Fitter, Happier, More Productive
Curated by Lexington Davis

On view: September 8 - October 21, 2023
Tues. - Sat., 11am - 6pm

Opening Reception: September 8, 6 - 8pm EST

Location: 291 Church Street, NYC, and 3D Online

Featuring work by: Kate Cooper - Patricia Domínguez - Ilana Harris-Babou - Maryam Jafri - Shana Moulton & Nick Hallett


Fitter, Happier, More Productive brings together six artists whose work explores the toxic underbelly of capitalist wellness culture. The exhibition problematizes capitalism’s framing of wellness as a personal quest for self-improvement rather than a collective project requiring societal investment and systemic change. Instead of offering opportunities for reflection and renewal, wellness culture conditions us to see life as another mode of work, and work as the defining feature of life. By marketing self-care as an individualistic endeavor, capitalism gaslights the public into believing that issues created by corporate greed and a gutted welfare state might be solved by an açaí bowl, a yoga retreat, or twenty-five units of Botox.

In contrast, the exhibition’s artists propose understandings of wellbeing that confront socio-political histories, environmental degradation, and structural inequalities. By examining the social, political, and psychological effects of wellness culture, the exhibition reveals the need for new practices of wellbeing inspired by activists like the Combahee River Collective and Audre Lorde, who saw self-care as a radical “act of political warfare.” Through engagement with overlooked histories and social conditions, Fitter, Happier, More Productive highlights how wellness practices might be transformed from capitalist labor into tools of resistance.

Fitter, Happier, More Productive is an apexart NYC Open Call Exhibition. For more information on the exhibition and related events, email visit apexart.org/davis.php or email ash.hagerstrand@apexart.org.

Lexington Davis is a PhD candidate at the University of St Andrews, where her research explores 1970s feminist art and domestic labor politics. She has held curatorial positions at the New Museum, the Stedelijk Museum, Amsterdam, and the Los Angeles County Museum of Art. Her work has been supported by a Fulbright Fellowship, Harvard Radcliffe Institute, the Paul Mellon Centre for Studies in British Art, Prins Bernhard Cultuurfonds, the Association for Art History, and the Netherlands Institute in Athens.

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#FitterHappierMoreProductive