

Sophie: Today's show was made possible by a lot of people, our amazing producer, Maria Wurttele, both of our mothers, our interns, and as always, Solange Knowles. But you know who else we would be proud to partner up with as a sponsor of an episode? You.

April: If you own a business and you'd like to work with us or you work for a brand that you think could be a good fit, contact us at FYI@shesallfatpod.com.

April: Literally, sometimes we'll both stand up and our joints will just like click-clack, click-clack, click-clack, click-clack, click, click, click.

Sophie: What the hell?

April: We're in our 20s.

Sophie: I know. I don't understand.

Sophie: I'm Sophie.

April: I'm April and this is She's All Fat.

Sophie: The podcast for body positivity, radical self-love, and chill vibes only. This week, we'll discuss Instagram stan accounts, the beginning of the Christmas season, and joyful movement. April, what are you obsessed with this week?

April: Okay, so few things.

Sophie: Okay.

April: Number one, Normani, who is the next queen of pop, as you all know. If you don't know, you're not paying attention. Wake up.

Sophie: I know this because-

April: Wake up.

Sophie: ... of how many Black women I follow, have "Protect Normani" as their-

April: At all costs.

Sophie: ... display name.

April: Our next queen, Normani, like literally, Normani, please drink your water, please stretch, we need you. She had two singles come out last week with Calvin Harris, who is somebody who is problematic for dating Taylor Swift and his overall persona, but low key, incredibly talented.

- April: All his music, really good. Calvin Harris and Normani have these two singles out. They're really good. I'm gonna link to a little clip of her performing at this Tidal concert that happened, which I'm like-
- Sophie: Can I click it?
- April: Please click. My queen.
- Sophie: Okay.
- April: What are your thoughts, ma'am?
- Sophie: I see a lot of people post clips of her dancing and I don't think her dancing is that good.
- April: Why?
- Sophie: Like, that one, I could see her doing the counting in her head.
- April: I can't believe you.
- Sophie: I'm sorry, but I just ... I saw this one clip of her doing the splits and it looked really painful. She made a pained face.
- April: Okay. I haven't seen that.
- Sophie: I just think she looks a little ... I think she needs a little more time to bake and like-
- April: For sure.
- Sophie: So that she's not part of her, what was her band? Was she in ...?
- April: Fifth Harmony.
- Sophie: Okay.
- April: No, the thing about Normani is that's definitely the case. It's like we see her as bills, bills, bills, Beyonce.
- Sophie: She's got the potential.
- April: She's got the potential.
- Sophie: For sure, I see the potential. But I have seen these videos and been like ... She's not ready yet.
- April: I can't believe you said she looks like she's in pain. No, she's definitely not ready yet, but she's on her way. And I see her, and I'm like, if she can just keep her eye on the prize.

- Sophie: To be clear, I couldn't do what she's doing, for sure.
- April: Oh no, I would never attempt. I would never attempt. If she just keeps her eyes on the prize, and nobody comes at her with any bullshit and she just minds her business and does her work, I see Beychella for her in 20 years.
- Sophie: I hope so.
- April: I see it. I love those two singles. The one that that clip is from is called Checklist. It's also really incredible, because it features WizKid. I've talked about him before, he's a Nigerian artist. He's everywhere and he's successfully crossed over to the United States, so ...
- Sophie: Awesome.
- April: Go WizKid. Normani is the future.
- Sophie: I mean, to be clear, I'm very pro-Normani. I'm just ... I've seen people be like, "The new Beyonce," and I'm like, I don't ...
- April: No, not yet.
- Sophie: Okay, okay.
- April: The 2030 Beyonce. What we're doing right now is investing in our youth.
- Sophie: I'm on board it. I'm on board with that for sure.
- April: We're investing in our youth, to be clear.
- Sophie: I don't know enough about the music to understand this.
- April: Anyway, Normani's the future.
- Sophie: Dang, okay.
- April: Keep an eye on Normani, everyone.
- Sophie: I'm into it.
- April: Next obsession, I think I mentioned in another episode, I've been watching "You" on Lifetime-
- Sophie: Yes.
- April: Which is ridiculous, but I'm very into it. I have one episode left. Shay Mitchell is on it, of Pretty Little Liar fame if you wasted years of your life on that show.

- Sophie: And now of YouTube channel "Shaycation".
- April: Shaycation. Now she considers herself a real life Youtuber, which lol. She plays a really interesting character on the show and this will be spoiler free, of course.
- April: Her character's name is Peach and she is the girl who is being stalked, that Peach is her best friend. I just think the performance she's giving is really interesting because it's almost obnoxious but I think because of the nature of the show, it fits in a weird way.
- Sophie: 'Cause it's such a Lifetime show?
- April: Yeah, I think if you cut her out and put her in any other show, you'd be like, this is a bad actress.
- Sophie: Yeah.
- April: This is bad. But it just works really interestingly in this universe for some reason and she and Penn Badgley have this really weird chemistry where he seems to hate her, but also is really intrigued by her.
- Clip: Hey this is... This is probably more than you need to know, but I have a rare chronic bladder disease called interstitial cystitis. Gosh. I mean, some people think I'm being uppity but I can't have any fast food and if I drink, it has to be a high pH, you like Ketel One or Goose and pear juice.
- Clip2: Weren't you doing jaeger shots at your party?
- April: I just think that's so fucking weird, but also interesting.
- Sophie: It seems like she's doing soap opera acting on purpose.
- April: Exactly and the other actors on the show are not doing that. They're really acting. Everyone here is really acting and she's-
- Sophie: That is so funny.
- April: Doing "Days of Our Lives" acting, but in the context, it works. I don't know. I think "You" is actually good.
- Sophie: I wanna watch it.
- April: It's bizarre. I think you'll like it. It's weird. So yeah, I'm enjoying Shay Mitchell's performance. Let me know if you are watching "You" on Lifetime and what you think and if you love "Gossip Girl" as much as I did.
- April: Okay, final obsession this week. Several successful crafts under my belt. Feelin' good about it. I saved to my Instagram-

- Sophie: Highlights?
- April: Highlights, yeah, on my page, I made this wall art thing that I'm trying to find the original person who made it but I just saw this art at the mall and I was like, I'm gonna make that art.
- April: Then I just fucking made the art.
- Sophie: It looks so good.
- April: Felt really good. Thank you! I had fun making it. I hadn't made a craft in a while and I've been trying to figure out what I was gonna put in my room. It was just really fulfilling. So, that was a successful craft of mine.
- April: The other one was Sophie's birthday gift invited.
- Sophie: It's so good.
- April: It included some light crafting.
- Sophie: Oh my god.
- April: I'm so happy you like it. I loved making it.
- Sophie: It's so perfect and personal and really thoughtful and I really, really, really love it.
- April: You're so welcome. I love a craft, so I honestly wanna know what are the good DIYs y'all are getting into, what's a good tutorial you've seen? But this was the first time I've done a craft where I didn't have a tutorial. I just looked at it and I was like, I have a tutorial in my head. That was successful.
- April: But yeah, I love that. Gotta do stuff with my hands and distract my brain from the chaos, 'cause we're all gonna die.
- Sophie: That's why I do cross-stitching and embroidery and stuff.
- April: When I posted, a lot of people who listen to this podcast had said, "Yeah, do similar things" just sort of the repetitive stuff. It's nice. I don't do enough of that, but I really liked it.
- Sophie: It feels good.
- April: Feels good. Feels good to just turn my brain off. I didn't use a single brain cell when I made that. Not one.
- Sophie: Mm-hmm (affirmative).

- April: Felt good. So, those are my obsessions this week. What are you obsessed with?
- Sophie: Okay, number one, I got this new Bobbi Brown lipstick that I really like. That's it.
- April: Okay, so describe your lipstick on this visual medium, or not visual medium.
- Sophie: There's this Bobbi Brown lipstick, it's called Crushed Lip Color and it's nice 'cause it's this, the shade is ruby and it looks like it's gonna be way darker.
- April: It looks like it's gonna be a brownish reddish.
- Sophie: But ...
- April: Ooh!
- Sophie: This is what it looks like on. It's just flushed, natural.
- April: Yes. It's like the Glossier color's been slightly more pigment.
- Sophie: Very pretty. It's very pretty and it stays on really nicely. Sometimes lipstick feels like it's just waxy sitting on your lips.
- April: Yes, mm-hmm (affirmative).
- Sophie: This is comfortable and nice and I can re-apply it. If it gets bitten off, it looks nice too.
- April: Yeah.
- Sophie: You know what I mean?
- April: Mm-hmm (affirmative).
- Sophie: I'm just really into it and I also got this Bite french press lip gloss in the shade dirty chai after our friend Nina got it as well and it's just a really pretty gloss.
- April: It is pretty. Ooh, fall! Fall makeup's just the best.
- Sophie: It's just, yeah, kind of light bricky colors. Bricky pink.
- April: Bricky pink.
- Sophie: Dark rose.
- April: Dark rose.
- Sophie: Dark rose is my favorite makeup colors.

- April: Very, very pretty.
- Sophie: Thank you. Also yeah, I wrote down friendship just 'cause-
- April: Do you know that that's your obsession every week?
- Sophie: I know.
- April: If you look at our outlines, it says friendship every week.
- Sophie: I'm just grateful for my friend. I'm just grateful 'cause this week, I had a panic attack and immediately I FaceTimed you and then Nina and Lindsay came over that night. I just was very grateful that everyone is here for me and I hope that I'm there for you all just as much.
- Sophie: I'm just very appreciative. It makes a huge difference when you feel like people are actually there. I'm appreciative of that.
- Sophie: I also just wanted to say that I'm obsessed that now it is Christmas season. Don't at me. I don't like Thanksgiving. I know a lot of people love Thanksgiving, but I don't like turkey that much.
- April: I just don't think it needs to be treated with the same seriousness of Christmas.
- Sophie: Yeah, it's not.
- April: Thanksgiving's just an afternoon, but it's time for Christmas.
- Sophie: Yeah, it's time for Christmas.
- April: I would agree.
- Sophie: Maria, blast that song! This is where you play-
- April: All I Want For Christmas?
- Sophie: All I Want For Christmas Is You.
- April: Which is already on the charts. It's November 1st when we're recording this episode and it's already Christmastime.
- Sophie: It needs to be. Shout out to my other never-thanksers.
- April: I'm so sorry. That's not a real phrase is it?
- Sophie: No.

- April: Okay I was worried.
- Sophie: Just made it up like based off of Never Trumpers.
- April: I was worried there was a sub-Reddit I didn't know about. We're just gonna go ahead and skip that and go straight to Christmas.
- Sophie: Exactly. I like Thanksgiving fine. Victor loves Thanksgiving. He loves cooking, so it's perfect for him and he likes finding new ways to make the turkey. We have an oil-less fryer that his dad gave him, I think, and it's really nice. He likes doing that.
- Sophie: But I just don't care about it that much and I think a lot of people who had divorced parents don't like Thanksgiving because it was always ... I think I said this last year, too, it's like your parent who got Thanksgiving was always mad that they didn't get Christmas.
- April: Of course. Christmas is superior in every way.
- Sophie: Yeah, so it was just ... A memory of like, okay, they're clearly unhappy. Then finally, this weird, I don't know if I recommend following this account, I just think it's funny-
- April: I honestly do recommend.
- Sophie: This account is called Paris2000s. It's run by someone who is obsessed with Paris Hilton.
- April: As we all should be.
- Sophie: And it's just photos of Paris from the 2000s, her most iconic era. Then the captions are these really wild just obsessive stanning-
- April: Threats.
- Sophie: Like threatening anyone who doesn't stan for her. The bio is "Your emoji hashtag emoji one and only source of the OG marvelous wild days dot dot dot and remember if you're not having fun, then just leave".
- Sophie: It's like, oh my god.
- April: Please give us a sample of some of these captions-
- Sophie: Okay.
- April: Cause I was quaking when you showed me this.
- Sophie: This one is very funny. There's a lot of posts that are really aggressive towards Lindsay Lohan, 'cause you know they're enemies.

- April: They had beef.
- Sophie: There's also a lot of posts claiming that Kim Kardashian's fame is entirely due to Paris Hilton.
- April: Yes.
- Sophie: 'Cause if you remember that Kim originally was known for, in addition to her family which made splashes all on its own, you know, Kris has always been out there hustling.
- April: Yes, and also OJ Simpson.
- Sophie: Yeah, exactly. But, Khloe's dad OJ Simpson.
- April: Yes.
- Sophie: But, Kim was one of Paris' paid friends and closet organizer. This caption is Paris signing a picture with Kim next to her and it says, "Kim Kardashian was first known to the world as closet organizer, but deep down, she was just a person who was trying hard to claim other people's stardust. She didn't have good intentions clearly semi-colon. Her true actions weren't helping Paris organize her closet, but rather through the strategic leeching/profiting off of other people's successes to make herself notorious. The complete Kardashian/Jenner family and their empire owe eternal life to Paris."
- April: Eternal.
- Sophie: "Its mastermind creator."
- April: They need to tag Paris in every photo because she created them. What is this? This is so bizarre.
- Sophie: I just enjoy following image kind of accounts like that, you know? It's fun.
- April: It's fun. It also gives me Tumblr vibes. I miss Tumblr.
- Sophie: So, let's move on to our Apple Podcast review shout outs. Thank y'all so much for leaving us a review on Apple Podcast, please rate and review us or don't. I don't really care.
- Sophie: But, the people who do, we do appreciate you and we do notice you and see you and like you more than our other listeners.
- April: Absolutely.
- Sophie: Here's some usernames of people who left us a nice review. I say that every time as if somebody's left us a mean review, but I don't think anyone has.

- April: We have a couple lukewarm, like two.
- Sophie: Wow. We shouldn't read their name. No, I'm just kidding. We'll still read your name. We don't care. Okay. Thank you so much to jessiefromdenver, nomnomnom, jayyofry, jaydizzle0880, elisabethwithans, lucydorfin, and cinnamon29. Thank y'all so much for leaving those reviews. We need the external validation.
- April: Thank you so much for those validates. Hashtag validates.
- Sophie: Hashtag validashes. That's what we call them.
- April: Validashes. Now we are gonna do our Patreon shout out. These are people who have supported us at patreon.com/shesallfatpod. You keep the lights on, you keep us having fun over here and also getting into the discourse.
- Sophie: You're our most successful and steady source of income-
- April: Absolutely.
- Sophie: So please continue supporting us.
- April: We love y'all so much and here are some of your names. Oh my god. Hanna Martinek, Courtney Brown, Emily Shandler, Nicole Levesque, Meredith Thompson, Genevieve Gamboa, and Alicia Blum-Ross. Does that seem right? Thank y'all so much for supporting us. We appreciate you. We love you.
- April: If you haven't joined, it's time to join. You've been thinking about it for months. You're like, do they really need me? Will they really notice me? We'll notice you. We'll appreciate you and you'll keep us going.
- Sophie: Yeah.
- April: Thank you so much. And now we have a correction and it's for your girl April.
- Sophie: They want us to get right.
- April: They want us to get right. Hashtag get right, starring Queen Latifah and Common. I appreciate that, so I'm gonna read a little bit from a letter we got from Hannah this morning.
- April: "I just wanted to comment on something you said in your latest pod. You said that Elite starred white Latinx people. That's not true. They're white people. Spanish people are white Europeans. They have not been oppressed or colonized in the way that peoples of Latin America have."

- April: "White Europeans should not be identifying as Latinx and thus gaining access to scholarships and privileges meant for people of Latin America who have faced many struggles related to colonialism and its effects."
- April: Thank you so much for this, Hannah, for pointing this out to me. You're so right.
- Sophie: Very right.
- April: Since, and I'm only on episode two by the way, so I don't know who else come up, but the characters I've seen before this far that I'm in the episode are definitely white Europeans. They're just Spaniards.
- Sophie: The one character is from Mexico, but I don't know if the actress is.
- April: Wait, which one?
- Sophie: The one that's basically Blair Waldorf.
- April: Oh, the one who was having the steamy sex?
- Sophie: Yes.
- April: Okay. Too hot.
- Sophie: That's all of them by the end.
- April: Oh, really? I didn't know that's where we're going.
- Sophie: Yeah, her character, I think her dad is an embassy from Mexico but that could mean that they're a Spanish family that moved there or something.
- April: Yeah, I don't know all that. But I do know that I have read a little bit about the many conversations going on about separating the distinctions about who is Latino, who is Latinx, who is Hispanic and sort of those terms have been hotly contested over the years.
- April: But I do appreciate this distinction, 'cause this is helpful to know and also thinking about Latin America versus Europe is an easy way to sort of separate the terms-
- Sophie: Yeah.
- April: In my mind and I actually haven't had-
- Sophie: Makes sense.
- April: It explained to me before that. Yeah, I could definitely be more educated especially about Latinx and Hispanic people's experiences, so thank you and I will be posting a

couple articles that I had read last year about the conversations around the terms hispanic and latinx.

- April: And let me know your thoughts. Thank you for educating us. You're the best.
- Sophie: Okay. We have a couple tip jars. First up is a little voice memo from a listener who wants to educate us a little bit more about some issues and info around non-binary stuff which we are always looking for 'cause we don't know anything. Play that clip.
- Clip: Hi April and Sophie. I am a straight size, gender queer Hannah and I really enjoyed the episode about the episode about the intersection of being fat and non-binary.
- Clip: I wanted to add, for the benefit of your cis-gender listeners who might not be familiar with discourse within the trans community, that there is a problematic pattern of centering thin, white, young able-bodied masculine people as being the only or ideal way to be non-binary or androgynous.
- Clip: Trans and non-binary people actually have higher rates of disordered eating behaviors than cis-gender women and I've heard from a lot of non-binary people that they feel the need to be extremely thin to pass or be seen as androgynous.
- Clip: I think both cis and trans people can help to disrupt this harmful idea by redefining what kind of bodies we see as being androgynous and centering more diverse non-binary people, bodies, and experiences both in virtual and physical spaces.
- Clip: Thanks again for the great work that you do. Love, Hannah.
- Sophie: Someone wrote in and said, "You may have already heard of this book" says this listener, "But, 'She Would Be King' by Wayetu Moore was just published this month. It's a novel about the formation of Liberia that is on my to-read list" and I looked at it and it looks really good, so I'm excited to read this now.
- Sophie: As well, thank you for more ideas about novels about Liberia. Pretty pumped.
- April: Pretty pumped. It's been in my Amazon cart for awhile. I'm ready to bite the bullet.
- Sophie: Really?
- April: Yeah, also I follow her on Instagram. She's cool.
- Sophie: Awesome.
- April: She's cool. Thank you for this tip jar.
- Sophie: Thank you.

- April: Next, we're gonna do a call for submissions. Just another reminder. We mentioned this in the episode last week, but our episode coming up about problematic body positive opinions, we would love to have some voice memo submissions for that episode.
- April: This is for people who have strong feelings about weight loss surgery, body modifications, anything along those lines. We just want to have a thoughtful space to think about those types of subjects. It's not a gotcha episode, like we mentioned last week.
- Sophie: And it's not gonna be one where we're saying this is the right way or anything.
- April: No.
- Sophie: We just wanna talk about these things that are uncomfortable to talk about in a lot of body positive spaces or non-body positive spaces. We just wanna think about it.
- April: If you have thoughts, please send us your voice.
- Sophie: Okay, moving on to a mention of our Facebook Patreon group. You know the drill. Go to Patreon.com/shesallfatpod and join our Patreon at level team paisley mumu or above to be in our Facebook group. It's lit in there.
- April: Yikes.
- Sophie: Can I say that?
- April: You did.
- Sophie: This week, people are talking about planning a Baltimore meetup, talking about their new body positive tattoos, and also talking about sustainable menstrual products, giving good recs.
- April: Very exciting. If you want some of those good, good resources and just the beautiful souls in the group-
- Sophie: It's woke. Hella lit in there.
- April: It's hella lit in there, oh my goodness, and it's time to join and also, if you are a patreon above level team I love bread, that's people who give \$15 or more per month, you will get an extra segment every single week and it's been so much fun.
- April: We call it our blast from the past segment.
- Sophie: For this season, yeah, we're telling stories from the past and you all get to tell us what to talk about, you know. You get to order us around if you join that level.

- April: It's very juicy over there, so go ahead and join. And with that, we should really get to the meat of it, don't you think?
- Sophie: Let's do it. The meat of it.
- April: This week on the meat of it, we are doing a sequel to our episode in season two about exercise. Exercise part two. This season, we wanna continue those conversations and we also chatted to some exercise professionals.
- April: Before we jump in, let's give an update to what we talked about in the last episode which was just our history of exercise up until that point.
- Sophie: Yeah.
- April: Where are we now?
- Sophie: Last season, I was still getting into stuff I think. This season, I've talked about this on my story a little bit, my body has been telling me recently that it wants me to exercise more. I've been feeling the need to move more.
- Sophie: I signed up for one-on-one pilates training, a couple sessions at my gym. I've been swimming a bunch more and I've been trying to do yoga although it's very hard and I'm not good at it.
- Sophie: I walk Zora twice a day and in general, I'm just feeling good about trying to incorporate more movement and exercise into my life. It's really, really nice to be in a place now where I feel like I'm doing all these things 'cause I want to and feeling good about them.
- Sophie: I don't push myself too far. I just do what feels good to do and then I leave and I feel like, oh my god, I feel so worked out and my muscles feel tired in a good way and I need to eat protein now.
- Sophie: I've never felt like really motivated to incorporate more exercise for any reason other than I need to, I have to. Now, I'm like, oh, I want to, which is cool.
- April: That is a milestone and I think something we talked about in our interview with Bevin, which we'll get to in a little bit ... I think a lot of people have gone through that experience of so associating exercising with punishing for years.
- April: I know, for me, that was my whole youth. I definitely am still kind of in a space where I associate it with all that negative shit. But, my update since then is that I've just been going through some health stuff that basically has left me really fatigued and at previous times in my life, I've always been like, you're supposed to be working out so I would kind of just still be extremely active, even though I never wanted to or be not active at all and sort of ignore my body when it wanted to actually move.

April: But now, I'm in a place where it's like, I'm tired and I just rest. I think that's an important part, too, of learning to move your body is I'm in a place where my body explicitly is like, please lay down and don't move.

Sophie: Yeah.

April: And I'm like, actually doing it. That has definitely just been helping me as far as coping because it's hard, similar to intuitive eating, it's hard to get used to listening to your body 'cause I ignored her for so many years.

April: She was like, I don't wanna run two miles and I was like, bitch, shut the fuck up.

Sophie: I know.

April: 'Cause prom is next week. So, now I'm getting to a place where I listen to her and another part of self-care that we've talked about a little bit is just listening to your body. That's where I am right now.

Sophie: Yeah, I-

April: My body wants to lay down.

Sophie: I don't have any specific goals with my working out, which is also new. I just wanna move. I have never, ever felt motivated in that way before. I think part of it is that we're getting older now and I really feel creaky if I don't move.

April: Literally, sometimes we'll both stand up and our joints will just like click-clack, click-clack, click-clack, click-clack, click, click, click.

Sophie: What the hell?

April: We're in our twenties.

Sophie: I don't understand.

April: But it's very real. It's very real.

Sophie: I've never before felt the connection between exercising and feeling better, as I do right now.

April: Speaking of fun exercises environments, we are going to play an interview we did earlier today with Bevin. She is the creator of Fat Kid Dance Party, which we actually mentioned in our last episode about exercise.

April: She has a lot to say about finding ways to move your body joyfully. Take it away, other us, in the past. Take it away, April and Sophie.

- Clip: I like to think a lot about how I got body confidence and it was through my cleavage, not my booty. But it's the same concept. If you can focus on a part of your body you feel okay in or feel free in ...
- Bevin: My name is Bevin, I am a warrior for self-love and I do a lot of things to that end, primarily Fat Kid Dance Party aerobics which is the aerobics that I created to connect to people who are just outside of the margins of what mainstream fitness and movement focuses on.
- Bevin: I'm pretty much queer fat femme on most things, with a little side dish of Fat Kid Dance Party here and there.
- Sophie: Very cool. Where do you host your Fat Kid Dance Parties?
- Bevin: I host my Fat Kid Dance Parties in the heart of everywhere that wants them, but right now I've started in Los Angeles where I live in addition to just releasing my workout videos. Anybody anywhere who has an internet connection can workout with me
- Bevin: Everybody who purchases a video, I'm giving one away to kids in need. It's really-
- Sophie: Oh cool.
- Bevin: Buy one for yourself and buy one for somebody else.
- Sophie: Where are those videos? On your website you can find them, or on YouTube? Where do you do paywall videos?
- Bevin: It's fatkiddanceparty.com is kind of the entry point which will lead you to where they're hosted, which is on Vimeo.
- Sophie: Cool. We were wondering if you would speak a little bit about your point of view on exercise, how it fits into body positivity as a larger movement and also how it works for you as a personal practice.
- Bevin: Great. I hate the word exercise. I think language is so powerful. What I prefer to use is movement and that's just simply because I like to talk about bodies in motion, because that, to me, is the healing element of it.
- Bevin: I use movement as a healing practice. As a person who's experienced a lot of trauma in my life, both through abuse but also I believe oppression leaves a trauma imprint and our bodies react to living in an oppressive society.
- Bevin: I believe body oppression is an intersectional force, so it's not just body size but it's also race, class, gender, perceived gender, sexuality, age, disability, neurodiversity, and all of those things kind of intersect on the body and give us this experience of being marginalized in all these ways.

- Bevin: Movement helps me heal from that. I like dancing. Dancing has always been really present for me in my life, whether I had to do it or I felt I had to do it behind closed doors because I didn't want someone to see me jiggle or if it's because I've been using it intentionally as a practice to help me feel more joy.
- Bevin: I experience chronic depression and it's been worse in other times of my life, but if I keep up a movement practice, it really does help reduce my experience of depression.
- Bevin: Movement practice is so spoiled in our culture by people who want it to be about weight negativity and weight loss. It's like this idea that there's no different way to be a human. If you're human and you're moving, therefore you wanna lose weight or maintain weight, when in fact there are so many valid reasons to move.
- Bevin: Mental health, as I talked about, emotional health, spiritual wellbeing. Physically moving your body actually helps to move things around spiritually if you believe in that stuff and open you up to new things coming through.
- Sophie: Cool. What kind of exercise and movement specifically feels good to you?
- Bevin: I hate to start with a negative, but I heard this terrible personal trainer video talking about ... There's so much fat phobia to wade through as a group exercise instructor. This person was talking about how if you don't go to the gym and leave feeling like death, you didn't do it right.
- Bevin: My personal philosophy is the opposite. If you do ten minutes in a gym or ten minutes on a treadmill, ten minutes of walking, that is suicide prevention and you've done the work.
- Bevin: I really love exercise. Anytime I move my body, even if it's for five minutes, it makes a difference to me. I really love dance movement, but also I love to have fun.
- Bevin: That's why, in every class, I'm doing a lot of different things. I do some classic dancerobics stuff like grapevines and arm swinging, but I also do some chi-gong practice, which is a lot about just moving our bodies and stretching in specific ways that opens us up more fluidly.
- Bevin: I like to teach a short dance routine and what I love, too, is to come back to that dance routine later because I always feel a little cheated when I learn a routine in a class and I never get to do it again. I like that bonus, when you cool down using the same thing we already learned.
- Bevin: I love line dancing. That's just something I love to do in the world, but I often ... Even as a body confident babe who does not really care a lot about what other people think, I get nervous about line dancing in public, so I like to do it in a safer space like my Fat Kid Dance Party classes, so we do a line dance every time.

- Bevin: I always like to do a real line dance that you would find out in the club because I want people to be prepared for every wedding scenario that could possibly be there.
- Bevin: For me, I grew up with a lot of exercise as punishment and doing things like reclaiming it as a grown up just bit by bit. I don't need to do all the things at once. I identify as a late in life jock.
- Bevin: I took up a yoga practice when I was 30 and then I started going to the gym at 32 and I started playing tennis at 35. I started Fat Kid Dance Party at, I think it was 38. I'm just slowly adding things.
- Bevin: I feel like I'll be surfing by 60.
- Sophie: That's amazing.
- April: That's amazing. I also love the practicality of teaching people, okay, this is what's gonna happen at a wedding. Joyfully and skillfully move your bodies. I so appreciate that.
- April: If you could give a few examples of how you've seen exercise being used in a harmful way, like how people who are just sort of opening their eyes to diet culture can start identifying, okay, I just walked into this class. Here's a couple ways that I can tell that this is about to be some bullshit.
- April: What are some red flags? I know you mentioned a couple earlier, but what are some red flags that people can look out for so they can sort of avoid those harmful situations in exercise settings?
- Bevin: First and foremost, all exercise should be voluntary. I definitely think that's the first term and condition of the Fat Kid Dance Party workout video is that it must be done voluntarily.
- Bevin: I never want someone to be forced into one of my aerobics videos. It's exactly antithetical and it causes emotional harm to force people to move.
- Bevin: I think anybody who expects the whole class to go at a specific pace and doesn't give variations for movement or permission to take things down a notch is not doing a service and is certainly not body positive.
- Bevin: I like to use the term variations rather than modifications, so if anybody out there is a movement professional, I highly encourage that tweak in language because a variation makes everything valid. Modification makes it sound like there is one right way to do it.
- Bevin: A bird doesn't crack a shell and then start flying. A bird cracks a shell, gets used to having wings, stretches them out a little bit and then eventually is ready to hop out of the nest.

- Bevin: But if an instructor is just shoving you right out of the nest, that's not an all-levels class. It's not a class for you.
- Sophie: Yeah, I went to what was supposed to be an all-levels yoga class this last week and I just could not follow at all. I kept having to look at the people around me and copy them, which is fine. I'm now in a place that that doesn't bother me so much.
- Sophie: I can successfully be like, I'm just gonna go at my pace and whatever. The instructor definitely repeated go at your own pace, but it was very ... I was like, wow, this is ... If I were in here three years ago, I would've felt so bad about myself because this instructor doesn't know how to be like, "Hey, here's a modification. Do as many as you feel comfortable with." That kind of thing, you know?
- Sophie: Having an instructor do that, I think, is so rare that it's very special when you find it. Yeah, I really love those ideas.
- Sophie: I wanna ask you what some things are that you have heard as feedback after your parties or your classes. What do you hear that people say that they have learned or been able to learn about themselves through trying movement in this way?
- Bevin: What I love is that Fat Kid Dance Party really meets people where they need to be healed. I have subbed a lot of classes for thin instructors and it's really interesting to see the looks on people's faces when they don't expect a fat instructor.
- Bevin: Then, to see those same people beaming, like literally smiling and having all this joy at the end of class, just like all of my other students do. I've had clients who had never danced before in their entire lives come to my classes and tell me that within weeks, they were dancing at a wedding and felt free to do that.
- Bevin: I've had clients who have chronic pain and come to me and say that a lot of their chronic pain ... Even people who have chronic pain who move a lot come and say that the movements they do in my class help them feel freer in their body even after doing physical labor, which I love. I love hearing that the stretching is working.
- Bevin: I also hear from people, they feel validated in their bodies and that they see and feel the world around them differently because of participating in Fat Kid Dance Party. That's not even a movement result, that's just a result of the environment and the messaging.
- Bevin: I hear people who feel more confident expressing their gender because of being in my class, which is amazing. I really stress being yourself in my class and the value of your authenticity and what you, specifically you, have to offer the world.
- Bevin: I just love hearing people's results, both physically but also with their confidence and how they're able to express who they are in the world.
- Sophie: Love that.

- April: Absolutely. So you had mentioned earlier that you kind of grew up or had had experiences in the past with seeing exercise as punishment, which I personally have definitely experienced. Like, go for a run as a threatening phrase.
- April: A lot of our listeners have definitely experienced that too. I'm wondering, what are your tips for people who are sort of coming from that experience of totally associating exercise with punishing yourself or trying to lose weight and those being the only reasons why they would ever take part in it.
- April: What are their tips for how they can slowly go from those experiences of being in totally unfriendly spaces to sort of dipping their toes in towards having more joyful movement experiences?
- Bevin: I love what you said about slowly, because that's what I would definitely start with is go slow. You don't need to just dive into moving 24/7, although when I found body positivity and body liberation, I immediately started moving my body more because I just felt more free.
- Bevin: Just going slow, you don't need to start a practice immediately. I would also say paying close attention to your language and continually refining your language.
- Bevin: Like I say, I like to use movement rather than exercise because I feel less punishment from movement. I also think focusing on your joy is so powerful in every aspect of your life, especially with movement.
- Bevin: If dance brings you joy, take a dance class or take a dance class online if you don't know yet if there's an instructor near you that you can trust to be body positive.
- Bevin: Find someone else who has a similar experience in a body as you and go to classes with them. I find the buddy system makes it more fun. It makes it more like a self-care hangout. It keeps you more accountable to showing up. Also, it helps you kinda set a tone.
- Bevin: I love being outside. I think nature is so healing and I've recently been doing Fat Girls Hiking since we have an LA chapter now and it is so amazing to be out in nature and moving with people who are literally committed to going at the pace of the slowest person in the group.
- Bevin: It's not like you're holding anybody back because the leader is in the back of the pack and we just take as much time as we need and it's so gentle and permission giving and nice to sweat outdoors with cool people and to have a place that's free from diet talk.
- Bevin: It's just liberating, I love it so much.
- April: That sounds actually amazing. Finally, we would like to ask you if there's anything coming up pretty soon before the end of the year that you would like to plug and have us mention to our listeners.

- Bevin: Well, my workout videos are out. Your podcast is basically the launch of the workout videos being available. Go get them, cheer me on as I continue to develop this amazing brand, and also there's a link on my tour page on my website. If you are somewhere and you wanna encourage me to come or you're in a college and you can get someone to sponsor me to come, there's a form to fill out. Please do.
- Bevin: Also, I'm doing retreats next year, so if people are interested in learning how to teach the class or if they're interested in just coming and healing for a weekend, apply for a retreat and let's party.
- April: Amazing. Thank you so much for being here with us, Bevin! We so appreciate it.
- Bevin: Yay! I hope you all can make it out to a class sometime.
- April: All right, we're back.
- Sophie: Wow. April and Sophie did a great job on that interview.
- April: They're so good. Oh my god.
- Sophie: Past us, good job. Future us, I'm watching you.
- April: Watching you. Watch yourself McCoy. We have a little clip from Amber Karnes, she is the founder of Body Positive Yoga. You can find her at Body Positive Yoga. She's a yoga teacher, social justice advocate, and owns the business that is Body Positive Yoga.
- April: She had some things to say about what we're talking about today.
- Amber: Hey there, my name's Amber Karnes. I'm the founder of Body Positive Yoga and I work and practice and teach at the intersection of yoga and social justice.
- Amber: I'm a body positivity, body sovereignty advocate. I work with a lot of teachers to break down barriers to wellness for those of us who have marginalized identities and to be able to make the yoga practices accessible to all people.
- Amber: I also have an online community called the Body Positive Clubhouse where a bunch of us who are working toward body peace and ditching diet culture come together to share resources and support one another and learn together about these topics.
- Amber: I ascribe to a health at every size paradigm of wellness. The first thing I like to say is that health is not an obligation. It's not really something that owe to anyone, no matter the size of our body.
- Amber: I think sometimes in the body positivity movement, I've seen health being used as a weapon against folks just like body size is in the mainstream. If you want to pursue health and health is important to you, I think you should have the access and the resources to do that.

- Amber: Health at every size is a model that I found helps me to make peace with my body and approach my body as an ally and as sort of a partner in crime in doing awesome things.
- Amber: Whereas in the past, you know, I have had a different relationship with exercise. In the past when I was in diet culture and trying to lose weight, exercise was really a punitive thing. It was something that I did to earn the food that I ate or to try to change the size or shape or weight of my body.
- Amber: It was sort of seen as a moral obligation and exercise was something that always was extrinsically motivated. It was because someone was telling me I should do it or because I wanted to affect change on my body or something like that.
- Amber: Whereas health at every size, the way that I approach movement is really from a place of joy, a place of pleasure, a place of understanding that my body really does like to move and move doesn't always mean exercise and what we typically think that looks like.
- Amber: It doesn't mean I have to run on the treadmill or spend an hour on the elliptical. It means that I move my body in ways that I think are fun, that I think are enjoyable, and that feel good to me.
- Amber: The first time that I really, as an adult, practiced a form of movement that felt joyful was when I found yoga. I found yoga through my gym. At the time in my early 20s, I was on this big weight loss project.
- Amber: I didn't know much about yoga except that I thought fat people didn't do it, so I was pretty nervous to go. I remember being the only bigger person there, but the thing that made an impression on me was getting in my car and heading back home and noticing about 10 minutes into the ride that my mean girl soundtrack started back up.
- Amber: I don't know if you have one of these in your head or if you ever had this voice that's like, "You're fat, you're ugly, everything you say is stupid, everyone's mad at you, why did you do that thing?"
- Amber: The fact that it had started back up made me realize that it had stopped. Even if it was just for those few minutes after class, that was a big deal that it hadn't happened since I was a pre-teen.
- Amber: I couldn't have really articulated it then but what I know now is that that was the first time that I really had an embodied, integrated form of movement since I was a little kid and that body-mind connection and getting out of my head and really being present in the moment was what allowed my mind to get quieter.
- Amber: I recommend that if you want to move more, but you've had trouble with maybe fitness spaces feeling hostile to you or disordered thoughts around exercise, some baby steps toward integrating joyful movement is to get back to that feeling that you had as a kid where movement is really about fun.

- Amber: Movement is about feeling good in your body and noticing those benefits of improved mental health or less pain or whatever it may be. I would say don't let the black and white thinking of exercise needs to look this certain way. I need to sweat strenuously and vigorously exercise for an hour for it to count.
- Amber: Just move your body. Just find a way and you might have to troubleshoot a little bit to move your body in a way that feels good to you. Maybe it's in a pool. Maybe it's hula hooping. Maybe it's dancing around your house while you clean. Maybe it's walking your dog or rolling around on the floor with your kids.
- Amber: Think about all the ways that you move your body and what's a way that you can move that's gonna feel good to you, that's going to give you the benefits that you're looking for. Every little bit helps.
- Amber: We don't have to exercise for an hour or two hours everyday to see health benefits. Just 30 minutes a day, a couple of times a week has shown scientifically to really improve health and overall wellbeing.
- Amber: You can split that up, too. If it's 10 minutes in the morning and 10 minutes in the afternoon and 10 minutes at night, it's still gonna make a big difference.
- Amber: Don't let that black and white thinking defeat you and really find a way to move your body that feels joyful and that feels exciting and that feels good. If you need support on that, that's what the body positive clubhouse is all about. We are here for you, we are all integrating health at every size into our lives in different ways and we'd love to support you.
- Sophie: We also have a lot of voice memos. Y'all had a lot to say about this.
- April: A lot to say.
- Sophie: We touched on in the Bevin interview a little bit, but someone was asking if we have workout regimes or templates or something that can provide structure but aren't structured around negative feelings or losing weight.
- Sophie: I think Bevin suggested some resources for that. Body Positive Yoga is a great resource for that. There's also other, if you google just "body positive exercise subscription" or something like that, there's a lot of people who are actually doing videos like this online.
- Sophie: They're very helpful, but you do have to be specific about putting in body positive.
- April: Yes.
- Sophie: But also, two other resources is the Fat Girl's Hiking or fat hiking clubs that Bevin mentioned are in a lot of places. They have an Instagram we'll link in the show notes.

- Sophie: Also, there's a Facebook group called Fit Fatties where people post routines and ideas and stuff like that.
- April: Oh my goodness.
- Sophie: I also suggest finding short, easy yoga videos. There's a couple people that we have on our resources pages on our site like Jessamyn Stanley and what's the other one's name?
- April: Okay, her name is NolaTrees on Instagram. What's her real name?
- Sophie: The two of them-
- April: Dana Falsetti.
- Sophie: Yeah, they have body positive / fat helpful yoga videos online everywhere and I do those in my room in the morning sometimes. There's some more suggestions for those routines.
- Sophie: To tell us more about their own routines, here are a bunch of voice memos and thoughts on exercise from the fat-mily.
- Clip: Hey friends, this is Hannah. I just wanted to tell you some of the things I do to incorporate joyful movement into my life. First, I joined a coed rec softball team.
- Clip: In rec softball, they never have enough women and they're just happy to have me there even if my skill level isn't great. Honestly, it feels awesome to be able to smack some softballs around and get my aggression out.
- Clip: The second thing I've started doing is volunteering at a local golf course. Now I know this sounds very bougie, but it's actually a community golf course that's run mostly by volunteers.
- Clip: I go out and pick up balls off the range once or twice a week. In exchange, I get to meet some cool people and also get to hit as many range balls as I want and play some free rounds.
- Clip: Then, I get bonus movement and can take my friends out golfing with me for free.
- Clip2: Hello, this is Hannah and I was very excited to hear about this exercise episode. I am an anti-diet, weight neutral personal trainer and I have a lot of feelings about this topic because I used to struggle with compulsive exercise.
- Clip2: But for me, what helped was really identifying the function of why I was exercising and I found that I was miserable and pissed when I was exercising to obtain a smaller body or to avoid being anxious in my body because that's not fulfilling.

- Clip2: When I started to really ask myself what movement I enjoyed and what brought my happiness, I stopped going to the gym, not that there's anything wrong with that but I started going rollerblading or taking walks on the beach. Things that really set my soul and served to decrease stress rather than add to it.
- Clip2: I think just asking yourself what movement you really enjoy and rather than using movement as punishment, using it as kind of an outlet or an energy booster is really, really helpful. Thank you for all you do!
- Clip: Hi April and Sophie, this is Hannah. I wanted to talk a bit about rollerskating and how joyous it can be. I'm someone that has struggled to find meaningful, positive ways to exercise and rollerskating has really been the number one thing for me that's really helped me not only improve my relationship with my body but also have a lot of fun in my body.
- Clip: Rollerskating is so dynamic and it feels like you're flying and I really recommend it to people that wanna try something new and want to kind of reinterpret the way they see exercise.
- Clip: I know it can be scary. I fell like 20 times my first time, but I really have found it to be helpful for me and my journey within my own body. Thanks so much. I love both of you and this show.
- Clip2: Hey Sophie and April, this is Hannah from Australia. Today, I went hiking in New Zealand's volcanic valley. It's a very beautiful place. I enjoyed it very much, but I struggled with some of it.
- Clip2: I had difficulty keeping up with the group that I had gone with. My lungs were hurting, a lot of it was uphill. I felt bad at first, but I realized it's important that I listen to my body when it tells me that it needs time to recover.
- Clip2: I can't compare myself to others because I can only ever be myself and I will only ever have my body. I can't force myself to do something that I'm not ready for and my partner gave me the option of turning back, which I appreciated, but ultimately I continued and I completed it and I went at my own pace.
- Clip2: I shouldn't be expected or expect myself to be able to do everything in the exact same way and at the same pace as others. Ultimately, I had a great time, you know? I gave myself the time and the pacing to understand what my body could handle and what my body saw as joyful movement instead of punishing movement.
- Clip2: Hope you can learn a little bit from that story and I love the show. Thanks.
- April: Thank y'all so much for those voices. I asked nicely, and I received.
- Sophie: We got so many.

April: We got a lot. That's been a really exciting part about this season, by the way, is having all of your voices being included in the show, as many as we can fit and even if they don't make the episode, our producer listens to all of them and I listen to all of them.

April: I so appreciate how excited you are to share your resources with our other listeners. You're the best.

Sophie: Y'all are the best. I think a lot of people feel very passionately about this topic in particular because so many of us have been so excluded and divorced from positive feelings toward exercise or movement that if you find your way back to it, you're like, I wanna try to help other people have this.

April: Yes, exactly.

Sophie: I was so hurt by this in the past and I really wanna help other people, you know?

April: Get through it. What is something you wish our thin ally listeners would know about exercising while fat?

Sophie: Okay, I know we said this on our last episode but I just don't want anyone to give me praise just for being a fat person exercising.

April: My god.

Sophie: I know we said this before.

April: But, please. The other thing is their so well meaning.

Sophie: It's so well meaning.

April: They're like you go, girl.

Sophie: I don't want that, I don't want that, I don't want that, I don't want that.

April: I don't want that.

Sophie: The best thing about the yoga class I took the other day that was too hard for me is that no one fucking looked at me. That's all I want. Trying to be overly accepting of me being not as good as you at something or not as fast or needing alterations, makes me feel condescended to.

April: Absolutely.

Sophie: Now when people do that or when they give you a little nod or something, I'm gonna be like, what?

April: They're like, you're serving your time here in the gym and you should be.

- Sophie: Exactly. Don't do that.
- April: You're doing your time.
- Sophie: But also I just wish thin people would invite their chubby or fat friends to exercise in the same way that we have encouraged thin friends to ask their chubby or fat friends to go shopping in a way that makes it clear you'll go at their pace, you're happy to let them tell you what makes them comfortable, what spaces they're comfortable in, what kind of equipment or help they might need without being patronizing.
- Sophie: You could just be like, "Hey, I like doing this class. This is how hard it is. This is the level of it. Would you wanna do that? If not, is there another thing you would like to do? I enjoy doing this and I'd love to do it with you if you want to."
- April: Yes.
- Sophie: And just make sure that you're inviting them in the same way that you would invite a thin friend and there's no tinge of, "You gotta get off your ass, fatty."
- April: Yeah.
- Sophie: What about you?
- April: I think for me, something that Bevin touched on which I think is so important is thin allies have gotta take an extra step to sort of evaluating their environments.
- April: Let's say you go to an exercise class and the instructor is like, "You need to do this and you need to get your beach body" or whatever. If you go to a class with an instructor who seems like they're actually open to suggestions, there's no reason why you can't just be like, "Hey, you know, those phrases might be a little bit alienating to the people in the class and maybe it could be refrained".
- April: Because honestly, as a fat person in the class like that, I never wanna go up to somebody and be like-
- Sophie: No.
- April: Can you not scream at me that I need to lose weight please? But it's wild to me how if you suggest that to some people, a lot of people, it would never occur to them to not speak like that and they might actually change it and be more welcoming to fat people.
- April: Again, losing weight and being not fat is not a moral good and nobody owes you losing weight or nobody owes you exercising. But some fat people do enjoy working out and they should be able to do that without being screamed at.

- Sophie: The same way that it's really hard to think about how to eat food in a good way that feels good for you, it's really hard to do exercise in that way. But it's only because of what society has put on it.
- April: For sure.
- Sophie: Because just like, we all need to eat food.
- April: Absolutely.
- Sophie: Most people like/need to move in some way. There's different ways people, maybe disabled people or people who have different movement restrictions need to put different qualifications or different points of access to it.
- Sophie: I just hate that it's only always talked about in terms of fitness or losing weight, when it's like can't we just talk about it in this totally other framework? Why does it have to be a part of this?
- April: I think, even though that seems obvious to us, that really is a radical idea to most people that we need to recategorize exercise completely from the what we associate it with and what goals to align with or whatever.
- April: I think you can have no goal other than I feel like I wanna move a little bit today.
- Sophie: Yeah.
- April: And that's it.
- Sophie: The same way that I no longer have any goal with what I'm eating. I'm not trying to get to a certain goal with what I'm eating. I'm also not trying to get to a certain weight by exercising, it's just part of my routine now.
- Sophie: Same way meditating or whatever is. It feels good. Period. I also feel very passionate about everyone's right to not exercise if they don't want to.
- Sophie: A lot of people need space from exercise, so don't ask them about it in a way that's judgmental. Just offer it up the same way you'd offer having a meal with someone. If you want to.
- April: If you want to.
- Sophie: Yeah.
- April: Period.
- Sophie: That's the meat of it for this week. We have done our follow up on exercise part two. That's all we have to say on exercise for now. You're welcome.

- April: You're welcome.
- April: It's time to ask a fatty. If you want advice, you can send a voice memo of yourself asking a question to FYI@shesallfatpod.com. You can record it on your computer or the voice memo app on your iPhone.
- April: Just keep it short, about one minute max. Or if you're shy, you can send us a plain old email at FYI@shesallfatpod.com. We might answer your question right here on the show.
- April: This week on ask a fatty, we have a very special letter from Hannah. Who would've thought? It's Hannah.
- Sophie: It's Hannah again!
- April: Again. She's so funny.
- Clip: Hi, April and Sophie. I loved your episode about self-care and it got me thinking about my own self-care routine and things that cause me stress.
- Clip: One of the things that really can stress me out is the fact that my family all lives in different states from where I live. In particular, my parents live in Hawaii and I live on the mainland so I don't get to see them very often.
- Clip: I think you guys have both mentioned you have family in different places than where you currently live and I was wondering how you guys cope with that and how you have and maintain relationships with those people that are so important to you but you can't just meet up for lunch?
- Clip: Sometimes the time zone is so different, it's hard to even get a phone call in. So, yeah, that's my question. Thank you guys so much. Bye.
- April: Thank you so much for this question.
- Sophie: Thanks, Hannah.
- April: Yeah, I think we can both relate. For our new listeners, I'll start. I'm from Minnesota and my parents are from Liberia and my mom lives in Minnesota now, my dad lives in Philly. My sister lived in Minnesota for many years until she moved out here with me this year, which was iconic.
- April: But before that, we sat my mom down and explained the concept of a group chat, which is important. We're like, we're entering a group chat. Send us every update of your day from dawn 'till dusk. I need to know everything. I need photos, I need audio clips.

- April: Now she's taking pictures all day long and sending us updates and stuff. But yeah, it's hard. Sophie has an impression of me on the phone with my mom which is just, "Okay, mom, bye, love you mama" which is rude.
- Sophie: Your voice gets like two octave higher.
- April: I love her so much.
- Sophie: You're like, "Hi, mama. No, it's okay, I'm just working! Bye, mama!"
- April: I just really, that's the one that really bothers me is having her not here. I just really love my mommy. I'm a mommy's girl.
- April: This is really hard. I talk to her several times a day. We FaceTime at least twice a week. We text all day long but that's still not the same as having that person here. I so relate to you, but technology's helped a lot.
- April: As far as for the members who are farther away, like my family in Liberia, unfortunately, Mark Zuckerberg is keeping the family together because I FaceTime message with my cousins all day long. We FaceTime video chat whenever they have strong enough internet connection.
- April: That is what helps me feel connected to them, cause we're I don't even know how many miles away Liberia is, like thousands and thousands and thousands.
- April: Those things help me, but it's not the same but I do feel, I think especially with FaceTime, I feel the closest to my mom. Last night was Halloween and we had a bunch of trick-or-treaters and she doesn't get any at her house. She lives in this weird neighborhood where there aren't any kids.
- April: My sister FaceTimed her in so she could see me giving the children candy. It was very sweet. She's like, is that Black Panther? I'm like, yeah. That was really fun. That made it feel like she was almost here.
- April: That's what I kinda do. What about you?
- Sophie: Similarly, my family is all in different places right now. We also have a family group chat of the kids and our significant others and then our best friends are in this group chat.
- Sophie: That is a nice thing to do. Honestly, wish my mom would text our three girls group chat even more. Then, also, okay, number one is that my group of close girlfriends from college is all now in different places across the country.
- Sophie: Every year, we get together for one weekend kind of in the spring or late winter that we call Funny Ladies' Weekend 'cause we all met being in our improv group in college or adjacent to it.

- Sophie: That weekend is really fun and nice, but when we're not doing that, we use this app that actually Lindsay, hashtag sorry Lindsay, introduced us to called Marco Polo.
- Sophie: Marco Polo is very useful, especially for older family members who don't totally get the concept of how you could just send a little video in a group chat or something.
- Sophie: Marco Polo is just you open it, there's a group chat there that's just for videos. You record the video and the next time you open it, all the videos that have been sent into this group autoplay.
- Sophie: Even those it's at different times, it doesn't feel as lagged. You know what I mean?
- April: It's like more personal than texting, slightly less than FaceTiming directly.
- Sophie: I totally hear you on missing your family and friends. It's hard, especially if you're in your 20s. I think a lot of times, your close friends and family are kinda spread out and that can feel very lonely.
- Sophie: But, the internet is truly so, so, so helpful.
- April: Yeah, absolutely.
- Sophie: And so is just finding the thing that fits into your life in the right way. If you're in different time zones, it sounds like Marco Polo or letters or a regularly weekly email that you commit to might be a great way to feel like you're consistently involved in each other's life.
- Sophie: I know a lot of people are against having the Amazon devices in their homes.
- April: I unfortunately will not be watched by the government. I'm too paranoid for that shit, okay.
- Sophie: We both have iPhones and Apple computers, so it's over for us, honey.
- April: Very true.
- Sophie: I kinda feel like I'm a lost cause at this point. But I did find out that you can use them as walkie-talkies to send-
- April: That's cool.
- Sophie: Yeah.
- April: That is cool.
- Sophie: That's another cool thing if you have those, you can do that. All right, good luck.

- April: Keep us posted. Good luck. I hope you find the right medium to keep in touch with your family members. Keep us posted. Thank you, Hannah.
- Sophie: Thank you. Now, let's move on to, it's okay you can ask, a segment where I get to explain to April why all of her white friends get drastic haircuts after breakups.
- April: We'll find out the answers to our burning questions like why didn't Lana del Rey's Trump hex work?
- Sophie: Or why do black women love Kelly Clarkson so much? Do you?
- April: Did you know that?
- Sophie: No.
- April: We stan.
- Sophie: Really?
- April: And I don't wanna speak of us as a monolith, but all black women love Kelly Clarkson.
- Sophie: Really?
- April: I don't know what it is. Okay, my question, if you are from team I love bread and above, then you would've heard the blast from the past this week that is related to this question.
- Sophie: Okay.
- April: If not, then loser, loser, chicken loser? I didn't think about it when I started talking. My question, I just have a couple questions about growing up.
- April: Basically, I'm interested in learning the differences in our upbringing because the more that I progress into my adulthood, the more I have that moment of like, oh I thought everybody grew up like this or everybody had this rule. But no, it's just my specific African household and my specific African mom who's not here for it.
- Sophie: Okay.
- April: I have a couple questions about how you grew up. Okay, number one. Did you have to do chores and what were the nature of your chores?
- Sophie: Yes.
- April: Okay.

- Sophie: But, my mom was not ... I've seen a lot of memes on Twitter, especially from Latinx people about getting hit by sandals if they didn't do their chores.
- April: Oh, like a Chancla, oh yeah.
- Sophie: That was never a thing.
- April: My mom used to pour water on me.
- Sophie: Oh my gosh!
- April: She'd make it warm, but she'd pour a tablespoon of water on me and be like, "Get your black ass up."
- Sophie: No, my mom never ever did any kind of corporal punishment. That was not a thing for us. The closest thing is what's their name? My favorite comedian Chris-
- April: Chris Fleming?
- Sophie: Chris Fleming, their doing their mom character-
- April: Gail?
- Sophie: Gail getting ready for dinner.
- Clip: Gotta clean the house NOW! Now, now, people. I want this place looking like Disney on Ice in one minute. Terry, if you haven't made your bed, throw it away. It's too late to make it now. Company is coming, get rid of the couches! We can't let people know we SIT!
- Sophie: That's what my mom was like in a frenzy before people coming over. For chores, I always had pet related chores. I always had to either clean the cat box or walk the dog or something like that.
- Sophie: Then, I was supposed to keep my room clean but I did not and we had fights about that, which was not like me being disrespectful, now in retrospect as much as it was having ADD.
- April: Yes, absolutely.
- Sophie: There was never a big thing. I think if my mom had had more time, she maybe would've made a deal about the bed being made but she just simply didn't have the time or energy.
- Sophie: I always did my own laundry. I was very shocked when I got to college and people didn't know how to use the laundry machine.

April: Same, 'cause it's different to say I just started doing my laundry than I've never done my own laundry and I was just dropped off at college.

Sophie: I do not know how.

April: I don't get it.

Sophie: I mean, my mom did it for me for a while, but then in high school, I did my own laundry I think. I knew how and I took care of it myself. Don't understand that.

Sophie: Then I'd be responsible for general upkeep, but it depended what house we lived in, 'cause we moved a lot, how big it was, how much help my mom needed with keeping it clean mostly because my sister and I would never do the cleaning up to my mom's specifications cause we were teens.

Sophie: I'd be like, is this good? And she'd be like, "No." I'd either have to do it again cause I didn't wanna get in trouble. A lot of times I had to spray off the patio or that kind of thing. Those were kind of the chores that I had.

Sophie: Then at different times, I had more regular things like go to the corner and get the mail from the mailbox, but never really big ones. I never had cooking chores.

April: Did you have an allowance?

Sophie: No. Not until I went to college and my dad helped starting support things.

April: I see, okay.

Sophie: No, I babysat to make money. I think when I was younger, maybe I had an allowance, like before I was able to work. I remember having some money but I don't think I had ... I think I just would ask for stuff.

Sophie: I actually, honestly, that was probably the time I had the healthiest relationship with money was when I was like, "Great, I wanna make money to buy this thing that I want for myself", so I'm gonna babysit for a bunch of hours and then I had money and I was like, I earned this and it felt so good.

April: For sure. Exactly. I was actually like that. My mom always made us, yeah I think I babysat, maybe from ages 11 until I was 16 and as soon as I could legally work, I got a job at a bakery and then I worked at Victoria's Secret.

April: My mom would always be like, "Oh really, you're getting that?" And I'm like, "Hell yeah, I am. I earned this."

Sophie: It feels real good.

April: And you can't tell me nothing.

- Sophie: When you don't have to take care of the other stuff, it feels good because it's just gravy money.
- April: Just money, yeah. I don't have to pay any bills at the time. That was great. Okay, another upbringing question. What words were you not allowed to say in the house?
- April: I think we talked about before, I was not allowed to accuse my mom of lying even if she was lying.
- Sophie: Never, never, never.
- April: I had to say that she was telling stories, which is insane. If I ever said she was lying, I would get literally two chops to the throat.
- Clip: Two chops to the damn throat.
- Sophie: I don't really remember ever wanting to accuse my mom of lying.
- April: Maybe your mother just didn't lie to you. My mom would pull shit all the time. She thought I was an idiot.
- Sophie: I wasn't really allowed to say that's not what happened or nuh-uh.
- April: Like question. You've seen things on Twitter these days where it's like, parents, don't be afraid to apologize to your children. Don't be afraid to tell them that you did something wrong. I was like, what?!
- April: I can't imagine that.
- Sophie: My mom would do that.
- April: My mom would never.
- Sophie: But it was never if I thought something was unfair or I was like, mom that's not cool, blah blah blah. That would just lead to a fight. It would be like if my mom was later like, "Hey, I realized blah. I'm sorry."
- Sophie: I'd be like, it's fine, whatever. But never if I was ever to get mad back, it would be like that's disrespectful.
- April: Yeah, totally.
- Sophie: I never was allowed to swear at my mom but I never would've tried.
- April: Done it either way, yeah. No, I wasn't even allowed to ... She couldn't overhear me swearing on the phone.

- Sophie: Really?
- April: That could be a shoe to the had. No swear words in the house at all.
- Sophie: Oh my god.
- April: No, accusing of her lying or accusing her of doing anything wrong ever until I was a teenager and then I was like, "Come on, lady" and she's like, "All right, I'm fallible."
- April: Cultural things like if she had a friend over who was an adult, I had to call them uncle or auntie even if they were not my uncle or auntie.
- Sophie: That was not a thing for sure.
- April: I couldn't call an adult their full, their first name just the first name. We wouldn't do Miss Williams. It would be like Auntie Jackie or something.
- Sophie: Oh really?
- April: Yeah. If I ever didn't do that, she's like, "Oh, so you think you're equals?" She would say that sentence to me a lot.
- Sophie: Oh my god.
- April: I was like, oh my god. I think a lot of immigrants have a similar experience where their parents were obsessed with respect. It's like.. it's a lot. My final question, you alluded to this earlier by saying you never got grounded.
- April: If you did get grounded growing up, what would that entail? What would it look like to get grounded?
- Sophie: I mean, I think it was more like if I did something wrong, then sometimes it would be like, you're not allowed to go to this party next weekend.
- April: Oh okay.
- Sophie: But it wasn't called grounded because I could do other stuff or whatever. It would just be my privilege to go to this specific thing she knew I wanted to go to would be taken away.
- Sophie: But, that would be it. Sometimes you hear about people being like, "Yeah, you have to go right to school and come right home and you're not allowed to leave the house."
- Sophie: That never really happened to me. I'm really trying to remember. If I got punished for stuff, it was like, I had to go to my room or yeah, it was mostly like, I wouldn't be allowed to go to a specific thing as a punishment-

- April: I see.
- Sophie: That I had wanted to go to.
- April: I see. I remember watching Full House growing up and Danny Tanner would be like, "Go to your room!" And I'd always be like, I would love to go to my room. If I'm in trouble, I'm not allowed to go to my room where all my stuff is.
- Sophie: But the trick is, I was supposed to go to my room and then I wasn't supposed to stay there until I was allowed to come out. I was supposed to stay there until I could go and apologize nicely.
- April: Mmm, okay. That's fair, that's fair, that's fair.
- Sophie: If I didn't apologize nicely enough, I had to go back and wait until I could.
- April: Wow. Oh my god.
- Sophie: A lot of the things I got in trouble for are ADD things, looking back. I was always late to things. I was always making us late to go places. My mom would be pissed about that.
- Sophie: Also, some respect things where it was like if I spoke with a tone that she thought was disrespectful, that was a big issue. Then I would get annoyed and it was even harder to talk in a nice tone.
- April: Exactly. Oh my god, I always got in trouble for that.
- Sophie: But, I don't know. I think my sister's experience was different from mine with punishments, but I got along really well with my mom and mostly, I didn't really get punished for anything.
- Sophie: My mom was also not that strict because I also was such a goody two shoes. I didn't really go for anything.
- April: You're like, sounds good, I will study. Thank you.
- Sophie: Right, exactly. She was the one who had to come in and be like, "Why don't you go to bed now instead of studying?"
- April: Exactly.
- Sophie: But also she was, as a single mom, she was really busy all the time.
- April: Yeah, my mom too. It would be like she had two jobs a lot of the time when I was growing up, so she would come in at 10 pm and be like, "Did you do your homework? What'd you do? Okay, bye." Not a lot.

- April: She had to get the good parenting in then. I think it's funny when you were talking about what grounding would look like, it just reminded me there's one time when my mom attempted to ground me for something.
- April: But it's clear that she wasn't even clear what grounding was. She was kinda just going off what she'd seen on TV. She's like, "You're grounded and grounding means you can't leave." Didn't really know.
- April: I've talked about before, her greatest fear is that she would raise me in America and I would become American. She's like, how can I raise a kid to have the same values of me but in a different country?
- April: It just came out as being pretty strict and just trying to make me be as respectful and thoughtful as possible. I think what our moms both have in common is she definitely has the cleaning thing, wanting to be presentable, and also just wanting to make sure that we were respectful people in the world.
- April: My mom would always tell me a story about I met somebody rude at work today and I don't want you to be rude. Rude people are the worst. It's like, okay.
- April: Thank you for telling me about your upbringing.
- Sophie: Yeah, I feel like mine was very WASPy and boring.
- April: How would I know? It's all so unfamiliar to me, so not boring to me.
- Sophie: Good. I'm glad.
- April: All right.
- Sophie: And that's our show. Be sure to check out the show notes for links to the stuff we mentioned today and don't forget to send us your questions via email or voice recording to FYI@shesallfatpod.com.
- April: Please make sure to leave us a review on Apple Podcast. It's super important in making sure people find the show. If you leave us a review on Apple Podcast, we'll give you a shout out on the pod next week.
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- April: Our music was composed and produced by Carolyn Pennypacker Riggs. Our website was designed by Jessie Fish and our logo is by Britt Scott. This episode was mixed and edited by Maria Wurttele.

April: Special thanks to our fairy intern mother Lynn Barbara and our brand new intern, Kirsten Berg. Our Facebook, Instagram, and Twitter handles are @shesallfatpod.

April: You can find the show on Apple Podcast, Spotify, Stitcher, Google Play, and wherever else you get your podcasts. Bye!

Sophie: Bye!

Sophie: What's your Christmas transition sound?

April: Oh my god, I need one. Okay. Oh, okay, here it is. Okay. Just that. Just the first note of the song.

Sophie: Oh my god.

April: Just cut it, Maria, 'cause I know you'll need it.