

College – Mata sundri college for women

Course – CBCS (BAP)

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Topic – Fat beauty

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### **What Is Beauty? And What's Your Definition of Your Beauty?**

I say beauty comes from within - you are beauty and beauty is you. You are a masterpiece - a work of art. There is only one you, made up of your genes and life experiences. And there will never be another.

By :Segun garuba

# Obesity

Obesity means having too much body fat. It is different from being overweight, which means weighing too much. The weight may come from muscle, bone, fat, and/or body water. Both terms mean that a person's weight is greater than what's considered healthy for his or her height.

Obesity happens over time when you eat more calories than you use. The balance between calories-in and calories-out differs for each person. Factors that might affect your weight include your genetic makeup, overeating, eating high-fat foods, and not being physically active.

Obesity increases your risk of diabetes, heart disease, stroke, arthritis, and some cancers. If you have obesity, losing even 5 to 10% of your weight can delay or prevent some of these diseases. For example, that means losing 10 to 20 pounds if you weigh 200 pounds.

<b>BMI</b>	<b>Weight status</b>
Below 18.5	Underweight
18.5-24.9	Normal
25.0-29.9	Overweight
30.0 and higher	Obesity

**If we look at the table there is different section for over weight and obesity that means fat and over weight person is different from obesity and obesity is considered to be a disease whereas being fat and over weight is not .**

## They are one of us

Fat people are one of us so why we criticize them as they are doing something wrong by being fat. They can do everything a person with slim body can and there are a lot of famous people that are fat. We should not bully anyone because each one of us are made by God . There was a time when people used to like people is curvy bodies so none can set standards of beauty as it is different for each person.

## Famous people

**Bharti singh** - Bharti Singh (born 3 July 1984)<sup>[1]</sup> is an Indian comedian, and television personality. Singh has created numerous comedy



sketch shows as well as has hosted various award shows. She participated in the reality shows *Jhalak Dikhhla Jaa*[3] (2012), *Nach Baliye 8*[4] (2017) and *Fear Factor: Khatron Ke Khiladi 9*[5] (2019). As of December 2019, she appeared on *Khatra Khatra Khatra*, a show conceptualised by her husband [Haarsh Limbachiya](#) for [Colors TV](#). Since 2016, Singh has appeared in Forbes India's celebrity 100 list.

## Ashley Graham –

For a long time, **Ashley Graham**'s name was about the only one that



would pop to mind when thinking of a famous **plus-size model**. But as **diversity becomes an increasing focus** in the fashion industry, more and more plus-size models are becoming household names.

**Mary Beth Patterson** - She was (born February 19, 1981),<sup>[4]</sup> known by her stage name **Beth Ditto**, is an American singer-songwriter and actress most notable for her work with



the indie rock band [Gossip](#).<sup>[5]</sup> Her voice has been compared to [Etta James](#), [Janis Joplin](#) and [Tina Turner](#).<sup>[6]</sup> She disbanded Gossip to pursue a career in fashion, and has since started a solo career.

## Survey

On asking a few people about their view on fat beauty some of them said that they do not get bothered about what people think about them they do what they want to do and whatever they enjoy doing but some of them do believe that it does affect them when people judge them on the basis of their appearance.





## **Conclusion**

In the end I would conclude it by just saying that beauty lies in the eyes of beholder and it's not that people who are fat will fail in their lives rather they are very successful also being fat is a personal option and it will not cause any kind of hindrance until and unless it start affecting you physically and mentally.