

Celebrity News: Designers Say Bebe Rexha is Too Big



By

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In the latest [celebrity news](#), *People.com* reports the 2019 Grammy Awards are extra special for single celebrity Bebe Rexha. She was nominated for Best New Artist/Best Country Duo/Group Performance, so the music artist naturally reached out to several dress designers for her Red Carpet outfit. They turned her down, refusing to design a dress for her because she is “too big.” Rexha said this on Instagram, defending herself and all women a size 8 and up, “You’re saying all the women in the world that are a size 8 and up are not beautiful and that they cannot wear your dresses.” We should all adopt Rexha’s mentality on being called too big.

Rexha made celebrity news when no designer would work with her for the Grammy's. What are some ways we can fight against body shaming like Bebe Rexha?

Cupid's Advice:

Whether you are a size 8 or a size 8x, here's how you can fight body shaming:

1. Wear whatever makes you comfortable: Hot? Wear your tank top. Want to wear that black dress that shows off your curves? Do it. Life is way too short to be worried about what you're wearing, no matter your size. If a brand only caters to certain sizes then you do not have to shop with them. When anyone tries to be rude or negative, call them out on it.

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2. Practice body positivity on social media: Don't be afraid to take pictures of yourself with friends or family because of your size. Follow body-positive celebrities. Share and read articles about bigger men and women.

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3. Don't be hard on yourself: We might not want to admit it, but sometimes we can get wrapped up in thinking we're not pretty or handsome enough because of our weight. Eating healthy should always be a priority, but sometimes you can't control your weight even if you have a healthy diet. Maybe you just had a baby, have issues with polycystic ovary syndrome, or got injured in a sports accident and haven't been able to shed the pounds. Do NOT beat yourself up because you don't

look like a cover model on a magazine.

What are some ways you can fight body shaming? Sound off in the comments below.