



Five Instagram Influencers Leading The #BodyPositivity Campaign



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Some might argue that social media platforms are saturated with images that highlight unrealistic body standards and perpetuate body-shaming towards all types of bodies.

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While there are some dark places in the internet, there are also some women who have taken to social media to advocate for eating disorder recovery, to challenge beauty and body standards and to spread self-love to their followers. Recently, some of Instagram's most followed body positivity warriors joined together as panelists for The Body Confidence Carnival. **The Body Confidence Carnival** includes a collection of blog posts on various topics that are meant to help women of all shapes, sizes and walks of life examine self-confidence and body love. Now, let the stories and missions of the following five

body positive warriors inspire you to feel a little (or a lot) of self love today.

Megan Crabbe (@bodyposipanda)

As a recovered anorexic and a self-described “recovered self-loather,” **Megan Crabbe** is on a mission to upset the “my body is not good enough” mentality that is so prevalent throughout our society. The 23-year-old strives to expose the lies of the dieting industry and to show people that it is possible to change the way we think about our own bodies. The high value that Crabbe places on body inclusivity is evident on her **website**, where she writes, “All bodies are welcome here – all sizes , all ages, all genders, all races, all abilities.”

Dana Suchow (@dothehotpants)

Dana Suchow began her own style blog back in 2012 called **Do The Hotpants**. But unbeknownst to her followers and readers, Suchow was also suffering from Compulsive Exercising and Binge Eating Disorder. She had struggled with loving her body and skin her whole life and the pressure to look perfect online only exacerbated the problem. For the first two years of blogging, Suchow would use Photoshop to remove her skin blemishes, to erase cellulite and to straighten her slightly crooked nose. But eventually, all of the work going into forcing perfection became too much and Suchow began to rethink how she was portraying herself online.

Suchow decided to come clean to herself and to her followers by posting “**Photos I Wish I Didn't Photoshop**,” a collection of retouched photos alongside the unedited versions. This one post ended up going viral and gaining the attention of dozens of national new outlets and publications. Suchow has since started a weekly series on her blog titled #MyBodyStory, where readers can share their own body confidence struggles. Nowadays, you can find Suchow on **social media** speaking out about women’s rights, eating disorder issues and body positivity.

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By **Shaye DiPasquale** on August 1, 2016

