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You know what's wrong with you? You're BOTTOM HEAVY!

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Those are the exact words I was told yesterday at the gym. I had just finished a 3 mile run on the treadmill, sandwiched between a warm-up and cool-down walk totaling another 1.8 miles.

The source of this "helpful" observation was an old guy, another gym regular, who spends most of his time sitting and drinking coffee.

Our gym is a favorite gathering spot for retired people. The social aspect is important too. He's about 10-15 years older than me. I'm 67.

I'm used to his comments about my running.

Don't you ever quit?

Are you still at this?

You're going to get a heart attack.

You're going to ruin your knees.

Except for replying "Yeah, so I've been told for nearly 30 years" to his last comment, I usually just laugh it off. It's his problem, not mine.

This time it was different. For the sake of every woman who was ever judged by her body, I walked over to him, hands on hips, and in his face said loudly, "Do you think that I've never noticed this?"

I continued:

"My pear shape has been very helpful to me. My big strong legs keep me going. These hips gave birth to 3 children and carried them around after that. Having a pear shape is generally quite healthy."

Finally,

"I bet this shape helped my ancestors pick more potatoes than their less well-endowed neighbors – a definite benefit when survival was in doubt."

He was speechless. Soon I was joined by "bench-press lady" (name unknown) who pointed out that her legs were even bigger than mine. "Mr. Helpful" left the gym.

Notice that I didn't respond with a comment about HIS body type although I did have an unkind thought in my mind.

Note: If you've read this far, I should add that I don't need reassurance about my body image. I'm fine. I look good for my age, especially when I put on that Victoria's Secret bra (LOL)

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POINDEXTRA

What a perfect retort! (says a fellow pear-shaped gal).

1812 days ago



MAYBER

Thanks for sharing your gym experience



2248 days ago



WHITEANGEL4

Way to go

2358 days ago



GRAMPIAN



Well said.

2381 days ago



LORIVIOLA

good for you for standing up for yourself!
i bet he didnt even know that he was a bully.

have an awesome day and keep being the awesome YOU!

2451 days ago



SIMONEKP

better than what i would have said, i probably would have said kiss it

2471 days ago



CD13939073



2483 days ago



CUPKAKE137

Great reaction! Glad you told him off without going negative on him!

2489 days ago



CD14643906

Better bottom heavy than top heavy. Most women are bottom heavy (i.e. non-Barbie doll proportioned, a.k.a. normal).

Those who do, do. Those who don't sit back and tell everyone else what they're doing wrong.



p.s. he probably has the hots for you

2489 days ago

Comment edited on: 8/20/2014 1:40:14 PM



CLAYMACT

If I were a woman, I would have said something like, "It's a good thing I'm not trying to impress you, then. In fact, if I didn't care more about me, I would probably try to gain more weight, to make sure you knew I don't care about you!"

2489 days ago





AMYG5025

Good for you! Thank you from a fellow bottom-heavy gal!
2491 days ago

Well
Said!



YA_YAYA

I love your response. Well said, well said.

-sincerely another pear shaped woman!



2491 days ago



BLAZINGSWORD

I love it! I love it! I love it! Bet he won't make any more comments to you about anything. LOL!

Well
Said!

2491 days ago



STORMIE62

Well
Said!

2492 days ago



LENOREMORR

A positive response to a negative ninny! I am happy for us all, that quick thinkers like you respond well to those who lack the ability to think before commenting

2492 days ago



KAREN42BOYS

Rock on, you strong powerful. Woman!

2492 days ago



NASFKAB

way to go you shut him up

2493 days ago



CD13538600

I can't stand people like that. I'd report him to the manager of the gym.

2493 days ago



WITCHYONE333

Sometimes "Turn the other cheek" get's old. The best way to deal with a re-current bully is to slap that old fool down (metaphorically, not literally). He's going to think twice before ever voicing

his verbally abusive opinions again. With any luck, he'll decide to quit the gym all together.

2493 days ago

Well
Said!



CD3990357

Good for you!

2494 days ago



CORNERKICK



2494 days ago



CD13026971



2494 days ago



CD14385854

Oh he\$\$ yeah! You rocked that comment, like totally! This, yes, this is what we need more of. Body shaming benefits NO ONE. I am so in love with your response I just can't find the right words to express it enough.

Way to express anti-fragility. I loooooooooooooooooove this blog post!

2494 days ago

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JEWELS571
AWESOME!!!!!!!!!!!!!!!!!!!!!!



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2495 days ago



GARDENQE2
Don't forget that people with a good hip-to-waist ratio are healthier and live longer!!
2495 days ago



SVELTENSTRONG
Thank you for speaking up and giving the guy some perspective. That's a classy way to handle a jerky guy!
2495 days ago



CICELY360
Good blog
2496 days ago



IFDEEVARUNS2

Too funny!
2497 days ago



SARAHMANI
Well said! And thanks for reminding me not to hate my pear shape body, it has its advantages when it comes to health and I tend to forget about that!!!
2497 days ago



CRUISEBOUND4EVR
Good for you! I am tired of the cruel comments about my body shape. You were awesome!



2497 days ago



NOTTINGHAMKATE
Love this post! Brilliant that you stood up for yourself without being mean to him...I know that must have been tempting. I would have been thinking of some very rude words as well, it would have been hard to keep them in!
2497 days ago



CATNURSE1
You tell him! Does he do this to others as well? This guy probably uses the gym as his social outlet. At his age, most of the people he has known are probably gone. Some people just grump at everything. Glad to see someone tell him what for.
2497 days ago



CD9234910
You made my day! Thank you for all women who don't know what to say when their body is constantly criticised!!!



2497 days ago



BLUEJEAN99

2497 days ago



JIBBIE49
Great to see your blog featured in the Spark Mail.
2497 days ago



LIVELYGIRL2
Obviously, he is jealous what you can do. I'm sure you shocked him by what you said. Just because others don't want to be too active, doesn't mean they should criticize you. Although his comments were rude; I don't know I would of thought he was insulting your shape.



Good for you to speak up!
2497 days ago



ROCKYCPA

v



2497 days ago



BLPRETTYGIRL1

v



2497 days ago



JACKIEWALKS4FUN

v



2497 days ago



1STBUCKETITEM

v



Sounds as if you put a "grumpy old man" in his place... good for you!

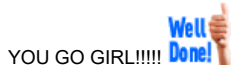


2497 days ago



PATRICIAANN46

v



YOU GO GIRL!!!!
2498 days ago



JSEATTLE

v

I love your attitude and your come-backs! The gent is probably thinking back on his own god-old days.
2498 days ago



LIONESS822

v

Good for you! You handled that with grace & dignity! I would like to think I would do as well.

I just had a similar situation (verbal) and didnt respond, I was the "mature" one, but boy was I a teenager in my own mind!



2498 days ago



DIANNEMT

v

Hey--You Go, Girl!
2498 days ago



BEATLETOT

v

I wonder if he'll continue to come around. Who sits at a gym and drinks coffee? It's very odd.

"Hey, Waldorf! Where's Statler?"
2498 days ago



JUSGETTENBY42

v



2498 days ago



SUSANK16

v

I think your response was a great one However I would have asked him why he felt the need to comment on it. I think it shows insecurity.
2498 days ago



CD11519434

v



2498 days ago



CD11519434

AWESOME

2498 days ago

v



CD11519434

W88!

2498 days ago

v

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