When is FAT acceptable?

When is fat acceptable? At what points to you cross over from being "normal" to a few pounds overweight, to overweight, to fat? Sure, you can calculate your body mass index (BMI) according to your height, weight and age to find out technically where you stand on the fat scale, but even if you fall in the "Normal" category, you can still be overweight and unhappy with yourself.

We've all complained about our weight and we've all heard the reply, "You look fine." Fine for whom? If we squeeze in size 14 jeans when we could be cruising in a size 6, how can that be fine?

And it's not just ourselves who harbor doubts about our bodies. Being overweight is a disadvantage in the workplace. Studies have shown that people who are good-looking earn more than average-looking or plain people.

Overweight people have it even worse: close to fifty percent of overweight persons report discrimination, ridicule, not getting a promotion, not getting hired, and being fired for being fat. They also face lower salaries than thinner people who have the same jobs.

Speaking of discrimination, have you noticed there aren't that many famous fat people? With very few exceptions, the media tends to shun heavier men and women despite their talents and abilities. In Hollywood especially, actresses at least have a chance of redemption if they lose weight and end up as slender as they were when they first found fame. They find their careers rekindled and producers knocking on their doors, all because of well-publicized weight loss.

Which leads us back to the question: when is fat acceptable? Only you can answer that.

~~Bella White