

Keynote Body Week

The Physical is Political: Part 1 - The Radical Potential of Inclusiveness in Movement with Lore McSpadden

Have you ever felt as though your gender identity, sexual orientation, size, race, or disability prevented you from feeling comfortable in your body and/or in the gym? This common experience is not inevitable: there is an alternative! In a society in which health outcomes are all too often correlated with wealth and social privilege, allowing yourself to develop a healing and empowering relationship to movement is, indeed, an act of political and social resistance.

This workshop will explore the importance of developing an inclusive and sustainable movement practice that is accessible to people of all genders, sizes, and abilities. Participants will learn about the role of physical empowerment as a catalyst for social and political transformation and participate in an activity that will enable them to create a plan for incorporating movement into their lives. Furthermore, all participants will have an opportunity to witness old-time feats of strength performed by the presenter, Lore McSpadden.

The Physical is Political: Part 2 - Exploring Movement as Personal Revolution with Lore McSpadden

In this Drop-In Session, we will take the ideas presented within Part 1 and put them into action. Participants will have an opportunity to experience intentional movement that incorporates mindfulness, kindness, and empowerment.

About Lore McSpadden

Lore is the founder and CEO of the Positive Force Movement, LLC. Their guiding passion is to make elite, top-level coaching available to people who have historically not felt welcomed by the fitness industry, particularly people who are larger-bodied, people of color, queer and trans folks, people who are facing economic challenges, active older adults, survivors of cancer, people with diverse abilities, and people on the autism spectrum.

They have facilitated diversity trainings and presentations for over ten years, particularly in regards to areas of cissexism and sizism (i.e., trans inclusion and body-size diversity) as well as intersectional understandings of LGBTQ+ communities and their needs.

In recent years, they have begun integrating old-time feats of strength (e.g.: bending steel, breaking chains, tearing decks of cards, etc.) into these trainings in order to illustrate key points and create an engaging and empowering experience that transcends the rote learning approach that is offered by all too many presentations regarding important aspects of equity work.

Lore is a Certified Personal Trainer through the NSCA (NSCA-CPT), a Certified Inclusive Fitness Trainer through the ACSM (ACSM-CIFT), a Body Positive Fitness Alliance Affiliated Professional (BPFA-AP), Autism Fitness Level 1 Certified Instructor, Certified Trauma-Informed Fitness Professional, Certified Flexible Steel Instructor, and educator with the LGBTQ Academy of the Out Alliance. They have extensive experience

with making functional training accessible to people of all sizes, genders, abilities, and levels of experience.