin, pretty, clear skin, straight teeth and well dressed. It’s an impossible task! I think it’s our differences and imperfections that make us beautiful. I created my blog to fight this notion. I want women to be proud of what their bodies can achieve and how they present themselves. I think body image blogging helps people feel less alone. Young people worry about their body image so much, and I’m happy that people are openly discussing their experiences and how they have grown from them. Personally, I found that once I stopped worrying about how my body looked to others, I had a lot more confidence in other areas of my life.”



AMBER

Co-moderator at **stophatingyourbody.tumblr.com**

“I chose body image blogging because as a fat woman in a society obsessed with thin people, positive body image is something I’m not allowed to have. It’s such an important and overlooked topic. My blog makes people question where negative body image comes from. Women are made to feel from a very young age that their biggest worth and most valuable asset is their body. And that’s simply not true. By taking the pressure off the need to look perfect, people can focus on issues that are more important. It helps people discover that the hate they feel for their bodies is not from within, but, indeed, from traceable and real outside sources.”



Haley Cue

Redefiningbodyimage.tumblr.com

“My intent is to challenge the norm, to think differently about our bodies and health in a society that puts thinness on a pedestal. Body image blogging is simply an attempt to counteract this negative force, as a community effort. Body confidence and self acceptance is not something you owe to anyone but yourself. No matter what background you come from or what size you are, no woman is free from the pressures of a society that continues to idealise certain bodies over others. We need to focus on health at every size, acceptance at every size—not one type of body and one type of health as ideal.”



THE GAGA BODY EFFECT

Lady Gaga created an online stir in September 2012, when she silenced all her critics talking about her sudden weight gain, by posting pictures of her in a yellow bikini. The singer even encouraged her fans to celebrate their perceived flaws by creating a page on her website called A Body Revolution 2013. She wrote: “My mother and I created the Born This Way Foundation for one reason: to inspire bravery.”

