

# Stupid Things People Think About Fat People

## 10 Bonkers Opinions I've Destroyed Just By Existing

Being a large woman is exhausting, both physically and mentally, and then you have to contend with other people contributing their unsolicited opinions. I optimistically believe we are getting to a place where the world is more accepting of people of every body type. But I have definitely experienced some really infuriating comments in my life. I have battled with my weight all through adulthood, and so this list is based on my firsthand experiences as a middle-aged, British woman.

What misconceptions about your appearance drive you mad?

### 1. You are fat because “you are stupid and need diet advice”

Of all the people in the world, the ones who have the most knowledge, read the most, try the most diets, are fat people. I can guarantee I know more about calories than a person who has always been thin. Do these people think you are wandering the planet thinking, “hmm, I bet eating huge pizzas and giant slabs of chocolate will make me thin! Thank you so much for enlightening me! What a revelation that I should eat less!”

### 2. Fat people will die if they exercise

At 37 years old, 5 ft 3 and 18 stone (over 250lbs), I was officially categorised as ‘super-obese.’ This is when I started a couch to 5k. I successfully completed the programme, and I never sustained any injuries. Look at any internet comment section and it will tell you how you will destroy your body should you try to run. In fact, any exercise programme will likely result in hospitalisation. Do I look like a displeased hippopotamus when I run? Absolutely, but those beasts are fast *and* dangerous. You have been warned.

### 3. Fat people are weak

In my unfit days I may well have been gasping for air trying to keep up with you walking down a road. Often, I would have complained I looked like a mail-order wife, having to jog to keep up like your shameful minion. However, just think about strength here. A fat person is carrying a lot of weight, *all the time*. My calves were rock-like from their mission to support all that weight. Fat people were born to lift because they already are.

### 4. All fat people are lazy

Of course there are some lazy people. But this is an unfair assumption about all fat people. If they are not physically active, because they might struggle to be, I can guarantee they are mentally highly active. Maybe not in a positive way, but there is something on their mind. There are also plenty of fat people who are regularly active. I am constantly amused if I meet someone hiking, how surprised they are I know my local trails well and am a capable hiker.

### 5. It's easy to lose weight

The battle is hard. There are countless reasons people can be fat, and we still don't understand how much complex issues like genetics, metabolism and psychological factors play in being overweight. Losing weight takes calculating diet and exercise and staying committed all the time. You have to navigate psychological obstacles, years of bad habits, your whole lifestyle. It's not just about eating a salad for a couple of days.

**6. Fat people are unattractive and cis men only like thin women**

First of all, I am sexy as hell. The only time I have not had attention from men is when I didn't feel good about myself. Attractiveness comes from confidence and how you present yourself, not from the number on your dress label. Lots of men love women who have curves, this is sometimes personal and sometimes cultural. I am charismatic and intelligent. I also have really big boobs. Men notice.

**7. Fat women should be grateful for any romantic attention**

No, they shouldn't. Maybe you should be reading a list about 'how to have more humility?' I don't owe you my gratitude.

**8. Fat women are bad in bed**

Perhaps growing up thinking you are not god's gift made you try harder. You made sure you were amazing in bed. I hear a lot more stories about typically attractive people being bad in bed because they don't feel they have to try. Think "you got to sleep with me, a gorgeous person, you win! Now I shall lay here and not consider your needs."

**9. Fat people are unhappy and always want to lose weight**

This one is a challenge, because I do feel better when I am fit and lighter. I also grew up in the nineties, when attitudes towards weight were a lot less progressive than they are today. However, it is so refreshing and empowering to see that lots of women today are fit, capable and owning their body. I follow some women on YouTube who are absolute yogi goddesses. They are big and proud, and happy.

**10. You should tell fat people they aren't fat**

So, I can understand this might be coming from a place of kindness, and that how fat someone seems might be subjective. People can feel fat at different sizes, and that is completely valid, but we should be understanding of this. In my experience someone telling me I am not fat when I am objectively carrying the weight of two people is disingenuous and a bit of an odd lie to perpetuate. You can just tell me I look young and beautiful instead, then I'll believe you.

So, there you have it! It is a strange and misinformed world out there and the (fat) bottom line is that everyone is an individual and we should be extending humanity and respect to everyone. We all know not to judge books by their cover, because I would be a thick tome of wild adventures and complex emotions.

