

OUTDOORS



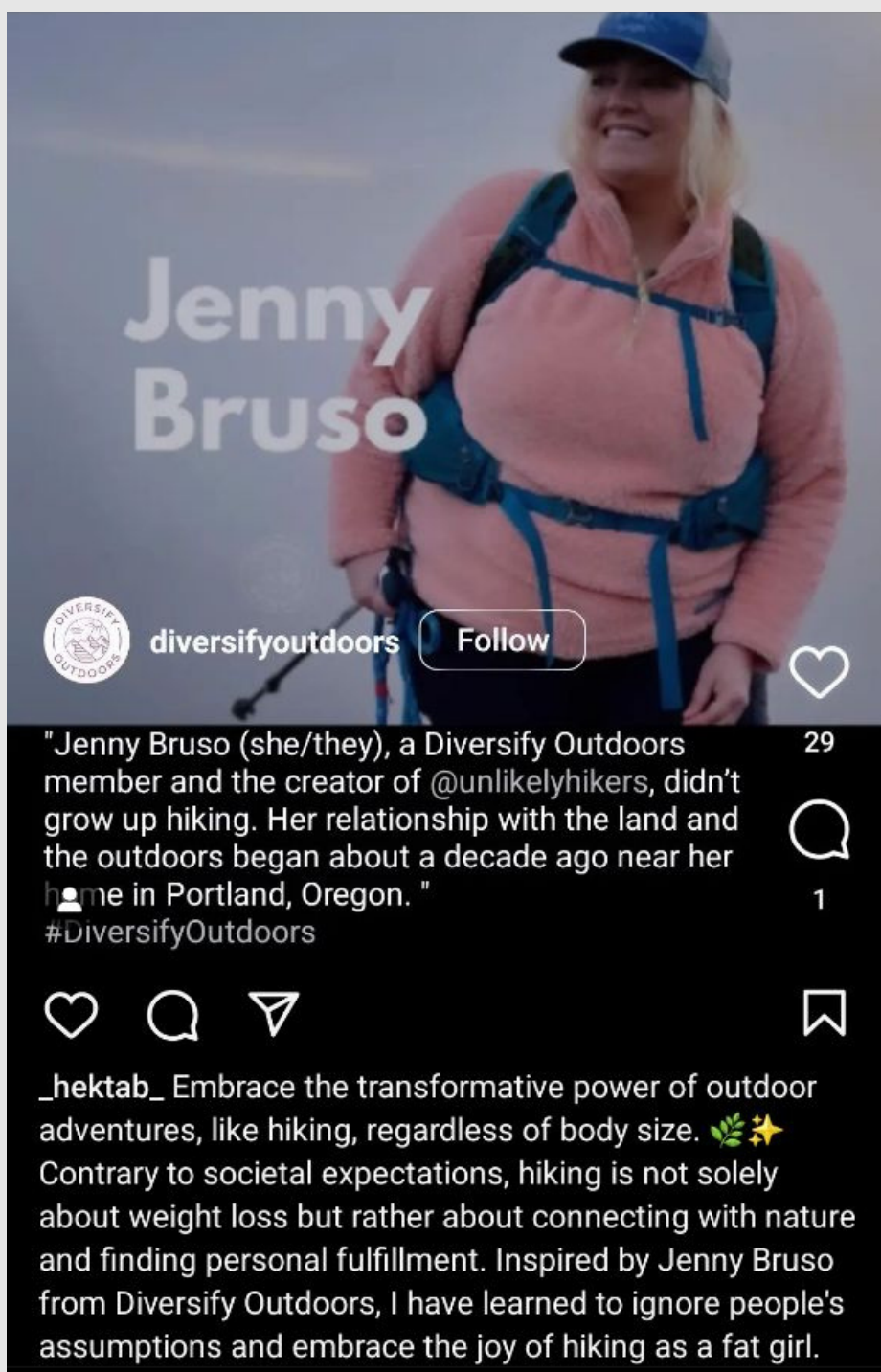
When you're a fat person, outdoor adventures like hiking are often perceived as nothing more than a means to lose weight. Society's expectations dictate that my presence on the trails must be solely motivated by the desire to shed pounds. But that couldn't be further from the truth.

Hiking, for me, is about so much more than weight loss. It's about connecting with nature, immersing myself in its beauty, and finding personal fulfillment. It's about embracing the transformative power of outdoor experiences regardless of body size.

Jenny Bruso, the inspiring force behind Diversify Outdoors, has shown me that I don't have to conform to society's assumptions. Her journey towards body positivity outdoors has paved the way for people like me to ignore the judgments and embrace the joy of hiking as fat individuals.

Through her blog on body positivity outdoors, Jenny shares her empowering experiences and challenges societal norms. She encourages us to prioritize our own happiness and well-being over other people's opinions that we never asked for.

So, I am reclaiming hiking as an activity that brings me joy, peace, and a deeper connection with nature. It's not about conforming to societal expectations or losing weight; it's about embracing the beauty of the outdoors and finding fulfillment in my own unique journey.



the caption :

Embrace the transformative power of outdoor adventures, like hiking, regardless of body size. 🌿✨ Contrary to societal expectations, hiking is not solely about weight loss but rather about connecting with nature and finding personal fulfillment. Inspired by Jenny Bruso from Diversify Outdoors, I have learned to ignore people's assumptions and embrace the joy of hiking as a fat girl. Read more about Jenny's empowering journey in her blog on body positivity outdoors 💪❤️ One simple way to expand the accessibility of the outdoors is by providing more inclusive and diverse representation in outdoor media and advertising. This can be done by featuring a variety of body sizes, abilities, ethnicities, and genders in promotional materials for outdoor activities and destinations. By showcasing a range of individuals enjoying outdoor adventures, it helps to break down stereotypes and encourages people from all backgrounds to feel welcome and represented in outdoor spaces.

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