

Chris Powell Unpacks Whether You Can Be Fat And Healthy | Clips | Dad Saves America

2 MIN • YOUTUBE • [HTTPS://WWW.YOUTUBE.COM/WATCH?V=PFSCCKDHCF4I](https://www.youtube.com/watch?v=PfscKDhCF4I)

<https://www.youtube.com/watch?v=PfscKDhCF4I>

SUMMARY

The discussion centers on the controversial topic of body positivity, particularly regarding the portrayal of obesity in media and its implications for health. The speakers explore the tension between accepting individuals as they are versus acknowledging the health risks associated with obesity, emphasizing the importance of personal goals and honesty in self-assessment.

- *Body positivity has sparked debate, especially with media representations of obesity as healthy.*
- *The speakers acknowledge the backlash against promoting obesity as a positive image.*
- *They emphasize that being happy at any weight is valid, but health should not be overlooked.*
- *The role of social media in shaping perceptions of body image and health is highlighted.*
- *The speaker's focus is on helping individuals find purpose and achieve personal goals, not solely weight loss.*
- *Honesty with oneself about health and well-being is crucial for those considering change.*
- *The discussion encourages checking health markers to assess true health status, regardless of weight.*

(whooshing) - I wanna bring up something that's kind of controversial. - [Chris] Yeah. - And that is this notion of body positivity. - [Chris] Mm. - And, you know, a couple of years ago there were these Cosmopolitan magazine covers with, you know, obese people on the cover. - [Chris] Sure. - With this tagline that said, "This is healthy." - Right. - And there was backlash to it and it was obviously trying to be provocative. And I don't think I even necessarily fully understand whatever the motivation was.

But this is, this is like a thing now, this sense of like, no, you can be effectively morbidly obese. - [Chris] Right. - And not see yourself as in need of transformation. So are you willing to talk about that? Like, how do you think about this cultural meme that's happening? - Right. - Because this is not healthy. Like technically, it's not healthy. - [Chris] Right. - So, (Chris laughs) yeah, and here's the... Woo. Is it hot in here? (laughter) - No. Um.

- I mean, as a dad. - Yes, no. - Our kids face all these messages. especially on Instagram and TikTok. Oh, totally, totally. - And this is now part of the messaging. - Fair. Yep. Totally fair question. - And you have spent your life helping people like David. - Yeah, yeah. - And it doesn't seem like

it's helping David to be like, "No, you're healthy, you're fine. - No, and I agree with you there. Here's my stance on it.

I've done a lot of reflecting of who am I to the individuals out there, period. Then I'm gonna take that one step further and be like, who am I to the individuals out there that actually want to change? Here's the thing. If you are 400 pounds and you are happy, you win. And by the way, I am here (clapping) to cheer you on. It's not my job to help people lose weight. It's my job to help people find a purpose and achieve their goals.

That's it. And so if your goal is not to lose weight then I'm your friend. But if you are seeking change, because right now, because you're suffering in some sort, in some form or fashion, whatever that might be, I can help you. And that's what I'm here to do. But here's the thing. The one thing I do ask is that I do ask any individual who might ever be interested in hearing me out, to please be honest with yourself.

And also, if you're gonna say that, you know, if say you are 100 pounds overweight and you're saying this is healthy, check your biomarkers. Maybe it is. And if it is good on you, and if you feel good about yourself, if you're genuinely, truly confident, great. But if you wanna change, you can. And if the desire is there and it's a priority for you, I'm here. It's simple as that. (whooshing)