



Bex Bedford

Bex Bedford is a self-acceptance champion, voice over actor/producer, podcast host, YouTube content creator, public speaker, and entrepreneur.

Bex seeks to help those who struggle to find their truth and voice in the world. Of these many hats, speaking of her journey of self-love, brutal self-reflection, and overcoming years of self-hatred and doubt, is especially important to Bex.

In 2013 Bex started her vlog channel on Youtube called "Being an SSBBW" and it quickly gained traction, garnering hundreds of thousands of views. In her videos she speaks frankly about all facets of life as a person of extended size, her struggles and triumphs with self-love and self-acceptance, and topical commentary on current events in the plus size world.

After years of vlogging as Rebecca of "Being an SSBBW", Bex no longer felt connected to the name. SSBBW translates to "Super Sized Big Beautiful Woman", an acronym that wasn't representative of her message, but felt more exclusive, focusing too much on looks, size, and gender.

In 2019 Bex made the leap to change her brand from "Being an SSBBW" to Bex Bedford. Choosing Bex, a longtime nickname, afforded Rebecca the ability to just be herself, not bound by any one notion or group, allowing her to be her full, true, authentic self.

Bex uses her platform to share her philosophy, real life methods of self-love, self-reflection, and self-acceptance. She details the steps she took from being a full blown hermit to, now, a public figure. Hers is a story of consequence, self-reflection, love, addiction and evolution.