



Big Fit Girl: Embrace the Body You Have

Louise Green , Jess Weiner (Foreword)

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In *Big Fit Girl*, Louise Green describes how the fitness industry fails to meet the needs of plus-size women and thus prevents them from improving their health and fitness. By telling her own story of how she stopped dieting, got off the couch, and unleashed her inner athlete—as well as showcasing similar stories from other women—Green inspires other plus-size women to do the same.

Green also provides concrete advice, based on the latest research, about how to get started, how to establish a support team, how to choose an activity, what kind of clothing and gear work best for the plus-size athlete, how to set goals, and how to improve one's relationship with food. And she stresses the importance of paying it forward—for it is only by seeing plus-size women in leadership roles that other plus-size women will be motivated to stop trying to lose weight and get fit instead.

Big Fit Girl: Embrace the Body You Have Details

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From Reader Review Big Fit Girl: Embrace the Body You Have for online ebook

Susan says

My expectations for this book were off. I was thinking I would get more personal insights into Ms. Green's journey but there weren't many personal stories and two of them I had already heard on the podcast that introduced me to her. This book was more of a "how to" guide to become an athlete if you are plus-sized, which, according to the book I am not. But, maybe because the "norm" is so thin, I "identify" as a plus-sized athlete (and officially qualify as Athena for triathlon). This left me feeling somewhat in limbo in regards to her advice. Am I like a size 2 woman whining how fat/bloated/whatever she is because I am not as large as her definition of plus-sized? Other than the size specific advice, I didn't feel like I learned anything new. This book would be best for a real beginner.

Sam Maciag says

I was expecting this to be more of a memoir than a rah-rah you can do it kind of book.

This book would have been great for me five years ago when I started taking control of my health and, like Louise, took a running class. Since then I've learned so much about health, nutrition and being a positive role model as a bigger athlete that most of this just rang true.

If you know someone who was once athletic or wants to try to move more but is feeling limited by their size, this is a great starting point. It includes everything from what to look for in a trainer/coach, to nutrition, to stretches, proper training gear and even stretches and advice on when you may need a doctor's help if you get injured.

Not helpful for me, but it could have been once upon a time.

Elizabeth Marcus says

It's about time for this book, to put it out there that fat/large, etc. people are athletes. Athleticism is defined as "proficiency in a sport," not thin and ripped. Thank you! If you are determined and make your physical activity/sport a priority, you will succeed. Lots of commonsense tips and then some. The author touches on other sports, including dance, from various fitness professionals. As the book is geared toward running and training for marathons, it's not my thing as I'm geared more towards dance. Now that's a book I'd like to see too, how to train as a dancer in a plus sized body.

Anna says

I would recommend this book to anyone looking to be more active. Awesome resources for fitness, NOT WEIGHT LOSS or body type specific. It's also very motivating, with tips to overcome challenges, goal setting informations etc.

Bäumchen says

Nette Idee, aber kann man besser bei Hanne Blank gelesen. Grundsätzlich zu genussfeindlich, durchzogen vom Gesundheitswahn - der Schluss sich zu isolieren von Freund*innen, die gerne trinken, der Schluss wegen ein bisschen Bewegungsbedürfnis gleich das ganze Leben zu ändern und Athletin zu werden, klingt eher sektierisch. Auch dass die Autorin das Wort "fat" vermeidet, stimmt mich missmutig. "Women of size" really? WO bleibt der Spaß?? Die reine Freude an der Bewegung?

Tamara Evans says

An inspiring read for plus size athletes which promotes fitness at any size. I like the author's candor when discussing the special news faced by plus size female athletes such as the importance of having a good supportive sports bra and tips for preventing irritation from having skin rub against fabric. I also enjoyed the quotes from various women regarding their fitness. Overall, the message in this book is a positive one of you can becoming fit regardless of your size and not to be ashamed of you body or your journey to begin healthy.

Caron says

Although primarily aimed at getting big girls started on their journey towards becoming big fit girls, I found quite a lot of useful information in the book as someone who has already started on my journey ??

Rachel Blom says

Inspirational read for a plus size woman like me, but not much extra in comparison to other, similar books I had already read. I loved her advice on finding a personal trainer. Still, four stars because it's such a powerful message for women to hear.

Paula says

I am so grateful I got to read this book. Please see my blog for my full review.

Ariel says

This is more of a 3.5 star book-great perspective, great resources, and very motivational. Since I'm a big fit athlete myself, it wasn't much new information, but I sure like that she's giving us a voice!

Pallavi Deshpande says

I enjoyed reading this book; it is unique and brings in a new outlook of looking at our body. The author is asking us to move away from the cliché and stereotypical definition of 'fitness'.

The message that I draw from this book to exercise and eat healthy for 'longevity', it doesn't matter as much as to how you 'look'.

Given that the book is an all in one guide to fitness it is appropriate to have those details. But I did skip pages where the author is talking about the gym clothes, water bottle etc..

Katie says

So refreshing to have a book that is just from an exercise base and not pushing any weight loss. I have discovered I have about a 2 week timeline from deciding I will lose all the weight to getting SUPER discouraged and waiting a year to exercise, and then feeling embarrassed about exercising. It's a vicious cycle!

I can't say this book is perfect, it is very manual-like, but for the most part I really liked that. I appreciated how many women she quoted and resources she listed. I REALLY liked the recipes, they were so real and accessible. I'm super basic with my food and hate how fancy some of these books go. I've wanted to try overnight oats for years and since reading this it's been my go-to breakfast for about a month.

I am trying to take to heart her advice that I am my own CEO and I'm going to do right by me.

I got to meet Louise at an event in Portland, OR and I'm so grateful I did and then picked up her book.

Eilan says

The book was a little choppy in its flow, but the inspiration & guidelines were awesome. The second half worked much better than the first.

W.L. Bolm says

This was a great resource for getting fit. It focuses on building athleticism and confidence over losing weight on the scale. It has practical advice on everything from finding a bra to finding a running group. It has questions to ask, plus sized clothing recs, and stories from real, plus-sized athletes. I would definitely recommend this to other women who are overwhelmed by the idea of getting started in an exercise routine or need help to jumpstart a healthy lifestyle.

Lynne says

If you're an athletic woman (or person) who doesn't fit the standard fitness mold, this book is for you. It may

be a bit junior for more advanced athletes, but regardless it's motivating. As someone who loves exercise but has a larger body, it's inspiring to see someone who has a body like mine kicking ass and helping others. Go Louise!
