Policy:

YWCA of Asheville adopts a values framework of body positivity by de-emphasizing weight loss and celebrating health at every size across all programs and departments.

Purpose:

To more fully live into our mission to Eliminate Racism, Empower Women, and promote Peace, Justice, Freedom, and Dignity for all by embracing a body-positive stance across programs and departments, and to fully articulate a unique value proposition for our organization and facility.

To help counter the negative effects of fat-shaming and the ways that fat-shaming harm women, people of color, and queer and trans people disproportionately, YWCA of Asheville commits to:

- De-emphasizing weight loss across our Fitness and Aquatics, Diabetes Wellness and Prevention and Women's Empowerment Programs. This means supporting a client or member when they define weight loss as a goal, but not assuming a member or client wants to lose weight
- Recognizing and helping to address the negative mental and physical health impacts of diet culture, fat-shaming, disordered eating, and negative self-image
- Emphasizing the positive impact of exercise and movement, healthy eating, healthy sleep habits, and healthy relationships on everyone’s health, regardless of size
- Maintaining unconditional positive regard for clients and members of all shapes and sizes
- Working to accept our own bodies as staff members, and modeling healthy self-image

Body Positivity does not mean that we do not recognize that there are some health risks associated with obesity and work to help our members and clients mitigate those; it means that we de-emphasize weight loss and celebrate all bodies, regardless of their age, size, or “health status,” that we celebrate ourselves, our members and clients as we are today, and not for our future potential, and that we resist racist, ageist, abilist, and sexist body norms that harm our community.