

WHO'S DAT PHAT GIRL PODCAST - BROOKE HOOVER
TRAILER:

There was only one time I was called fat that I took it as a compliment. A lady at a plus size clothing store back home in Baton Rouge, Louisiana said to me (or more like screamed at me from across the store), *"Girl, you look PHAT. PHAT with a PH. PRETTY HOT AND TEMPTING."* I was 17 and it was the late 90s (naturally) and at a size 18, I didn't believe I was pretty, hot or tempting. But, I wanted to.

I kept telling myself, "When I lose this FAT (F-A-T) then I will finally allow myself to believe I'm PHAT with a PH." But, I kept packin' on the pounds and at my heaviest, I was 252 pounds and a size 24. Over twenty years, I have lost 100 pounds...through diet and exercise...and, you know what? I still don't fully believe I'm PHAT - pretty, hot and tempting. But, I'm working on it.

Enter this here podcast, WHO'S DAT PHAT GIRL.

I'm telling tales about my journey of weight loss and health gain, sharing tips that worked for me and definitely what did NOT and baring my soul through stories about confidence, Cajun comfort food and oftentimes, costumes. I'll talk about my journey of struggling with poly-cystic ovarian syndrome, balancing cheat day foods from biscuits to beignets with a plant based lifestyle including my beloved collard greens and red beans (hold the white rice) and how, through reminiscing about Halloweens, growing up down South in the 80s and 90s and my gigs as a working actor, I start to embrace my inner phat girl. It is my hope that these tales also inspire you to embrace your inner phat girl too. Remember, that's PHAT with a PH. Pretty Hot and Tempting.

©2022 Brooke Hoover WHO'S DAT PHAT GIRL