

1. Record Nr.	UNINA9910974460703321
Autore	Lau Kimberly J
Titolo	Body language : sisters in shape, black women's fitness, and feminist identity politics / / Kimberly J. Lau
Pubbl/distr/stampa	Philadelphia, Pa., : Temple University Press, 2011
ISBN	9786613196347 9781283196345 1283196344 9781439903100 1439903107
Edizione	[1st ed.]
Descrizione fisica	1 online resource (204 p.)
Disciplina	305.48/896073
Soggetti	Feminism - United States Feminist theory - Political aspects Group identity - United States African American women - Social conditions Self-care, Health - United States Women - Socialization - United States
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	The anatomy of a movement -- Experience : spirituality, sisterhood, and the unspeakable -- Performance : negotiating multiple black womanhoods -- New bodies of knowledge -- Re-articulating feminist identity politics.
Sommario/riassunto	In her evocative ethnographic study, <i>Body Language</i> , Kimberly Lau traces the multiple ways in which the success of an innovative fitness program illuminates what identity means to its Black female clientele and how their group interaction provides a new perspective on feminist theories of identity politics--especially regarding the significance of identity to political activism and social change. Sisters in Shape, Inc., Fitness Consultants (SIS), a Philadelphia company, promotes balance in physical, mental, and spiritual health. Its program goes beyond workouts, as it edu

