

Tiana ([00:01](#)):

Okay, we're recording. And-

Kristy ([00:04](#)):

we are.

Tiana ([00:07](#)):

We are recording! and I'm like really excited. I think, I think I'm always excited when I do podcast episode recording, um, because it's fun and I enjoy this, but I'm really enjoying these ones and I have another guest today. Um, and I'm really excited about this guest because I think we grew up together as far as-

Kristy ([00:28](#)):

We did.

Tiana ([00:28](#)):

like fat business is concerned.

Kristy ([00:31](#)):

We did.

Tiana ([00:31](#)):

And that's really exciting to me. So, um, Hey guest.

Kristy ([00:39](#)):

Hi!,

Tiana ([00:40](#)):

Hey, tell us who you are.

Kristy ([00:44](#)):

Um, I'm Kristy. Kristy Fassio.

Tiana ([00:46](#)):

Hi Kristie Fassio. What do you do, Kristy Fassio?

Kristy ([00:50](#)):

Oh goodness. That's a question. Um, I do a lot of things. I crochet, I cross-stitch.

Tiana ([01:01](#)):

Really?

Kristy ([01:01](#)):

I'm not sure that's what you were asking, but-

Tiana ([01:03](#)):

No but, I mean, man, I haven't done cross-stitch in a long time.

Kristy ([01:07](#)):

You know, I picked it up in the pandemic, again.

Tiana ([01:11](#)):

Pandemic crafting.

Kristy ([01:11](#)):

Right. It lasted like a month and a half before I was like, wow, my eyes are a whole lot older than they used to be. So are my hands. But by golly, if I didn't buy four kits on Etsy, again, not what you asked, I'm a therapist.

Tiana ([01:26](#)):

It is what I asked actually,

Kristy ([01:30](#)):

Because we always answer that question with what we do to earn money. And I'm trying not to do that anymore, but I am a therapist and I'm a mom and there's a whole hoard of animals here.

Tiana ([01:43](#)):

That's right, you keep adding.

Kristy ([01:47](#)):

Chicken math is a thing.

Tiana ([01:49](#)):

Chicken math.

Kristy ([01:50](#)):

Yeah. Like we don't need any more chickens. Why are there five chickens here?

Tiana ([01:53](#)):

Oh my goodness. Oh my goodness.

Kristy ([01:56](#)):

Yeah. Yeah. I'm a mug collector. I love Disney I have way too many bags, like actual bags and purses.

Tiana ([02:10](#)):

I love this because like, like, Oh my God, I was going to say like, you gave us so much extraneous information, but it's not extraneous information. Cause you, you basically just like made this list, which is just like, 'this is who I am'. And what I really love is this idea of just like, 'I'm not going to tell you first or even spend too much time on how I make money. I'm going to tell you about the things that give me joy'.

Kristy (02:35):

'Cause they make me smile.

Tiana (02:37):

I love it.

Kristy (02:38):

Yep.

Tiana (02:40):

I love it. Mm. How did we meet Kristy? Because I was thinking about this. I was like, we kind of grew up together as far as like fat business is concerned.

Kristy (02:51):

We did.

New Speaker (02:53):

And I'm just like, how did we meet? Cause I don't remember exactly how it got started.

Kristy (02:59):

I was thinking about that this morning. So I think way back when, um, there was this little HAES business owners group.

Tiana (03:10):

Yes.

Kristy (03:14):

Well it was like you and me and Ivy and uh, Brenda.

Tiana (03:19):

Yup. DeAun and, and uh, um,

Kristy (03:27):

Oh my gosh it starts with a G. Oh.

Tiana (03:29):

Gillian!

Kristy (03:30):

Thank you. Oh, Gillian, I'm sorry. I'm sorry.

Tiana (03:33):

Oh my gosh, Gillian,

Kristy (03:35):

Right? Yeah. And I don't know how we all found each other. We just did.

Tiana (03:38):

Yeah I know,

Kristy (03:40):

And we were just this little tiny ragtag group of people that were trying to figure out HAES and businesses and bodies. And we were adorable.

Tiana (03:50):

We were adorable. I used to really look forward to those calls.

Kristy (03:53):

Yeah, I did too. And then we all, I don't know. I started grad school and

Tiana (03:59):

That's right. That's right. Tell me about that because you were doing something else entirely.

Kristy (04:07):

I was, I was, I owned my fitness business.

Tiana (04:10):

How did you get into a fitness business?

Kristy (04:14):

Um, I kinda, I really just fell into it. I, um, had a baby and I was searching online one day for like, what do I do with this baby? Because I was still, I was still totally caught in dieting and you know, really thought I needed to get my body back. And I found this, um, uh, workout group called Stroller Strides and did a little like, back when Google Maps were a thing, like a printed out the map to where it was like 10 minutes from my house and fell in love with it because it was, it was actually one of my first things that was not diet related. Like she refused to talk about diets. We didn't talk about bodies. It was the first time that I wasn't left behind in an exercise class. Like I felt really included.

Tiana (04:55):

Wow.

Kristy (04:56):

It was this wonderful community that I just fell in love with. And, um, and then one day, three years later, she was like, I'm going to sell this. And I was like, but I still need this in my life. So let's buy it and become a fitness instructor.

Tiana ([05:10](#)):

Oh my God!

Kristy ([05:10](#)):

And it was this interesting intersection of both really amping up diet culture for me and dialing it down. It was a, it was a really interesting intersection where I, um, kind of had to dive deep into it so that I knew how to climb out.

Tiana ([05:28](#)):

That's interesting.

Kristy ([05:30](#)):

Yeah.

Tiana ([05:30](#)):

That's interesting.

Kristy ([05:31](#)):

Yeah. So, but by the end of that, I was, I did that for six years, seven maybe. And um, so going into it and coming out of it were two very different experiences and I eventually came out of it because I couldn't, um, do what I wanted to do in it. I couldn't, you know, I couldn't figure out, I mean, we need more fat, joyful movement people.

Tiana ([05:54](#)):

Yeah.

Kristy ([05:56](#)):

Um, and eventually it just wasn't, it wasn't me, like that wasn't my calling. So, but I still love, I love fitness. I love, I love that part of my life. It was beautiful.

Tiana ([06:05](#)):

Yeah. That's, that's there's so much there for me. There's so much there for me because I'm like, ah, I want to go in so many different directions because like, you're one of the few people that I know, um, who does this sort of work who's also a parent. Um, and you still have small kids versus you know, much older kids, like some other people that I know.

Kristy ([06:37](#)):

They're getting older though. They do that.

Tiana ([06:39](#)):

They grow up. I mean your little one is not little, no more.

Kristy (06:43):

No. Seven, seven and a half. That dude. Yeah.

Tiana (06:48):

My gosh, mine is almost six.

Kristy (06:50):

No, he's not!

Tiana (06:50):

Yes he is in September.

Kristy (06:53):

No, he's two. I'm sorry.

Tiana (06:55):

I know. I know. I know.

Kristy (06:56):

I'm sorry. Yeah,

Tiana (06:58):

I know. I it's, it's a lot. It's a lot, but also, I mean, something that was really fantastic about what you just said was "I had to go deeper before I could come back out."

Kristy (07:17):

Uh huh.

Tiana (07:17):

Can you dig into that a little bit? Because I've never heard this before.

Kristy (07:21):

Yeah. Thankfully for me, um, fitness, wasn't- I knew I was never someone who was like, 'I really want to do this several hours a day'. I was like, no, an hour. I'm good. Like, I really never wanted to go past that. So that was, I think that was my saving grace. Is that I was still just like, no, here's some boundaries, but, but, but I, gosh, I really did try to figure out how to be, um, quote unquote, "body positive" while losing weight and like try to do it right. And try to do it healthy and you know, do that thing. And I succeeded in, in the changing my body pretty drastically part. Um, and then of course didn't.

Tiana (08:14):

Yeah.

Kristy (08:15):

And was very on display as my body changed very rapidly back again and boy, that makes you figure shit out. You know? Um, it was a humbling experience and a very real experience that I, that I didn't turn away from.

Tiana (08:38):

Hmm.

Kristy (08:40):

I kinda faced it and said, well, y'all are gonna watch me do this. And um, didn't lose my business. My business stayed right where it was. Moms still came to me. We still had a lot of fun. It felt very real to show, 'this is what happens when we try'. And that there's no failure in this. This is, this is what happens to bodies and it's okay, we can embrace this and we can embrace this change and we can be, we can come out of this. Okay. If any of that makes sense.

Tiana (09:20):

Oh, it makes so much sense.

Kristy (09:23):

Yeah.

Tiana (09:23):

And it feels really, it feels really good because like, after you have that baby and your body changes, like it does. There's nothing you can do about that. Like the only messaging, like the prevailing messaging is just like, 'get your body back'. And I'm like, my body's still here. It didn't leave me.

Kristy (09:45):

Yeah.

Tiana (09:46):

We went through this together. And, and I, I just, I love that commitment that you had to where you were just like, yeah, this is just what's happening. It's what's happening.

Kristy (09:56):

Yeah, yeah.

Tiana (09:57):

That's gotta be hard.

Kristy (09:58):

Yeah. I was on full display to all of my clients and really to the, to the national- I worked for the national office for a year. So I mean, I presented at the conferences. I'm not someone who hides. I really like to be on a stage. I always have. So everyone watched my body go all the way down. And then everyone watched my body go all the way up and I could be ashamed of it or not.

Tiana ([10:25](#)):

That's right.

Kristy ([10:25](#)):

And this time I chose the not.

Tiana ([10:28](#)):

That's gorgeous. I love it. I love it. I mean, if only more people could bravely make that decision. And I understand that it's not an easy decision to make and everybody's situation is different. But to be on a stage where essentially, I mean, it's about fitness and that's so, so tied to body size, where you were able to stand up in front of that and be like, I'm getting bigger, but I'm still doing fitness and it's ok.

Kristy ([10:58](#)):

Yeah, and I think it was pretty good at it. It was fun. Yeah.

Tiana ([11:05](#)):

You made it fun.

Kristy ([11:05](#)):

Yeah. I mean, I could, I was basically a preschool teacher and a fitness person all at the same time. And I could like push two strollers, blow bubbles, sing a song, yell at some moms to keep going. Like it was, oh man, when I was in my prime that was good stuff.

Tiana ([11:22](#)):

That sounds delicious.

Kristy ([11:24](#)):

Yeah.

Tiana ([11:26](#)):

Oh my goodness. So then, what took you the turn to being a therapist?

Kristy ([11:33](#)):

Um, I had, as I was finding HAES, I literally, I spent hours just on the internet, just trying to figure out what it was that I was doing. What it was that I was feeling. This feeling of, I need to put this down. I can't do this anymore. And I stumbled on a HAES quote, I think from, um, the first- Lindo's first book, which I still haven't read, don't tell anybody. Um, and, um, I put it on my Facebook page and a friend of mine was like, you know, this is what I do, right? And I was like, no, I don't even know if this is something you can do. And she happened to work at an eating disorder, or work for an eating disorder company. And she, um, she is one of those people that just like drives you. She's like, no, you are in my passenger seat now. And I am taking you places. And I'm really, really glad I let her take me. And so she just, she invited me to to their centers, just to look. And she started inviting me to trainings and she started and I just kept saying yes, so I just kept learning. And I was like, oh my gosh, this world. And she was the one who invited, um, not invited, um, introduced me to my first therapist who happened to be health at

every size. Thank the Lord. Um, so she really just got me on this, wall and I realized that this is what I've been doing, kind of, I think I'm just kind of a natural listener and so it was a really easy transition, you know, when you're working with moms and you get to be there in that, like just that beautiful moment when they become moms. And when they're trying to figure out who they are as someone who's now in charge of human beings.

Tiana ([13:20](#)):

Oh my goodness gracious. Yes.

Kristy ([13:20](#)):

You know, and when you, there's just this, there's this nonjudgmental curiosity that has to come into play if you're going to be warm and welcoming. So it was a pretty easy transition for me.

Tiana ([13:33](#)):

Wow.

Kristy ([13:35](#)):

Yeah.

Tiana ([13:36](#)):

That's super interesting. Cause I, I feel like I'm, I'm sort of at a loss for words here. And that's like, that's really abnormal for me. Um, I just, I wish I had been so fortunate as to have somebody who could hold my hand and pull me along because I had to find all this stuff on my own.

Kristy ([14:08](#)):

Yeah. I think, I think a lot of us were just kind of, I mean, I was up in the middle of the night, I found [Isabel Foxen Duke](#). And just trying to find, what was this like 10 years, 12? I don't even remember like just, it took a long time, right. To figure all this stuff. And um, I'm just, I'm just so lucky that the people who found me happened to be people like you.

Tiana ([14:38](#)):

Yeah. Sometimes serendipity happens, right?

Kristy ([14:41](#)):

Yes.

Tiana ([14:43](#)):

I love it. The universe is looking out for us. So you've actually started telling us a bit about your fat story already. Um, and you know, that, that part where you're, you're stumbling into fitness for moms and, and like, you know, challenging the status quo. Um, what else can you tell us, or do you want to share with us about your fat story?

Kristy ([15:15](#)):

You know, it's interesting because part of me wants to say I was always fat and subjectively speaking, I thought I always was. But I looked back at pictures and I'm like, what? But, you know, but I can look back at as a 40 year old at what I looked like when I was in junior high and think, that's not fat. But in junior high when everybody else is tiny, you know. So it's like, it's that thing of your body size changes, no matter what room you walk into. And let's just say, I was never the same size as those around me.

Tiana ([15:52](#)):

Yeah.

Kristy ([15:53](#)):

And, um, had a dad who was really focused on fitness and always on a diet. And, um, and my mom was too, um, I can kind of track food wise what we were eating based on who was on what diet and.

Tiana ([16:10](#)):

Oh my gosh.

Kristy ([16:11](#)):

But you know what? I had the most magnificent fat grandma in the whole entire world. And, um, I just, I have this picture in my head of like, her body had to be that size because that's the only way she could house all the love that she had for her kids and her grandkids. And, um, a lot of, a lot of my fat journey lately has been recognizing that I have her body and who am I to be like, why would I not want this body? Because it was hers. Why would I not want her hands? Why would I not want the amount of love that she put out into this world? You know, I can't knock, I cannot knock her body because it was the body that like, that loved me more than probably anybody else ever will. So that was a huge recognition for me that, um, it gave me this like anchor point in fatness of, it's not just my body, it's these other matriarchs in my family who, and her sisters were the same way. They all have the same body. Like my great-grandma just, I just come from this long line of like strong fat women. And these were the women that I would sit at, like literally sit at their feet and listened to them, talk and, just watch them love their family. So why would I not want to be that?

Tiana ([17:32](#)):

Oh God, that's so beautiful. So beautiful. Uh, I, I really, I mean, I love that. I really love this reframe that you have in this and this, you know, this, this bringing home what your body means to you. Because I'm, I'm really a big fan of, well, I'm a big fan of reclamation of things. But basically like fat is not a bad word inherently. It's just, it's how we, we have, we have assigned this morality to it. And I'm like a big fan of like trying to remind people that we also use the word fat to explain and describe like some really amazing things. \.

Kristy ([18:23](#)):

Yeah.

Tiana ([18:23](#)):

It doesn't have to be bad and it doesn't, I mean, it's not bad. It is so good. Fat is so good.

Speaker 2 ([18:31](#)):

Yup.

Kristy ([18:32](#)):

I love that. Thank you.

Tiana ([18:37](#)):

I'm just, I'm just like in my head right now, I'm just like, Oh gosh. Because like, just thinking about just like Love. Abundance of love and like warm hugs and comfort and Ugh.

Kristy ([18:53](#)):

Yep. There was a slowness about her that I think just let us spend more time together. Because we would just, we would sit, we would talk. We would, we just did exist together because we didn't have to be go, go going. We didn't, we weren't working out. We weren't on walks. We weren't like we were just, we were just with each other.

Tiana ([19:17](#)):

I love it.

Kristy ([19:18](#)):

Yeah.

Tiana ([19:19](#)):

I love it. Aww.

Kristy ([19:21](#)):

I know.

Tiana ([19:27](#)):

It tells me a lot actually about you. Just hearing this story about your grandmother and this relationship that you had. It sort of, it gives me like this nice little rich background that explains a little bit more about like, why you come across the way you do. And I, and I super appreciate that because I've always found you like super, like really just loving and caring and like, I think that's really awesome. And I mean, I'm also like really excited about it because I remember, I just, I remember like, we had that we were on a business, we were on one of these mastermind calls with the group of folks. And, um, I had like stepped away because I had to pee and I came back and I apologized that I had stepped away. And you were like in tears, but I didn't catch that. I didn't see it because, you know, I was like, basically apologizing before I looked at the screen and I had said that I was pregnant and you like stopped mid sob and was like, Oh my God, I'm happy now. And I was just like super floored about that. And I will, like, I remember that now, like, you know, all this six years later, um, because it was like a big deal to me that like somebody that I, I mean, I knew you, but like, I didn't really know you and you didn't really know me. You could be so happy and have so much joy for this thing that was going on with me that had nothing to do with you. You were so excited. And I was just like, I was like, this is a good person. I'm glad to have this person, like in my sphere. Yeah.

Kristy ([21:20](#)):

I'm glad that you remember that.

Tiana ([21:24](#)):

Yeah. I mean, how could I not remember that? That was awesome. It was so awesome. Cause I was like, you know, I just, I just, I just know so many people who cannot have joy for others unless they themselves are in a joyful place. And you were not in a joyful place, but you were still able to have joy. For me.

Kristy ([21:49](#)):

Joy for mamas and babies is like, what I do best. Oh my gosh. It's my favorite.

Tiana ([21:57](#)):

I love it. I love it. Okay. Okay. Okay. We have wasted. We haven't wasted time. We haven't wasted time at all. I was just, I'm just like, there's just something I really want to talk about. And just like, are like, Oh, but I really want, I mean, but like all these other things have been super exciting. Like nice little gifts that have like jumped up in the conversation and I'm just like, Aw, Oh, I'm really enjoying this. This is so nice. But Kristy,

Tiana ([22:29](#)):

Yes. The main event. Okay. Again, we sort of grew up in fat business together.

Kristy ([22:37](#)):

Yes we did.

Tiana ([22:39](#)):

But, we also, have kind of gone on a parallel journey with our identities. So, so yeah. Let's talk rainbow talk.

Kristy ([22:58](#)):

My other favorite thing to talk about.

Tiana ([23:00](#)):

Oh my gosh, mine too.

Kristy ([23:04](#)):

You see and this is what I forget about podcasts. That no one can see how much we are just like grinning ear to ear right now.

Tiana ([23:08](#)):

I know. Oh my gosh. Hey queerdo.

Kristy ([23:21](#)):

Yep. That's me.

Tiana ([23:22](#)):

Oh my gosh. So, okay. When I, when I, when I...How do I start, how do I start with this? I don't know. I don't know. Wait, here we go. Here we go. Something I started to notice when I really started getting really deep into like the fat activism and fat acceptance stuff was how many queer people showed up.

Kristy ([23:49](#)):

Oh we're everywhere.

Tiana ([23:50](#)):

And I was just like, what, why, why is this a thing? Why is this a hand in hand sort of thing? Because I was totally confused. This was all super new to me. And I was just like, why is this a thing? And the more that I kind of dug into it, but, but I'm like this really like, pretending I'm not doing it because I don't want other people to see what I'm doing. And I can't really admit to myself what I'm really doing here. Like, you know, in the most like unassuming way possible, like digging into how does queerness and acceptance of fatness, how do these things go together? How do they intersect? And what I started to uncover was just like, it makes sense. It makes sense because once you start making space for one marginalized identity and really reclaiming it, it's super easy to start opening yourself up to all of the other identities that you've been masking or hiding or what have you. And that was like a wait, hold on. Yeah. I might, I might actually be a queer.

Kristy ([25:18](#)):

Right? Yeah. Yeah. Let me just do more with my life.

Kristy ([25:25](#)):

Yeah, yeah,

Tiana ([25:28](#)):

Yeah. Cause it just felt so good.

Kristy ([25:30](#)):

Oh, it's the most delicious feeling.

Tiana ([25:34](#)):

Tell me about your delicious feeling.

Kristy ([25:36](#)):

Um, I, the way, the way I see it with my story is I, um, I came out, uh, three and a halfish years ago. Maybe now I can't even, I don't even think I can call myself a baby queer anymore. I think I'm a teenage queer. Toddler? I don't know. Um, but it was, it was this, um, as I was cleaning out the fat shame and the, just the cleaning out the body project, right. To make room for other stuff, I was able to really start to notice what I was noticing in other people. And it was just all these little like whispers of like, 'well, that person look at that, look at her, look at um, look at them' like, and, um, and that was odd. But not unwelcome by any means. It was just kind of there. And I found myself rationalizing the heck out of it. Like maybe I'm just like romantically attracted to such and such. Because I could not, and I'm married. I could not admit that this would be something. Um, but boy, once there's room, and I, I went through all

of that, but am I really? But you know, I didn't, 'cause you hear the whole, like you knew when you were five, you knew when you were a teenager, you knew you were different and I didn't. I didn't, I can look back and totally recognize that boy, I had a crush on one of the basketball players on my dad's basketball team when I was nine and her name was Brooke and I wanted to like be her best friend. Right?

Tiana ([27:18](#)):

Yes!

Kristy ([27:19](#)):

It's just, I, so once I started to recognize that all of these feelings of me wanting to be like, can I just be as close to you as humanly possible right now. Finally recognizing that for what it was. Right. Um, and then it just had like at a certain point, it just kind of all had to blow open. And I'm not gonna lie. There was a pair of brown eyes involved, like, you know, where you're just like, Oh, this is a thing. And I can, there was this moment of, I can explore this and accept it and come out with this or I can not because life is pretty good.

Tiana ([28:02](#)):

Yeah.

Kristy ([28:03](#)):

Um, but you know, once you've done all this work to live unapologetically as a fat person, you don't want to start apologizing for other parts anymore. So I was like, let's do this. I'm happy to get on another rollercoaster. Let's see where life goes now.

Tiana ([28:18](#)):

Oh my gosh.

Kristy ([28:20](#)):

So, and I was really, really lucky to be welcomed into the world of queerness by like amazing fat activists.

Tiana ([28:28](#)):

Yeah.

Kristy ([28:29](#)):

And I have learned not to venture out because when I go out into the world of like, non-fat activism, gay folks, I'm just like, no, I'm going to turn around now and just come back to like wonderful fat queerness. Because we're awesome. We're awesome.

Tiana ([28:51](#)):

I love that.

Tiana ([28:52](#)):

I love that. It's funny because like, so I came and visited you when I was there in the states. And we had a lovely little time. I was so upset that we couldn't have more time. But, but like, I feel like we played a game of like, you know, that thing from when you were young that you thought was this thing. No, actually so gay, it was so gay, you know?

Kristy (29:19):

Yep. Yep. I bring out pictures of myself from college and my friends are like Kristy who didn't tell you? Who did not tell you you were gay? And I'm like, no one. No one told me I've got this like short, short hair cut. And I'm wearing like cuff jeans and they're the cutest pictures, but everyone's like, Oh, Oh, I see it now. And even my little sister was like, well, this makes sense. I always knew there was something about you that I couldn't put my finger on and this is it.

Tiana (29:49):

Oh my goodness gracious.

Kristy (29:51):

Yeah.

Tiana (29:53):

You know, and that's the thing that's really interesting to me is like, with my experience, like I had the same thing. It was just like, there, there were like other girls in the school where I was just like, I just need to know everything about you. I need to be your best friend. I just want to spend all my time and oh, I want to brush your hair. Can I brush your hair? You know, like, and it just like this kind of stuff, but I didn't recognize it because I didn't have a model for it.

Kristy (30:20):

Correct.

Tiana (30:21):

You know, it's like, I knew like, you know, I watched 90210. I'm 41. I watched 900210. I loved that show. The, you know, have they remade that? I feel like they, I feel like they've remade, they've remade everything, but yeah, the original I watched the original. And it was just like, I wanted to be Brenda, you know, I wanted, I wanted like to date, like, you know, the beautiful, bad boy. I don't know if it was really the bad boy thing, but it was just like, you know, he was like hot. And I was like, I want to be in a relationship with a hot dude, you know. Because that, that was what everybody did, like in all the media that I consumed, like.

Kristy (31:06):

Yeah. Yeah.

Tiana (31:08):

And I never saw any positive representation of like a gay woman and kind of feminine sort of relationship between two women that wasn't just like, girl, I love you.

Kristy (31:26):

Right.

Tiana (31:28):

And there was like so confused. So it was just like, okay, well that's clearly what I want. I want, I just want to do sleepovers all the time with all of my friends and know all their secrets and like hug them a lot. A lot. Oh my gosh.

Kristy (31:48):

Yeah. And it wasn't shamed in my family, but it also wasn't given as an option. There was, it was, it was very much like, you know, what, boy are you going to marry? What my sweet grandma used to- we'd go to a grocery store and she'd be like, you know, KK, your, your future husband might be in this grocery store. So you need to stand up straight. And, you know, there was like a list of things I had to check myself on when I went into the grocery store just in case. And he, he was never in that store. Let me tell ya. Um, but it, you know, it was just so assumed. So I just went with it and that's fine. And it's not like, I mean, married for 15 years. Great guy that's been real. Right. Like that's. And I think that also needs to be really clear is that none of that was faked.

Tiana (32:32):

Yeah. That's right.

Kristy (32:33):

You know? Um, but doesn't mean it's going to stay that way.

Tiana (32:39):

Yeah. I understand that. I mean, I also have a husband, you know, a man, a cis-gender man. Husband, um, and that wasn't like, Oh, I guess I'm gonna marry you. You know, so I can hide myself or anything like that. I really appreciate this person.

Kristy (32:59):

Yeah. Yeah.

Tiana (33:01):

And we have a really good time. A lot of the time.

Kristy (33:05):

Yes. Yeah. And I've got these three amazing kids. And I remember talking to a friend, um, about all this. And I was like, um, gosh, I wish someone had told me in high school, or someone told me in college or as if, as if that was someone else's job. And she was like, I mean, they were like, um, yeah but, then you wouldn't have these three amazing kids. I was like, Oh, I do have three amazing kids.

Tiana (33:29):

Yeah.

Kristy (33:30):

Yeah. That I made with like, you know, a best friend. Yeah. That I get to now teach how to be like amazing fat people and that like stuff gets to change for you in life and the relations get to change in life, and you always get to be yourself no matter what.

Tiana ([33:44](#)):

Uh huh. I just like, I like this acknowledgement that you have where, you don't regret. You're not regretting, you're not regretting it. And I think that's really, that's very interesting because I feel like sometimes I do find myself like really questioning, like. What would have happened if, if you had been given permission to live fully into this, or if you had just been like in a place where you could unapologetically just be this, you know, and safety be damned and all of these things. Um, because I know there are people who do, you know, they, they find themselves at a very young age and they do what they need to do to live their lives, which I really admire.

Kristy ([34:39](#)):

Yeah.

Tiana ([34:40](#)):

But I just like it wasn't there.

Kristy ([34:42](#)):

Yeah. And I, it's interesting because, um, I think, um, you mentioned like the safety piece and you know, I'll be out with, I have an, I have an amazing partner now and we'll be out at Target just holding hands because we were both raised with this heteronormative belief that we can hold hands with our partners. Because we didn't have the safety issues in our twenties, in our thirties. And now we're both, okay, they're not 40 yet. They're going, they would kill me if I said that they were in their forties, but you know, but I'm just like, fuck it. Like, who's going to say anything to like some fat old lady who happens to be holding hands with their partner. Like, go ahead, like bring it. I got three kids. Bring it. Like, so, so there is, there's some perks, right? I don't, there are some things that I choose not to worry about because I never had to like, that's privilege.

Tiana ([35:38](#)):

Yeah. For sure.

Kristy ([35:40](#)):

That's privilege, but for sure, I'm not, not holding hands with someone.

Tiana ([35:46](#)):

Oh, I love that.

Kristy ([35:48](#)):

Yeah.

Tiana ([35:49](#)):

I love that. This is, this is an interesting conversation. Cause I feel like, like, you know, it's just like, I'm very, I'm very much like in the middle of this in some ways where I'm still trying to figure out like how to do queerness fully for myself. Um,

Kristy (36:08):

that is a question,

Tiana (36:10):

Oh, is it a question. Cause it's just like, you know, um, like. I very much liken it to my experience of being biracial, which is like, um, Um, you know, because I've been challenged many times in my life where, where people are like, you're not black enough or you're not Guamanian enough because of X, Y, Z reason. And like, these are unfair judgments because like, okay, if I can't dance or if I can't cook certain dishes or I don't speak the language or whatever, like that doesn't change my freaking heritage, you know? Um, like, you know, that doesn't change my identity. And, and so like with the queerness part, it's always been there, which is the thing that's sort of frustrating to realize.

Kristy (37:05):

Yes. It's like, it's always been there. Yeah.

Tiana (37:09):

And I've been fighting against it so hard for so long.

Kristy (37:12):

Yeah.

Tiana (37:13):

Cause I didn't know how to hold onto it and allow it to be part of my life. And now that I'm starting to embrace it. I'm still trying to figure out how to allow it to be part of my life fully.

Kristy (37:28):

Yeah.

Tiana (37:31):

So, how do you do this? How do you do this?

Kristy (37:36):

Good question. I am doing it by pursuing a different relationship. Right. That me. And that's what I needed. Like that's um. Let me just say that there are a lot of us out there who are in this and who are trying to answer this question. Like some are bi some are pan. And so they're trying to make it. You know, but, but I think what it always comes back to is that like you're queer no matter who your partner is. And I think that that constant reminder of like what you present to the world and who you are, like, they don't, you know. We need to stop, um, just as a society, looking at someone and assuming sexuality based on who they're with. Um, for me though, it meant finding a partner was congruent with who I am. For me. It meant telling my kids who I was relatively early on. So that I could give them permission to be who they were. Um, like really fully. Um, it's been odd to find out things, like my dad died when I was

15, but to find things out about him that I did not know when he was alive, pissed me off. Cause I was like, why did no one tell me? And it has nothing to do with like big sexuality things. It was like just little things about him. And I'm like I wish I had known.

Tiana ([39:11](#)):

'I didn't know he liked trains'.

Kristy ([39:12](#)):

Yeah. He had just gotten, he was a football referee, um, at the collegiate level and had just gotten hired by the NFL. I like, why did I find that out 20 years after he died? Right? But so I'm actually that moment right there. I was like, I don't want to hide this from my kids. They need, they, they aren't, we, I don't know why we assume that like kids can only handle heteronormativity or can only handle compulsive monogamy. Like they can, they're gonna believe in love what we believe in love. So I'm going to tell them, and it's given them, we've had amazing discussions about it. So that was huge for me as to not hide from my kids. And to, um, not hide from the people around me, even if it's messy. And even if they question and even if they can't get out of their heads, like, but you're married or, but he's a guy or, but like, yeah, but I'm me and this is who I am. And yeah,

Tiana ([40:12](#)):

I really love those questions like, "but wait, you said you're queer but you're married to a guy?"

Kristy ([40:18](#)):

Yeah. Yeah. And I honestly, I think that I was the only one that was asking like that question of myself.

Tiana ([40:27](#)):

Yeah.

Kristy ([40:29](#)):

So many other people were like, Oh yeah, me too. Like that was the fun thing, it was like when you were coming out with it people are like, Oh yeah, me too. And I'm like, what?

Tiana ([40:38](#)):

Oh my gosh.

Kristy ([40:40](#)):

I think I know more gay people now than straight people. Like I just, just, and the people haven't changed. It's just that, it's just that I think once we start getting permission to be ourselves and getting the permission to be like, Oh yeah, actually that's me too. I've just never known how to talk about that because I assumed nobody else was also queer and married to a guy. And we all make different choices. Some are like, Nope, totally happy. This is exactly what I want. Some are like, do I want to try an open relationship? Do I want to try poly? Do I want to, do I need a divorce, like options, but we don't talk about it because we don't talk about divorce. We don't talk about politics. We don't talk like, there's just,

Tiana ([41:24](#)):

I'm writing down the word options.

Kristy ([41:26](#)):

Options.

Tiana ([41:26](#)):

Options. Because, because that's the thing, right? Like living underneath an oppressive culture, you know, capitalism, patriarchy, sexism, just all of these, you know, systems. They give us a box and they say, neatly fit yourself into it and whatever doesn't fit in, cut it off. And discard it. Yeah. And so you don't have options, you know, you have a path that's laid out in front of you and it doesn't matter if you're happy or not. Go do the path. And, by finding ways to unlearn the conditioning, to be able to see further than what is given you.

Kristy ([42:23](#)):

Yep.

Tiana ([42:23](#)):

Gives you options.

Kristy ([42:25](#)):

Yep. Yeah. I had to unlearn everything I thought I knew about marriage, everything I thought I knew about relationships. Everything I had been taught about divorce. I had to just unlearn stigmas and all of it.

Tiana ([42:37](#)):

Wow.

Kristy ([42:39](#)):

In all of it.

Tiana ([42:42](#)):

Hmm. This journey toward making space for yourself and taking up space, never ends does it?

Kristy ([42:57](#)):

Never. And that's the exciting thing. I had had a client once asked me. So Kristie, if I'm not thinking about food all the time, what am I going to think about? Oh, and in my head I'm like, everything else. Like you don't even know what else is out there when you're not saddled with thinking about making yourself smaller at all times. Probably for a partner that you don't even want be with. Like, let's be clear. Like maybe even for an entire gender, you don't want to be with like, there's just this like. I just giggled to myself. And we revisit that conversation every once in a while, as she has like expanded her world, like beyond everything, we giggle about that. Cause she was like, remember that one time I asked you? And I was like, yeah,

Tiana ([43:46](#)):

I mean, you don't know what you don't know. So it sometimes gets really exciting.

Kristy ([43:51](#)):

Yeah. To give yourself a chance to find out what you don't know?

Tiana ([43:53](#)):

Oh yeah.

Kristy ([43:56](#)):

It's amazing.

Tiana ([43:57](#)):

Oh my God, Kristy. We could do this. Oh, there's I mean, there's so much more, there's so much more to discuss here and I, I just wish we could keep going and I know we can't.

Kristy ([44:09](#)):

We would never dry up and it would be just the Kristy and Tiana podcast. Nothing else. Do you really ever need more guests? I'm not. I don't know.

Tiana ([44:21](#)):

Well, we can talk about that another time. But to end us today to close our container today. I want to ask you, one last, which is How are you living your best fat life?

Kristy ([44:37](#)):

Oh my gosh. I am living my best fat life with a mattress that supports my body.

Tiana ([44:44](#)):

Talk about it.

Kristy ([44:46](#)):

With, um, um, with my mug that says live your best fat life. Um, honestly, like finally figuring out that I can find things that support my fat body. I don't need to, you know, I can use shoe horns and I can, I use a step stool to get into bed because my bed is really high and I bought new pillows. Like I am, I am supporting my fat body, like kind of unapologetically. Like, this is what I need. That's how I'm doing it right now. Cause I'm in my forties and that's what we've got to do.

Tiana ([45:23](#)):

That's what we got to do.

Kristy ([45:25](#)):

And I'm also just like learning how to let other people enjoy my fat body. How's that?

Tiana ([45:31](#)):

That's beautiful. That's beautiful. Oh my God, Kristy. Thank you so much for coming on and having this conversation with me. It's been, it's been so good. It's been so good.

Kristy ([45:43](#)):

Thank you for having me.

New Speaker ([45:45](#)):

Bye bye.