

#InnerHappy: Launching a Body Positive Campaign at the Library

October 04, 2017 3:00-3:45pm MLA Conference

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Top Ten Positive Body Image Program Ideas for Your Library

Don't Reinvent the Wheel. Learn from us.

Get Sweaty	Invite local fitness experts to teach a class. Crossfit, Kickboxing, Hula Hoop Fitness, Zumba, Belly Dancing
Self-Defense Class	Being able to take care of yourself is very empowering. Martial Artists in the area are good people to ask for help.
Mini Makeovers	Invite local cosmetologists to bring samples & share tips.
Photo Shoot Me	Find a photographer. Trying searching for them using Yelp.com. Our photographer gave the attendees a link to download their photo. It saved on printing costs.
Free Bra Fitting	Sound strange? 80% of women wear the wrong bra size. Call lingerie stores to see if they will teach a program on how to find your correct size.
Got Issues?	Some mental health providers are willing to give presentations on a variety of wellness issues like Work/Life Balance, Stress Relief, Self-Esteem and Good Communication.
Dance! Dance!	The ghost of Patrick Swayze (or a living dance instructor) gives an hour long class on a simple dance. Macarena, anyone?
Watch This!	Create a film series with an empowering body image theme. Little Miss Sunshine, Real Women Have Curves, Embrace
Healthy Food	Feel good inside and out. Contact a dietician to address recent food trends. A cookbook club has also been very popular at our library.
Read This!	Create a book club with an empowering body image message. Lindy West "Shrill: Notes From a Loud Woman", Lucy Grealy "Autobiography of a Face", Jessamyn Stanley "Every Body Yoga", Amy Poehler "Yes, Please"
Meditate on This.	There are Meetup groups devoted to <i>just</i> meditation. Contact one and they might be willing to hold a few sessions at your library.

Interested in hosting a screening at a local theater?

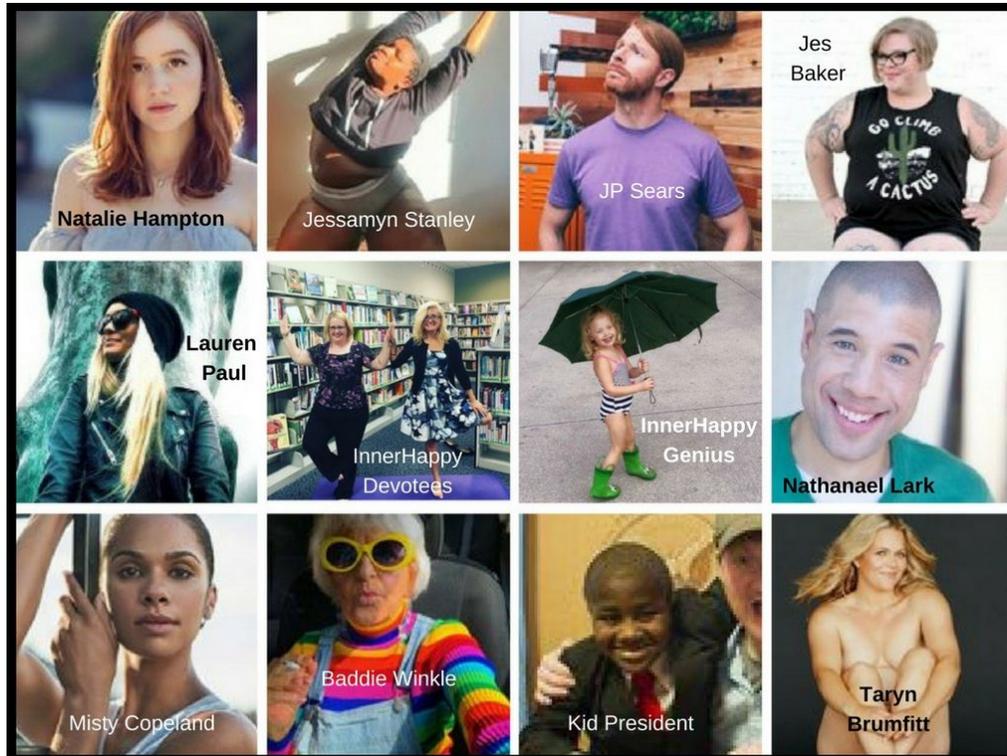
Check out Gathr (gathr.com) for available movies in your region.

Here is a little Easter Egg for you. "Shine Theory"

You're a librarian. Look it up.



Our Top Ten Body Image Advocates to Follow



Natalie Hampton @nobodyeatsalone

Natalie created an app that makes the high school cafeteria less scary.

Jessamyn Stanley @jessamynstanley

Jessamyn is an outspoken and unconventional yoga instructor.

JP Sears @awakenwithjp

JP makes quirky videos about being easier on yourself.

Jes Baker @themilitantbaker

Jes challenges plus-size stereotypes in unique ways.

Lauren Paul @kindcampaign

Lauren advocates for girls being kinder to each other.

Nathanael Lark @NathanaelLark

Nathanael re-imagines Instagram photos to reflect inner beauty.

Misty Copeland @mistyonpointe

Misty is the first African-American principal dancer for American Ballet Theatre.

Baddie Winkle

Baddie breaks all the stereotypes associated with older adults.

Kid President @iamkidpresident

Kid President wants you to know how awesome you are.

Taryn Brumfitt @bodyimagemovement

Taryn is the creator of Embrace.

