

HSL Weight-Inclusive Resources

Instagram Accounts

- @rachaelhartleyrd
- @louisegreen_bigfitgirl
- @kristinabrucecoach
- @elyseresch
- @heathersayerslehman
- @healthyphit
- @tallyrye
- @thenutritiontea
- @revocycle
- @theantidietplan
- @bodyimagewithbri
- @laurenleavellfitness
- @menopause.nutritionist
- @growing.intuitive.eaters
- @find.food.freedom

Podcasts

- The Air We Breathe
- Maintenance Phase
- Food Psych
- The Midlife Feast
- Sunny Side Up Nutrition
- Rethinking Wellness

LinkedIn Profiles

- [Chevese Turner](#)
- [Al Lewis](#)
- [Tim Frie](#)

Books

- [Anti-Diet](#) - Christy Harrison, RD, MPH
- [The Body Liberation Project](#) - Chrissy King
- [The Body Is Not an Apology](#) - Sonya Renee Taylor
- [Intuitive Eating: Fourth Edition](#) - Evelyn Tribole, MS, RDN and Elyse Resch, MS, RDN
- [What We Don't Talk About When We Talk About Fat](#) - Aubrey Gordon
- [The Wellness Trap](#) - Christy Harrison, RD, MPH
- ["You Just Need to Lose Weight": And 19 Other Myths About Fat People](#) - Aubrey Gordon
- [Body Respect](#) - Lindo Bacon

Articles and Research

- Ragen Chastain
 - <https://danceswithfat.org/>
 - <https://weightandhealthcare.substack.com/>
 - HAES Health Sheets - <https://haeshealthsheets.com/resources/>
- Aubrey Gordon
 - <https://www.yourfatfriend.com/>
 - <https://medium.com/@thefatshadow>