



#HEALTH & FITNESS

Beauty is not BMI

I am on the chubby side of the weighing scales. I used the word chubby not because it's an endearing expression, but more so because it is less hurtful. Throughout my life, I have been called fat, fatso, fatty and these words scarred me. Now when I go back to my old albums and see myself some odd years ago, I failed to realise why a girl with her collarbones out and slim waistline was called by such harsh words. Of course, these days when my doctors write my prescriptions and scribble obese ++; they have a genuine reason to do so.

I am obese and I don't do anything about it; no exercise, no dieting and scarily enough, have no desire to help myself either. I think I am rebelling, simply because deep down in my mind's eye, I am offended and wounded and I have never been properly healed to find the right kind of motivation to love myself again. I have a fantastic husband, who for the last score and few more years has been trying his best to bring back my drive, but to no avail. I feel lazy and do not wish to spend an iota of energy doing something for myself.

The domino effect of that wound is my

laziness and lack of motivational drive, which resulted into my clinical depression, making me sink further down the pit. It was my generation when the society was at its rudest, no one cared for subtle niceties. The society then looked down on dark complexioned girl like they were witches, infertile women like pariahs, fat women as someone who would eat into her husband's wealth. We women in general were an unhappy lot and needed to wade through loads of social stigmas to hold our heads high.

I am earnestly so glad that two generations down the line, I am able to see

all body shapes and types being accepted for the way they are; broad, skinny, dark, short, tall. And today's women, unlike myself and my generation, are not bogged down with negativities, which crush your self-esteem. They are confident to work out their differences as their advantages.

Beauty is trivialised by objectifying it but confidence is sought after. Confidence gives you the strength to walk the walk, and talk the talk. The same is true for men as well. A lot has been written and said and done about the awareness and correctness of body images. Its time you read up and

be politically correct. Let the obese++ live a life and love her or him to change for the better.

Today's Star Lifestyle is all about Body Positivity. We talk about how body image, mental health condition and the influence of media are the pertinent trio; being unique and perfect; how motherhood is a choice and not an obligation, and many more trending topics.

Read and let us think together.

— RBR

Photo: Collected

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