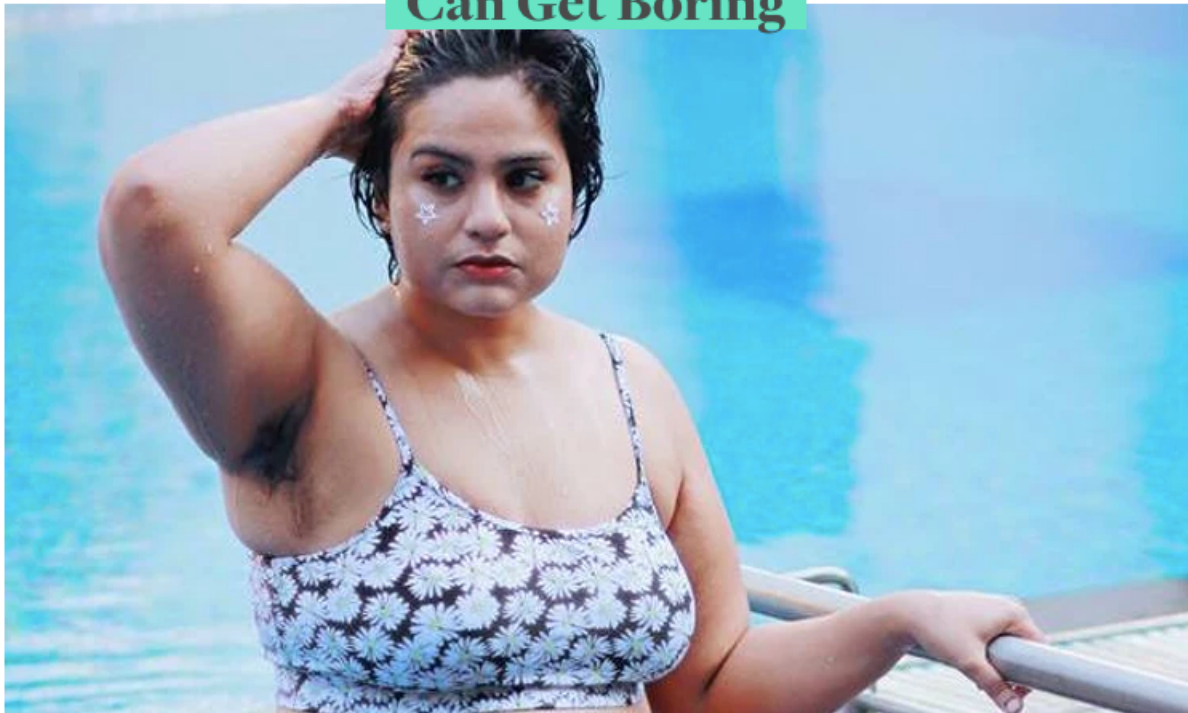




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15 Fat Babes Share Their Favorite Rules To Break, Because Wearing Horizontal Stripes Can Get Boring



By MARIE SOUTHARD OSPINA
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In an era when size acceptance activism is (thankfully) more available on the internet, it's not uncommon to come across lists that champion [plus size "rules" to consider breaking](#). For too long, fat babes have been told to [step away from the crop tops](#), find the [most slimming silhouettes](#) on offer at the department store, and discard any wears that aren't black. Proponents of fat positivity tend to preach the very opposite, though. Their wardrobes are often jam-packed with booty shorts, bold patterns, and bright hues.

The alleged "rules" for how to conduct oneself as a plus size person clearly don't begin and end with "avoid horizontal stripes." Visibly fat people are regularly told not to be seen [eating "unhealthy" food in public](#). Every item in their wardrobes is meant to possess the core purpose of hiding their bodies.

Workout videos are [supposed to be posted to Instagram](#) as proof that they are active despite living in a body folks correlate to inactivity and lack of discipline. It never ends.

For fat babes, it often feels like those rules are there to make plus size humans acutely aware of the idea that they should be remorseful for taking up so much space when, in reality, there isn't anything to apologize for in the first place. With that in mind, 15 plus size and fat positive influencers have shared their favorite "rules" to break in the spring and summer seasons — particularly if you're kind of bored of the horizontal stripe thing.

13. Fat Girls Shouldn't Appear Too Lonely





[Courtesy of Victoria Welsby](#)

Confidence and body love coach Victoria S. Welsby of [Bam Pow Life](#) doesn't give a sh*t if you think she's a sad, lonely fatty. There's nothing wrong with being a [sad fat girl](#), of course, much like there's nothing wrong with being a sad thin one. And Welsby clearly happens to think that relishing in your solitude and independence can have its benefits.

She tells Bustle that she suggests folks "vacation alone and love it!" Loneliness doesn't always have to be a bad thing, whether you're fat or not.