

题目: Enough with the fear of fat

作者: Kelli Jean Drinkwater

I'm here today to talk to you about a very powerful little word, one that people will do almost anything to avoid becoming. Billion-dollar industries **thrive** because of the fear of it, and those of us who **undeniably** are it are left to navigate a **relentless** storm surrounding it.

我来这里是为了和你们分享一个 并不起眼, 却很有力量的词, 人们为了避免它, 甚至愿意做任何事。人们对它的恐惧 催生了数十亿美元的产业, 我们中有些人拥有它, 并且不得不忍受 它为生活带来的巨大动荡。

I'm not sure if any of you have noticed, but I'm fat. Not the **lowercase**, muttered-behind-my-back kind, or the seemingly harmless **chubby** or **cuddly**. I'm not even the more **sophisticated** voluptuous or curvaceous kind.

我不知道你们有没有注意到, 我很胖。不是那种不明显的, 只让人在我背后咕哝的胖, 也不是那种看起来无害的乖胖, 甚至也不是那种神秘、性感的丰腴。

Let's not **sugarcoat** it. I am the capital F-A-T kind of fat. I am the elephant in the room. When I walked out on stage, some of you may have been thinking, "Aww, this is going to be **hilarious**, because everybody knows that fat people are funny." Or you may have been thinking, "Where does she get her confidence from?" Because a confident fat woman is almost unthinkable.

还是不要用任何冠冕堂皇的词了。我就是那种显而易见的肥胖。我就是屋子里那只显眼的大象。当我走上舞台的时候, 你们当中的一些人会想, “噢, 这肯定会非常搞笑, 因为每个人都知道, 胖子很搞笑。”你们也会想, “她这是哪里来的自信呀?” 因为一个自信的胖女人, 好像只是想象中的存在。

thrive

v. 兴旺发达

undeniably

adv. 不可否认的

relentless

adj. 不停地

lowercase

adj. 小写字体的; 不明显的

chubby

adj. 胖乎乎的

cuddly

adj. 令人想拥抱的

sophisticated

adj. 老练的

sugarcoat

v. 裹以糖衣

hilarious

adj. 滑稽风趣的

The fashion-conscious members of the audience may have been thinking how fabulous I look in this Beth Ditto dress --thank you very much. Whereas some of you might have thought, "Hmm, black would have been so much more slimming.

"部分有时尚感的听众，可能已经意识到，我穿这件 Beth Ditto 裙子非常美——谢谢大家。但你们其中也有一些人会想，“嗯，黑色会让她看起来瘦一点。”

You may have wondered, consciously or not, if I have diabetes, or a partner, or if I eat carbs after 7pm. You may have worried that you ate carbs after 7pm last night, and that you really should renew your gym membership. These judgments are insidious. They can be directed at individuals and groups, and they can also be directed at ourselves. And this way of thinking is known as fatphobia.

你也许会有意或无意的想，我可能有糖尿病，或者我已经结婚了，或者我7点以后还在吃零食。你可能还担心自己，因为你昨天七点以后吃了零食，你会感觉非常需要给健身卡续费。这些偏见都是无法避免的。他们可能产生于个人，也可能产生于集体，他们也可能产生于我们自己。这种思维方式统称为肥胖恐惧症。

Like any form of systematic oppression, fatphobia is deeply rooted in complex structures like capitalism, patriarchy and racism, and that can make it really difficult to see, let alone challenge. We live in a culture where being fat is seen as being a bad person -- lazy, greedy, unhealthy, irresponsible and morally suspect.

就像社会中各种形式的系统性的压制，肥胖恐惧症深深根植在这复杂的社会结构中，就像资本主义、男权主义和种族歧视，这让它很难被意识到，更不用说要改变它了。我们这个社会的文化，告诉人们胖子都是坏人——懒惰的，贪婪的，不健康的，不负责任的人，甚至行为不良。

fashion-conscious
时尚感

fabulous
adj.极好的

diabetes
n.糖尿病

carbs
n.碳水化合物

insidious
adj.潜伏的

fatphobia
n.对肥胖恐惧的

oppression
n.压制；压迫

patriarchy
n.男权

greedy
adj.贪婪的

And we tend to see thinness as being universally good -- responsible, successful, and in control of our **appetites**, bodies and lives. We see these ideas again and again in the media, in public health policy, doctors' offices, in everyday conversations and in our own attitudes. We may even blame fat people themselves for the **discrimination** they face because, after all, if we don't like it, we should just lose weight. Easy. This antifat bias has become so **integral**, so **ingrained** to how we value ourselves and each other that we rarely question why we have such contempt for people of size and where that disdain comes from.

我们还普遍认为，瘦是一种美德——负责任的，成功的，能够控制自己的胃口，身体和生活。我们一次又一次的从媒体，医保政策和医院中被灌输这些想法，甚至在每天的谈天以及我们自己的想法中也屡见不鲜。我们还以貌取人，责备那些肥胖的人，毕竟，如果我们不喜欢肥胖，我们只需要减肥，非常简单。这反对肥胖的态度在我们审视自己的过程中，越来越完整，越来越根深蒂固。我们很少会了解到，我们能对人们的身材如此轻视，甚至不知道这种鄙视来自哪里。

But we must question it, because the enormous value we place on how we look affects every one of us. And do we really want to live in a society where people are denied their basic **humanity** if they don't **subscribe to** some **arbitrary** form of acceptable? So when I was six years old, my sister used to teach ballet to a bunch of little girls in our **garage**. I was about a foot taller and a foot wider than most of the group. When it came to doing our first performance, I was so excited about wearing a pretty pink tutu.

但我们需要质疑这种观念，因为我们对我们的外表看的太重，这影响了我们每一个人。我们真的想要这样的社会吗？人们对这种不理智的价值观极其买账，却否认了最基本的人性。当我六岁的时候，我姐姐在我们家的车库里教一群孩子芭蕾。我大概比其他孩子高一英尺，胖一英尺，当我们第一次表演的时候，我为能第一次穿上芭蕾舞裙感到特别兴奋。

appetite

n. 食欲

discrimination

n. 歧视

integral

adj. 必要的

ingrained

adj. 根深蒂固的

humanity

n. 人性

subscribe to

同意

arbitrary

adj. 专横的

garage

n. 车库

I was going to **sparkle**. As the other girls slipped easily into their Lycra and tulle creations, not one of the tutus was big enough to fit me. I was determined not to be excluded from the performance, so I turned to my mother and loud enough for everyone to hear said, "Mom, I don't need a tutu. I need a fourfour." Thanks, Mom.

我以为自己可以成为耀眼的明星。而当其他孩子轻松的穿上它们的时候，没有一件芭蕾舞裙装得下我。我下决心一定要参加演出，于是我对着妈妈，用所有人能听到的音量说，“妈妈，我不要正常码的（音似22），我要一件大号的（音似44）。”谢谢你，妈妈

And although I didn't recognize it at the time, claiming space for myself in that **glorious** fourfour was the first step towards becoming a radical fat activist.

尽管我当时并没意识到，穿着大号舞裙在舞台上发光，是我成为积极肥胖演说家的第一步。

Now, I'm not saying that this whole body-love thing has been an easy skip along a **glittering** path of self-acceptance since that day in class. Far from it. I soon learned that living outside what the mainstream considers normal can be a frustrating and isolating place. I've spent the last 20 years **unpacking** and **deprogramming** these messages, and it's been quite the roller coaster. I've been openly laughed at, **abused** from passing cars and been told that I'm **delusional**. I also receive smiles from strangers who recognize what it takes to walk down the street with a spring in your step and your head held high.

我不是说在那堂课上，我突然就福至心灵的学会了接受自己的身体，远远不是那样。我很快就从外界社会中，了解到那让人感到绝望、孤独的主流价值观。我用了二十年分析、理解这些偏见，心境也随之起起落落。我被公开的嘲笑过，被过往车辆羞辱过，还被人质疑我有幻想症。但我也从陌生人那儿得到过微笑，那些人知道我走这条路需要勇气，你需要昂首挺胸，充满活力。

sparkle
v. 闪烁

glorious
adj. 光荣的

glittering
adj. 辉煌的

unpack
v. 分析；剖析

deprogram
v. 使抛弃或消除旧的思想

abuse
v. 滥用；辱骂

delusional
adj. 占支配地位的

Thanks. And through it all, that fierce little six-year-old has stayed with me, and she has helped me stand before you today as an **unapologetic** fat person, a person that simply refuses to subscribe to the **dominant** narrative about how I should move through the world in this body of mine.

谢谢。在这个过程中，那个六岁时的勇敢时刻伴随着我，它给了我，一个丝毫不愧疚的胖子站在你们面前的勇气，也让我成为了一个拒绝接受社会主流对于该如何运用我的身体的评价，并为我的身体骄傲的女孩。

And I'm not alone. I am part of an international community of people who choose to, rather than passively accepting that our bodies are and probably always will be big, we actively choose to **flourish** in these bodies as they are today. People who honor our strength and work with, not against, our perceived limitations, people who value health as something much more **holistic** than a number on an outdated BMI chart. Instead, we value mental health, self-worth and how we feel in our bodies as vital aspects to our overall well-being. People who refuse to believe that living in these fat bodies is a barrier to anything, really.

我并不是孤军奋战。我是一个全球性组织中的一员，与其被动接受对自己身体的反感，我们选择了对自己身体的态度，我们要在自己的身体里发光。我们为自己的力量骄傲，接受着，而并非挑战身体给予我们的限制，比起BMI表上的一堆数字，我们更加全面的对待健康。相对比，我们认为心理健康、自我价值、对待自己身体的态度，是三件对于人生最重要的事情。我们拒绝认为肥胖是通向任何地方的壁垒。

There are doctors, academics and **bloggers** who have written countless volumes on the many **facets** of this complex subject. There are **fatshionistas** who reclaim their bodies and their beauty by wearing **fatkinis** and crop tops, exposing the flesh that we're all taught to hide.

医生们，学者们，以及一些博主针对不同方面，写了很多关于这个复杂课题的文章。有些时尚的肥胖明星宣传着他们的美，他们的身体，穿着“肥基尼”和短款上衣，让那些本应躲藏的肥肉暴露出来。

unapologetic
adj. 不愿道歉的

dominant
adj. 占支配地位的

flourish
v. 健康幸福；繁荣，兴旺

holistic
adj. 整体的；全面的

blogger
n. 博主

facet
n. 部分

fatshionista
n. 时装设计师

fatkinis
肥基尼

There are fat athletes who run **marathons**, teach **yoga** or do **kickboxing**, all done with a middle finger firmly held up to the **status quo**. And these people have taught me that radical body politics is the **antidote** to our body-shaming culture.

有一些肥胖的运动员，他们跑马拉松，当瑜伽教练，打拳击，他们用行动向这种社会理念竖起了中指。这些人教会了我激进身体政治活动，是自我身体羞耻文化的疫苗。

But to be clear, I'm not saying that people shouldn't change their bodies if that's what they want to do. Reclaiming yourself can be one of the most gorgeous acts of self-love and can look like a million different things, from hairstyles to tattoos to body **contouring** to hormones to **surgery** and yes, even weight loss. It's simple: it's your body, and you decide what's best to do with it. 需要澄清的是，我并不是要劝说那些认为需要健身塑性的人放弃这个想法。改造你自己可能是自爱最棒的表达方式，并且你有很多种方法，从发型到纹身，到身体的轮廓，激素调理或手术，是的，甚至是减肥。这很简单，这是你自己的身体，由你来决定对自己做什么最好。

My way of engaging in activism is by doing all the things that we fatties aren't supposed to do, and there's a lot of them, inviting other people to join me and then making art about it. The common **thread** through most of this work has been reclaiming spaces that are often **prohibitive** to bigger bodies, from the catwalk to club shows, from public swimming pools to **prominent** dance stages. And reclaiming spaces en masse is not only a powerful artistic statement but a radical community-building approach.

我参与到这种激进主义的方法是，去做那些胖子不该做的事，这样的事有很多，我邀请人们加入，然后一起创造艺术。我们绝大多数作品的主线是开拓那些本不属于胖子的领域，从走天桥到夜总会表演，从公共游泳池到显眼的舞台。重新占领这些领域并不仅仅是一个艺术家的声明，也是一种建立社会的激进尝试。

marathon

n. 马拉松

yoga

n. 瑜伽

kickboxing

n. 拳击

status quo

现状

antidote

n. 解毒剂

contouring

n. 外形

surgery

n. 外科手术

thread

n. 线, 脉络

prohibitive

adj. 限制性的, 禁止的

prominent

adj. 显眼的

This was so true of "AQUAPORKO!" -- the fat fem **synchronized** swim team I started with a group of friends in Sydney. The impact of seeing a bunch of **defiant** fat women in flowery swimming caps and bathers throwing their legs in the air without a care should not be underestimated.

你可以从“AQUAPORKO”感受到——一个胖女人组成的花式游泳队，我和一群朋友在悉尼 建立起了这支队伍。这群肆无忌惮的胖女人，穿着绚丽的游泳衣和游泳帽，毫无顾忌地向空中踢腿，她们的影响不容小觑。

Throughout my career, I have learned that fat bodies are **inherently** political, and unapologetic fat bodies can blow people's minds. When director Kate Champion, of **acclaimed** dance theater company Force Majeure, asked me to be the artistic associate on a work featuring all fat dancers, I literally jumped at the opportunity. And I mean literally. "Nothing to Lose" is a work made in **collaboration** with performers of size who drew from their lived experiences to create a work as varied and authentic as we all are. And it was as far from ballet as you could imagine.

在我的职业生涯中，我意识到 肥胖的躯体有着天生的政治色彩，而毫不愧疚的胖子们，可以让人们豁然开朗。当饱受赞扬的剧场Force Majeure的 导演Kate Champion 邀请我去做艺术指导，指导一部描画肥胖的舞蹈作品，我紧紧把握住了这次机会。我是认真的。“毫无畏惧”利用各个演员的体态 描述了他们的经历，创造了一部像我们一样多元的，真实的作品。它与你能想象到的芭蕾表演很不同，

The very idea of a fat dance work by such a **prestigious** company was, to put it mildly, controversial, because nothing like it had ever been done on **mainstream** dance stages before anywhere in the world.

如此有名望的公司 创造这样一部作品的初衷，简单来说就是，颠覆性的，以前在世界各地从来没有这样的 主流舞台作品。

synchronize
v.同步,进行

defiant
adj.反抗的

inherently
adv.固有地

acclaim
v.赞扬

collaboration
n.合作

prestigious
adj.有威望的

mainstream
n.主流

People were **skeptical**. "What do you mean, 'fat dancers?' Like, size 10, size 12 kind of fat? Where did they do their dance training? Are they going to have the **stamina** for a full-length production?"

人们的态度充满质疑。“肥胖的舞者是什么意思？”10码，12码的那种胖吗？他们在哪里接受的舞蹈训练？他们有那样的精力去完成一部完整的表演吗？

But despite the skepticism, "Nothing to Lose" became a sellout hit of Sydney Festival. We received **rave** reviews, toured, won awards and were written about in over 27 languages. These incredible images of our cast were seen worldwide. I've lost count of how many times people of all sizes have told me that the show has changed their lives, how it helped them shift their relationship to their own and other people's bodies, and how it made them confront their own bias.

尽管有各种怀疑，“毫无畏惧”却在悉尼音乐节非常卖座。我们得到了热烈的赞美，进行了巡演，拿了奖，我们的表演还被翻译成27种语言进行报道。这些舞台照传遍了世界各地。我不记得有多少次，各种体型的人们告诉我，这个表演改变了他们的生活，改变了他们看待自己身体、他人身体的方式，让他们直视来自自己的偏见。

But of course, work that **pushes people's buttons** is not without its **detractors**. I have been told that I'm **glorifying** obesity. I have received violent death threats and abuse for daring to make work that centers fat people's bodies and lives and treats us as worthwhile human beings with valuable stories to tell.

但当然了，这样给人们以警醒的作品，少不了贬低者。我被形容为不健康饮食的宣传者，我接受到过充满敌意的死亡威胁，被误解成做以胖子为中心，不顾及其他人有意义的生活的艺术。

skeptical
adj. 怀疑的

stamina
n. 耐力

rave
adj. 高度赞扬的

push sb's buttons
使有所反应

detractor
n. 诋毁者

glorify
v. 吹捧；颂扬

I've even been called "the ISIS of the obesity epidemic" -- a comment so absurd that it is funny. But it also speaks to the panic, the literal terror, that the fear of fat can evoke. It is this fear that's feeding the diet industry, which is keeping so many of us from making peace with our own bodies, for waiting to be the after-photo before we truly start to live our lives. Because the real elephant in the room here is fatphobia. Fat activism refuses to indulge this fear. By advocating for self-determination and respect for all of us, we can shift society's reluctance to embrace diversity and start to celebrate the myriad ways there are to have a body.

我甚至还被称作“不健康饮食恐怖主义者”——这个评论非常荒谬，很可笑。但它也直接与那种恐慌，真实的恐惧对话，人们对肥胖的恐惧正是由此产生。就是这种恐惧滋养着减肥产业，那些让我们厌恶自己身体的产业，还有那些不愿接受真正的自己 想要成为“疗效后”的人们。因为屋子里真正显眼的大象，是肥胖恐惧者。肥胖激进主义拒绝纵容这种恐惧。我们主张自我定义，尊重所有人，我们可以让有抵触情绪的社会 去接受这样的多元化，开始庆祝拥有身体的无数种形式。

epidemic

n. 流行病

absurd

adj. 荒谬的

evoke

v. 引起

indulge

v. 放纵

reluctance

n. 勉强；不情愿

myriad

adj. 大量的；各种各样的