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#weightlossjourney

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Author Bio

Mikelyn Britt is native to Pittsburgh, Pennsylvania. Britt is a member of the Gettysburg College's class of 2023 where she is majoring in English with a creative writing concentration and a peace and justice minor. She is also the opinions section editor of the school newspaper, The Gettysburgian.

#weightlossjourney

MIKELYN G. BRITT

The clock starts. Little me
watches *The Biggest Loser*
with my family while doing
push ups during commercial breaks.
I was too young.

Next came the early 2010s.
The highlight of Tumblr
eating-disorder-core. I
spend my time looking over
Thinspo, wishing to be her.

Highschool: Dates were nonexistent
in the life of a plus size student –
or morbidly obese as my doctor told me.
Morbid was skipping meals.

Body positivity instagram
posts fill my modern feed with
self-love posts and fulfilling
lives. Guilt racks my big bones
and I pray for a different body.

Tears spill over my full cheeks
in the harsh fluorescents of
the Target fitting room. A
pair of jeans fitting snugly,
stopped by my thighs.

And I remember the little
girl whose mother would be
waiting around the corner,

asking if she needed a bigger size. The floodgates open.

“When I’m skinny,” I laugh, my friends join in. And I feel it again. Why do I wait for my life to start based on the numbers of a scale? The clock doesn’t stop.