

Additional Resources:

White Fragility by Robin DiAngelo

[A People's History of the United States](#), Howard Zinn

[How to Make Your Gym or Fitness Space More Inclusive and Welcoming for Transgender and Gender Nonconforming People](#)

[Trainers and Fitness Pros Can't Help People of Color While Remaining Silent about Racism](#)

[Everything You Know About Obesity is Wrong](#)

[Words That Don't Belong to Us](#)

[I'm Tired of Performative Feminism](#)

[10 Answer to Common Questions People Ask when Being Called out for Using Ableist Language](#)

[How Racism Makes us Sick](#)

[Allegories of Race and Racism](#)

The 13th – documentary on Netflix