

Transcript for The Who's Dat Phat Girl Podcast - With Brooke Hoover
EPISODE 1 - PYT (Phatty Young Thing)

Hey y'all, I'm Brooke Hoover. A Louisiana native, actor, writer and comedian. I've lost 100 pounds through diet and exercise or shall I say "lifestyle changes". My twenty year and counting health journey has taught me that just like taking a diet pill for weight loss, body positivity doesn't magically happen overnight.

I'm working on re-gaining my self esteem and re-kindling my love affair with Cajun and Southern comfort food in a healthier way all the while juggling eating as clean as I can, re-establishing myself in the entertainment industry which, as we know, is historically fat phobic all the while showing my inner phat girl some love - that's phat with a PH - pretty hot and tempting. Let me tell y'all a tale or two...

Hey Y'all. It is Brooke Hoover and it's the inaugural episode of Who's Dat Phat Girl podcast! I initially was going to name it "Who Dat Phat Girl" because I'm from Louisiana. I'm originally from Baton Rouge but my soul is from New Orleans. But, I know that "Who Dat?" of the Saints is copy written. So, it is called "Who's Dat Phat Girl?" and phat is with a PH because that is pretty hot and tempting. And, it's inspired by my solo show, "Phat Girl Costumes" which is more so inspired by my journey of 102 and counting pound weight loss and more so than weight loss, it's about the self acceptance, self confidence gain that's like an every day issue. It's something I'm always working on and we're going to dive in and explore that on this bad boy. Or, should I say bad girl or bad guhl because I call girls guhls. Even though calling this "Who's Dat Phat Guhl" that would just be way too confusing. So, girl is spelled like a normal person would spell it.

Alrighty so it took me about two hours to even jump into this episode because I realize I'm a procrastinator. Fear gets in the way. I'm also more of a tangible person. Even though I'm a very creative person - I love you know writing things, drawing things. As I've gotten older, I feel this need to do more tangible things to feel productive. To feel worthy. To feel worthwhile. So, basically I had the podcast whole set up - I usually have a voiceover booth which is my closet which is actually where I am right now. But, I moved everything out into my little office desk area and it was just way too echoey and I was trying to hold my dog Annie because she gets antsy when she's not near me and it just wasn't working. So, then I come into my closet and I said, "Oh, you know what? I need to organize it. I need to clean everything out." So, I started organizing my closet a little bit, giving my mom a sweatshirt that I don't want anymore but I still really want it. So, at least she still has it. So, it's always going to be accessible to me.

So, needless to say, this is like a metaphor for life. It's a metaphor for weight loss or any goal that you have. Why do we procrastinate or put off the thing that matters to us most? I don't have the answer for that. I might have the answer for that at some point. But, I don't have the answer right now. So, let's dive in shall we? Ahhhhhh that was [chuckles] so cheesy of me. I mean who do I think I am like a therapist? I don't even play one on TV.

And, let's preface all this, y'all. I'm not a nutritionist. Yet. We'll talk about that. One day I would like to get my certificate. I'm not a doctor. I'm not a personal trainer. I'm an actor for God's sakes. I'm just a person who's been through a lot of health issues who's been a Guinea pig in a lot of circumstances. And, I basically got sick of feeling sick and being sick. So, the weight loss was a by-product. And, the self-acceptance, I thought would happen when I lost ten pounds. When I lost twenty pounds. Y'all, it still hasn't quite happened and I've lost 102 pounds. So, whoa. I think I'm fixing to cry.

So, I think like every therapist might do, we dive back into childhood. So, will y'all travel back with me to the 1980's, please?

1980's VIBE STOCK MUSIC

So, it's 1983 - 1984 and I'm a super, super skinny kid, which is besides the point. First and foremost, I am a weird kid. I'm an only child. I'm still an only child. It's not like Anne and Bob ever had other kids for me like I wanted them to. So, I just had to entertain myself. And, one of the things I would like to do while my mom was cleaning the house or watching "The Price is Right" - actually Momma never really sat around and watched "The Price is Right" or any TV for that matter because [Momma's voice] "That's what lazy people do, Baby." So, I would just be walking around the house but butt naked. Butt naked. I know that that wasn't quite clear the way I said, "but butt naked." And, it's just because I felt free with myself. It was fun. And, whenever people might ask me, "Why did you walk around naked?" I'd say, [Tennessee Williams character voice] "Because I'm a cat, Maggie" Tell me if you know that reference, y'all. And, hello, cats don't wear clothes. Have you ever tried to get a sweater on a cat? I mean, we feed a colony of like seven cats who are actually very friendly and they do not want to wear sweaters.

And, one of my favorite things to do was just to walk around naked and crawl on chairs and my mom would give me salad but the salad was like - the best part of it was the cubed cheese and that Italian dressing that you know you get in that little I think it's a Wishbone bottle. I have a vintage one and you put like the oil and the packet. It wasn't really the healthiest salad per se, but I loved it. And, I was just really comfortable with myself. I would go skinny dipping at friends' houses because we didn't have a pool. So, every time I saw a pool, if I didn't have a swimsuit, I would just throw my clothes off and jump in naked. Now, mind y'all this was all before the age of eight. So, that was I guess a little bit more accepted and my mom and my dad knew they couldn't really do anything with me. They didn't even try to tame me in that sense. Because, otherwise, I was a very well behaved child.

It was in 1988 when all hell kinda broke loose. My mom designed and sewed these wonderful Halloween costumes for me and I wanted to be a genie. So, she made me this hot pink and with like green little bobbles genie costume and I looked like I don't know I guess a Southern sorority girl genie because the pink and green. But, I

felt so fun and cute. I mean it was a really cute costume. And, I show up to school and two of my best friends - Matthew and Peter who I actually had named my dogs after, they point at me and they say, "Brooke, your underwear is showing. And, we can see your fat." And, the "your fat" in this case, it could be you like YOUR or this is a case where it could be YOU'RE. Either case, that's when I realized something, must be wrong with me. And, I felt so much shame. I felt betrayal in a sense because these were my friends. But, I felt like, who am I? Who am I? I'm wearing like a sexy little genie costume with my stomach showing. And, my mom would've never done that to me. You know, my mom has always protected me so I thought I looked good.

Now, about the underwear comment, my mom did say [Momma's voice] "Baby don't wear that underwear. Just go commando." But, the lame (fabric) kind of kitchen down there. So, I wore the underwear and I still to do this day wonder had I not worn the underwear, would they have ever pointed out my underwear was showing and that I was fat? They probably still would've pointed out that I was fat.

That's the clearest line of demarcation of when my self-acceptance issues, my body issues started and they just kind of kept snowballing. To not keep you all day because I like my podcasts to be short - we will talk about that a little bit later. I just have some things to say though:

It's cute and kind of accepted when a little young girl like Jon Benet Ramsey - God rest her soul - puts on makeup and is a little sexy. So, maybe that's why me acting the way I did was tolerated but my mom and my dad and it seems to be really tolerated down South more - also in the dance community. I was big into dance. We'll talk more about that later. But, it's like once this guhl gets to be a teen or a pre-teen her sexiness is not accepted. She can't show it. Because God forbid she turn on the pedophiles. But, then when the girl gets older, it's okay again to be sexy but. But, but, but you better have a perfect body. Or, or, or if you're overweight, you better have like a really, really gorgeous face and curves in all the right places. I'm talking about Ashley Graham for example. I love her. I don't know her struggle personally. But, she's a prime example of the plus size lady that society accepts. And, again, I'm not saying her journey was easy. I don't know her full back-story. But, it's acceptable because her face is gorgeous and her body has, again, curves in all the right places. Society is fine with that.

But, society is not fine with a plus size woman who is overly confident. God forbid she be too much for Hollywood, as my mom and I's friend Bonnie would say "Too much for Hollywood." Because, God forbid, a plus size woman feel beautiful. Feel sexy. Feel accepted. Love herself because society keeps telling us that we're not supposed to do that. [Whiny Karen Voice] "Oh it's unhealthy. You're unhealthy if you're fat." Not necessarily. I know many overweight people who have good blood work. I just wasn't ever one of them. Again, we'll talk more about that [crazy wacky tongue in cheek voice] on another episode.

But, also there's a problem if you're someone who's a little bit more like who doesn't fully accept their selves. I'm working on it. That's one reason why we're doing this podcast. I'm helping myself but really I want to help others. Or, the other way around [chuckles] I want to help others. I want to help y'all or at least make y'all laugh or entertained and also help myself. But, society doesn't like it when you're not confident. I once had a teacher or I think she was like an administrator for college. I did not like this woman. She reminded me of over steamed broccoli. Yes, over steamed broccoli. She said to me once [Mousy Obnoxious College Administrator Voice] "Broke, I've been watching you in African dance class. And-" and I thought she was going to say, "Brooke, you're an awesome dancer." She says to me [Mousy Obnoxious Administrator Voice], "You're a big girl. You're a big, big, biiiiiig girl. And, you just really need to use it and to own it." And, she crushed me not because she said I was big. But, because I was looking for a compliment on my dancing skills. She didn't give it to me but also because she's telling me how I should be. How I should feel. How I should behave.

And, y'all, right now let's just get rid of the shoulds. Let's get rid of the shoulds. Especially when it comes to health and wellness and body image because they just put a big negativity, a big weight that we don't need or want on us. You know? I say regardless of what size we are, why can't it just be about us not being 110% confident about yourself. But, just having the ability to just be yourself as you are, imperfect, vulnerable. Not fully confident...yet but still present and still here. Because, at the end of the day [Brooke gets choked up] we all just want love from others and acceptance. And, what we really want and what we really need- and I think often what we fight the most - at least I do is loving yourself as you are. Because, that little girl who walked around naked as a cat back in the 1980's, she loved herself exactly as she was. And she didn't give a [Brooke makes a mouth fart noise]

Thanks so much for listening, y'all. It is my hope to inspire, uplift and entertain you with this Who's Dat Phat Girl podcast. So, if you're HUNGRY for more, you can book me to speak or perform my solo show that inspired this podcast Phat Girl Costumes written by yours truly and directed by my best bud Brian Lady at your virtual or in person event. Please visit Brookehoover.com/fluffybuttproductions or email me at contactbrookehoover@gmail.com for more information. And, let's follow each other on instagram - I'm @Br00keH00ver and those O's are not the letter O but they're ZEROS. Not because I want to be a size 0 but because I guess I'm just so clever with my late 90s Yahoo! self

And, if you like this podcast, please give me a five star rating and write a review on Apple Podcasts and, please, most importantly, share with your friends, family and other people you may know who are as phat as we are - that's phat with a PH.