

Balance365 Episode 103 Transcript

ANNIE BREES

Welcome to Balance365 Life Radio, a podcast that delivers honest conversations about food, fitness, weight, and wellness. I'm your host Annie Brees along with co-founder Jennifer Campbell. Together we have a team of personal trainers and nutritionists who coach thousands of women daily and are on a mission to help women feel happy, healthy, and confident in their bodies on their own terms. Join us here every week as we discussed hot topics pertaining to our physical, mental and emotional well being with amazing guests. Enjoy.

ANNIE

Hello, my friends welcome back to another episode of Balance365 Life Radio. I have to apologize though. In between the few days of recording the episode and recording the intro, I caught a cold. So now I have this sultry, raspy voice thing going on, so you'll have to bear with me for just a little bit. Before I tell you about today's topic, though, I do want to read a super sweet iTunes review that a listener left us. She said, "These ladies get it. Motherhood, diet culture, married life, just it. I was mentally falling apart little by little with the harsh realities of diet culture and trying to be perfect. I stumbled across Balance365 on Black Friday and hopped aboard with every single thing they have to offer. And I don't feel one bit bad about doing something for myself, finally. Take a listen. You will not be disappointed." And I am definitely not disappointed in that super sweet review. Thank you to everyone who continues to share, to listen to download to subscribe to leave us an iTunes review Jen and I read every single one of them and we are so grateful. Okay, I'm going to quickly tell you about today's topic before my voice runs totally out of steam. Today's topic is super great because it's really common to find people thinking that big sweeping change is required for big results. And while it can happen like that, in our experience, more often than not, it's a series of consistent small changes over the long haul that lead to big outcomes. And on today's episode, Jen and I dive into what's keeping you from committing to a series of consistent small changes and how you can start tackling those today to get the outcomes that you've always wanted. It's super great. I think the information we share is really going to be a lot of aha moments for you. If that's the case, I would love for you to pop on our Instagram and tag us and tell us what you think of this episode. Thanks so much for listening. We'll talk soon.

ANNIE

Hi, Jen. How are you?

JEN CAMPBELL

Good. How are you?

ANNIE

I am so good. You've got a fuzzy vest on today. No housecoat.

JEN

No. [Laughs]

ANNIE

You're dressed up.

JEN

I have a fuzzy vest on because I'm cold and breaking my arm as I did a few weeks ago has proved to be challenging in the wardrobe department.

ANNIE

I would imagine.

JEN

So it's winter and I can't wear long sleeve tops and it's hard to get my arm through small arm holes. And you know, there's just a lot that you wouldn't think about. So yeah, I've only got a couple three quarters sleeve shirts and I've been wearing those over and over. Can't button my pants. Can't even really get leggings up. My husband will like hold them out for me and then I step into them and then he pulls them up for me. [Laughs]

ANNIE

We had a call, you and I were video chatting with, was it yesterday morning? You were getting ready. And I just thought, oh, like the way you're having to do your hair one handed, and your makeup one handed as like, oh, it just like affects so much.

JEN

It does, and everything takes me a long time to do.

ANNIE

Yeah.

JEN

So, you know, it's like what I could accomplish in a, say, 15 hour time span prior to breaking my arm is very different after breaking my arm. So, I keep trying to tell myself it could be worse. It could be, it could have been my right arm, not my left arm. It could have been both arms. You know, it could always be worse. And my husband's off work right now, which has been, like semi, he's got some administrative stuff, but he's got flexibility right now. So as far as timing, this was a good time for me to break my arm. So I'm trying to look at the silver linings but it does suck.

ANNIE

Yeah, it's no fun. I'm sorry.

JEN

Thank you. I'll get through it. I shall heal. That's what our bodies do.

ANNIE

She's wiggling her fingers. You can't see it now, but that's progress.

JEN

This is big progress for me to be able to wiggle my fingers. Now I can wave at people. Hi.
[Laughs]

ANNIE

[Laughs] It's kind of a meek hi, but...[Laughs] Anyways, okay, so let's talk about today's topic. Weight loss. And this is such a contrast, because I think most people think it's like big change, big results equal big change and like that's the only, that's the only way to get results.

JEN

Right. And I think this is our growing preoccupation in our society with quick fixes and wanting instant gratification and not wanting to pit in for the long haul and struggling with long term thinking, which I do. So it's not...You know, we kind of covered this in the hundredth episode, when we were on our first episode, I didn't even see, it wasn't even in my brain that we could make it to 100 episodes, right? So, long term thinking is something that people can struggle with.

ANNIE

Remind me to come back to that analogy a little bit later in the show, because I have, I think I have a good connection there. But I do want to note that when I wrote this outline, or thought of the topic, when I initially thought that it would be us sharing our small change hacks, you know, like, these are all the little changes that we've made, and how you can make them, like making your fruit and vegetables more accessible or packing your gym bag, and it's like, you know what, that stuff's a dime a dozen and what I really think needs to be talked about is why we don't think small change matters. Right? And how the mindset and the belief that we overvalue, like, these big sweeping changes, and we undervalue consistent changes, small daily consistent changes, right? Like that's the bigger issue here. It's not actually what you're doing, it's that you don't think what you're doing daily matters. That's the issue.

JEN

And this is kind of a conditioning or this is a message a lot of us have gotten from the health and wellness industry. Usually, they want you to buy their product and they're positioning their product or their diet or whatever it is, as that one thing you have to do, right, that makes everything else easy and brings the results but that's not true. Actually. It's so funny. I was reading this article the other day about how a lot of like, there's like fat burners and all these products out there, advertised front and center that you can have this body, whoever they put on the front with this one thing. But then there's always fine print and tiny little letters on those labels it's like, but must be accompanied with a change in diet and exercise.

ANNIE

Spoiler alert, that fine print is actually what really matters the most. [Laughs]

JEN

And fat burners don't work, more fine print.

ANNIE

Yeah. And, you know, honestly, I would be willing to bet that a large majority of our audience has tried to make big sweeping changes, and not been able to do it. I was the queen of writing down these big elaborate plans, like, I'm going to change all this. I'm going to do this. I'm going to do this. I'm going to do this. It's all going to happen Monday morning. It's gonna be so great. Come Monday morning, I wouldn't actually do any of it because big changes like that are overwhelming and they're hard, right? Or maybe you've been able to make big changes but you haven't been able to sustain them.

JEN

Yeah, that's more my story, is that I would implement the big changes, but I can't sustain them. And that's why weight loss stories aren't impressive to me anymore. I'm like, big deal. It's easy to lose weight. Keeping weight off is what people can't do.

ANNIE

Yeah, we talked about that in our member spotlight with Kim. A few episodes ago, we talked about how the problem wasn't for her to lose weight. She had actually lost a significant amount of weight in years past, but she couldn't sustain it. And that was so frustrating to her. She didn't ever give consideration to what am I going to do? What does it take to maintain this? And it turned out that what she was doing, she couldn't maintain, like she couldn't maintain and sustain those behaviors required to sustain that weight loss. So it wasn't effective, she would just you know, and you see this in women, they go up and down, up and down, up and down. They cycle their weight.

JEN

Yeah, like lots lots of women have gained and lost hundreds pounds over the decades of their lives. And that has health consequences of its own constantly going up and down and up and down in weight, which we cover in part one of our program. And I just read a study actually a couple months ago, by the University of... [Laughs] I can pull it up later. But basically, the premise was, it can be more beneficial for health care providers to focus on preventing weight gain, rather than promoting weight loss. Because people struggle so much with weight loss, the study's just saying that it can actually be more effective to just talk about how to prevent future weight gain, and like basically, you know, just steady that up and down, right? And that's a huge win, which we talk about with women all the time. And in Balance365 if you can stop those wild fluctuations, like because a lot of people will join Balance365 going, "I am here, I have a weight loss goal, I'm going to do it the right way." And that may not be the healthiest step one for you. Again, I will put this in the listeners hands to decide what's right for them. But that may not be

your step one, your healthiest step one might just be to stop gaining or to stop fluctuating wildly to just steady your weight. Just maintain your weight, right? Because often that means that you're, because again, weight is just a byproduct or symptom. If you have maintained your weight, it often means your habits have normalized and you are not eating...Your eating habits aren't so chaotic anymore. Which that's enormous progress, even if you haven't, don't see it on the scale.

ANNIE

Yeah. And we celebrate that as a huge win inside our program just to maintain your weight

JEN

When I maintain my weight, I've shared on the podcast before, just like my shock and disbelief when years started passing. And my weight was staying the same, you know, within this small range because my whole adult life had been just, although, as far down as I could get it, and then it would bounce back up and then as far down as I could get it and bounce back up. It was just, it was like, what? I don't have to be hyper vigilant to maintain my weight, like it's just steady, but that's because all my eating habits and exercise habits have become consistent, steady, normal, balanced as well.

ANNIE

Yeah, I'm picturing pulling back a slingshot. You know, like you pull that back, you pull it a little bit. It's like, okay, I could hold this tension here for a little bit. You pull it back even more and it's like, eventually you're like, you get tired and you like, and just let it go and it flies to the opposite side right?

JEN

And that's how where most people live.

ANNIE

And it requires so much effort to hold that, like, in that pulled back like cocked position. It's so hard and it's so emotionally challenging to be on the other end when you let the slingshot go and you feel like there are no boundaries, there are no, you know, like you're just, you've swung from restriction or being, you know, held back as tightly as you can to just flinging into chaos and that can feel really scary too. I'm actually quite proud of that analogy. I can feel that, like I can feel that -

JEN

Feeling Instagram posts.

ANNIE

Yeah, well, you know that feeling of like pulling back that slingshot and how like, you feel the tension start to build the more you pull it back. And anyways, I'm back onto the topic about small changes. And so you've probably, if you're listening, you've probably likely tried bigger changes and either couldn't even start it with all the big changes you thought you wanted to make or

couldn't sustain it. And one of the things I see holding women back from committing to a series of small changes is that they don't think small changes actually matter very much in the moment. And that's easy to do, because one indulgent meal that leaves you stuffed won't, isn't likely to cause permanent weight gain. And one workout doesn't lead to you being in tip top shape. And one glass of water instead of soda doesn't result in immediate weight loss, right? But over the course of days, weeks, months, years, those choices all have compounding effects. And James Clear talks about this, he makes the analogy to an airplane, and an airplane takes off at one airport, it's headed in one direction. And if it's off, just like by a degree, you know, it's like it doesn't really matter too much, but over the course of a four or five hour flight, like he's not even anywhere close to where he wanted to go, right?

JEN

It's about that trajectory that you're on.

ANNIE

Yes, exactly. So I think if you find yourself thinking those things like, "Oh, this really doesn't matter. There's like one, one meal won't hurt me, one workout isn't going to make a difference." Yes, that's true. But we need to have awareness of the big picture. Like, how often are we actually making those choices?

JEN

Right, right. It's like the Mario Kart analogy that we've used many times, which I brought to use saying, you know, I'm watching my kids play Mario Kart and they know where they're supposed to be on that road. And if they hit a bump in the road, it knocks them off the course or starts knocking them in the direction to be headed off the course. And then my kids, because we're not very good Mario Kart players, they start, you know, just like swinging the controller around wildly trying to get back on track, which actually just leads to overcorrecting and then having to overcorrect again and again until eventually they crash. But what I've taught them is that you have to nudge yourself back to center, right? So you don't get out of control. And that's what we're talking about here. That's what small changes are, they're just, you're driving, you have a goal, you're driving towards it, you can see it very clearly. Life happens. You get pushed off course here and there. That's okay. You can nudge yourself back to center. Those big wild sweeping changes, those become the overcorrection. And it's those over corrections that lead to human beings feeling like they're out of control.

ANNIE

Yeah. And also in that podcast with Kim, she made a comment about how her meals aren't perfectly balanced all the time. And I'm like, "Well, whose are, right?" It's not what we do some of the time. It's what we're doing most of the time. So yeah, one workout, and one missed workout isn't gonna, you know, take away all your gains and going to one workout isn't going to give you all the gains, but it's more like how often are we missing workouts? How often are we committed to going to workouts and the balance between the two?

JEN

Yeah, and it's also that, you know, some people do need some sort of basic nutrition education to understand a balanced meal and that's fine. We have lots of free material on that, or it's inside of our program. But I think one of the barriers here to people actually getting what they want out of life is their own selves and their own all or nothing thinking that this isn't enough, so I will do nothing at all or I can't do this perfectly, so I will do nothing at all. If I had a doughnut for breakfast, then I'm going to A&W for lunch like, just because they spiral, they're so quick to spiral. And which essentially turns into a relapse, which is a term we use as behavioral change coaches, our relapse is commonly associated with relapsing from addiction or alcoholism. But relapse is actually a broader term that can be used for any behavior change and that you set a goal, you start on a new behavior, and a relapse would be abandoning that behavior and going back to the old one. And so that's why relapse prevention strategies are so important, and they're part of our programming. Because you need to be able to do an assessment and get back to your desired behavior, right, but that whole eating a doughnut for breakfast might be a lapse, a lapse of your desired behaviors, but spiraling that into lunch and dinner and the next breakfast and the rest of the week, that then becomes a relapse, which is also super common. And once you realize that about yourself, you can figure out where you actually need support. You don't need any more support on what to eat, where to eat, what time to eat, you need strategies in place that support you staying on track towards your goal, and getting back on that track when you have a lapse, or even a relapse.

ANNIE

Yeah, and I know we've talked about this so many times, but we've worked with a ton of women, like a ton of women. Not even like in addition to coaching, and we've had numerous conversations in our Facebook groups, in person, with our circle of women, and it's very rarely a lack of knowledge. It very rarely...It's like, I have this analogy, like if I gave you a shopping cart and put you in a grocery store, and said, pick out foods that represent a balanced diet to you, our carts would probably look a little bit different. But mostly, I bet it'd be a pretty beautiful shopping cart. It's not that people don't know that, like, I need some fruits and vegetables, I should probably limit my sugar and alcohol in a more moderate way. And I need, you know, carbohydrates and fats in moderate amounts and protein. And it's, that's very rarely that it's an issue of like, "Okay, how do I actually make that information work for me consistently over the long haul?"

JEN

How do I do it? How do I stick to it? How do I make this part of who I am?

ANNIE

Yes.

JEN

Yeah. What do I have available to me or what are my strategies for when I do inevitably lapse, which we all do because lapse and relapse is part of the change process. Which I think, there's a lot of shame around lapses or relapses, because we've been painted this all or nothing picture

of health and wellness. But they're part of the change process, every single individual attempting any change will have lapses and relapses.

ANNIE

We say this all the time. And actually, I'm representing Balance365 at the women's conference here in a few weeks, and my talk is on this topic that we've been sold this idea that we need to be perfect to reach our goals. And we're over here like "Actually, that's the thing that's probably keeping you stuck. It's actually that like, it's hurting you. It's not helping you, it's hurting you."

JEN

Right. And it's also like, "What's your goal, right?" And if you use that slingshot analogy again, how big is your target, right? If your target is tiny, then there isn't, you don't have much flexibility. Right? But I think most of our targets are actually a lot bigger. If we step back to have a look and thought, "My target behaviors, what I want my health to look like, actually, that target is quite big." So it's okay to have a range of quote unquote, imperfect habits with them.

ANNIE

Or to have some misses. Like, that's okay to like, keep moving. You're just totally missed the target. That happened sometimes to the other thing that keeps us from committing to small changes that I want to talk about too is there's a threshold for change, that at some point, it moves from unseen to seen. Right? And James Clear also has this quote that change can take years before it happens all at once. And I like that because you know, social media comes to mind, but it's like, so often we're just seeing like the end result of people's journeys, or their experiences, like whatever, whether we're talking weight loss or you know, maybe they hit it big with a career opportunity or whatever and what we miss seeing is acknowledging all the work it took before any of that happened that got them to that spot.

JEN

Yeah, it's like the fat loss iceberg. Where -

ANNIE

Yes, yes!

JEN

- fat loss on the top, everybody can see what's above the surface. But the vast majority of that iceberg exists under the water where nobody can see, sleep, stress management, relapse prevention, strategies, consistency. Balanced meals, learning to manage indulgences, learning to manage feelings and coping and learn new coping strategies for their feelings outside of eating. There are so...A support system, right? Maybe coaching. There is so much underneath.

ANNIE

Have we ever released that image?

ANNIE

No, but -

ANNIE
Oh, okay.

JEN
Social Media Manager over there, I'm sure the wheels are turning. [Laughs]

ANNIE
Me. She's talking about - I'm the social media manager. [Laughs] I will bundle that up to the social media department stat.

JEN
[Laughs]

ANNIE
Yeah, for sure. And it's like, even yesterday, I was watching on Instagram. I found myself in a rabbit hole of parkour. Is that how you say it?

JEN
Oh, yeah, parkour.

ANNIE
Yeah. You know, like the people that are like jumping off like...

JEN
There's an Office episode about parkour.

ANNIE
[Laughs]

JEN
Have you seen it?

ANNIE
I'm sure I have. I don't remember it now though.

JEN
Michael Scott and Andy, and maybe Dwight are out in the parking lot doing parkour and they're jumping from like garbage bins on the building. Okay.

ANNIE
I'm gonna have to go back and watch it but funny. You know, obviously what they show is like these big amazing jumps and like these skills and tricks and all this stuff, and in the caption on

one of these posts, he said that he was so happy to be doing this again because he had had some nagging upper body injuries. And I'm like, "Yeah, you don't see them." [Laughs] Jen's holding up her broken wrist. But you don't see the falls. You don't, you know? Like, I love that we're really transparent. But not everyone is, and you don't always see people's relapse, their mistakes, their misses, like where they screwed up.

JEN

If I'm posting videos next winter of me grinding down rails at the train park at the ski hill, just remember this moment, my first ride down a rail in a train park resulted in a broken arm.

ANNIE

I'm just so impressed that you even tried that.

JEN

I am too. And I'm trying not to let this trip me up from going out there again. No regrets.

ANNIE

I'm like, that's cool mom stuff right there.

JEN

Thanks. I felt pretty cool when I was doing it, until I caught my edge and was flat on my face.

ANNIE

Oh, yeah.

JEN

Yeah. Anyways, but that's cool, right? Again, as you say, failure is part of the process, all processes right?

ANNIE

Yep.

JEN

And even when you don't succeed. One of the main factors that's been identified around people who do not succeed towards their goals, any goals, weight loss, getting healthier career, they are failure averse. They are discomfort averse, and because most people, they're not willing to fail, and you will. If you're not willing to fail, and come back from failure and learn how to come back from failure. You will not succeed with what you are after.

ANNIE

That's actually something, I think failure adverse goes hand in hand with perfectionism. Because people, perfectionists, fear failure, right?

JEN

This is your ego. I understand, I'm a recovered recovering perfectionist, I know that there's a world of hurting underneath that perfectionist mask. But yeah.

ANNIE

I think that's a great segue into my last note on why people are holding back from committing to a series of small changes, is and that's because they're too focused on results and goals, like the end point and they need to be more focused on the actions that are required to get them there, the systems, the processes, and we just had a really great training for our Balance365 coaches, we have, if you're new here, we have small group coaching, in which coaches are working pretty closely with our members through a curriculum and we offer education for them, ongoing education, as we move through the program for our coaches, so they can take that information back to the members. And so we were having this training a couple weeks ago, and we were talking about how if you want fat loss, you have to commit to the process of fat loss. And so many people out here are just committing to the end goal, right? Like, they just want fat loss. And we're like, No, you need to commit to the process. And in that process, includes failure.

JEN

Yeah, and if you're only committed to the end goal, then you will use whatever means necessary to get there, you won't stop to consider if those means are enjoyable for your life, if they're sustainable for your life, or if they are healthy for you personally. And if they don't check those three boxes, I'm not interested. And that's because I understand having that end goal and keeping that end goal is about repeating that journey and staying on that journey. And it becomes a system that you need to repeat over and over and over.

ANNIE

Right. And don't get me wrong, like goals and end points are important. They provide the direction, but it's no different than going on a road trip and saying, "I'm going to drive to LA," like, "Okay, great. I know where I'm, I know which direction I'm headed. But how am I going to get there? Like, which road am I going to take? Where am I going to make my pit stops? Where am I going to eat? Where am I gonna sleep? What car am I going to take there, am I going to fly there? Am I going to walk there? Am I going to run there," like, you still need to think about the system that's going to get you from point A to point B.

JEN

And understand that that system becomes your life, right? That becomes your day to day life. So an example from I guess the media we could use since it's public is Jessica Simpson, a singer, very popular. Probably when you and I were in our prime. [Laughs]

ANNIE

We're still in in our prime. [Laughs]

JEN

We're entering it.

ANNIE

Neither one of us have peaked as far as I'm concerned. We're on our way up.

JEN

So yeah, anyways, Jessica Simpson, popular singer in North America, I'm not sure if she was popular, we're alive. But anyways, very popular in North America. She just talked about her journey with her weight because she just released a book and she was basically taking diet pills for 20 years. So I don't know what exact pill it was or what the effects were on her but it's like, look, if that's the path you take, if weight loss is your end goal, and you have not thought about the journey or even if you shouldn't, if you are hyper focused on that end goal, and you will do whatever means necessary to get there. And you will use diet pills without any consideration of those three things that I just mentioned. You will choose diet pills, and you will be taking diet pills, 20 years to sustain those results, right? And that's, again, we keep repeating this, whatever you use to get the result you want. You have to be willing to use that forever, or you will not keep your results. So if you decide to use, I don't know, I don't want to name any diets here, but a certain diet. Well, we've done a whole podcast on my experience with keto. So we could talk about it. Because I kept using keto. And that's the only thing I knew. And that's the thing I stuck to every time I wanted to lose weight. As soon as I wasn't doing keto, I was putting weight back on. But I didn't have any, you know, I didn't have the knowledge I have today. You know, keto might be sustainable for some people, but it certainly wasn't for me,

ANNIE

Which is another vote for small consistent changes.

JEN

Right, and also understanding that you might decide there are 10 small changes you want to make. But if you're trying to implement all of them on Monday morning, that amounts to a gigantic change on one day, right? So we're talking small, consistent changes. Rolled out over time, as you have the mental, emotional and physical capacity to handle them.

ANNIE

Yeah. And that can be easy to do when you're focused on small changes. Because as you said earlier, it's kind of like, this is easy. But at some point, there's like a tipping point that's like, okay, this is no longer easy.

JEN

Yeah. And so also to understand in the change process, when you implement a new change, and you're working towards it, becoming a habit or something you can do consistently. It is more effortful before it feels effortless, right? So it's always that learning. So it's like, when you're learning to brush your teeth, it requires more effort than when as soon as you've established that tooth brushing habit, as soon as it's become a habit and automatic, then your effort to maintain that goes down. So there's always an increase in effort at the beginning of any new

change, which leads to a decrease in effort, which is why it's sustainable to layer habit on top of habit on top of happen, because you don't have to sustain this huge effort all the time.

ANNIE

I think a really tangible...Like, if you've ever learned a new movement and exercise, you can understand or you can see, can recall that experience of how when you first learn a new movement, it's really difficult. Like, it's hard and you have to think about like, "Where are my feet, where my hands? Where's the weight in my body? Like, how do I do this? Am I breathing?" And then eventually, over time, you're just doing the thing. And you're not thinking about all those like minor details. They're just like, this is where my hands go on the barbell. This is where my feet go, this is where I'm breathing.

JEN

When I first started kettlebell swings, I was sure that I was going to hit myself in the vagina, or vulva, any moment.

ANNIE

And?

JEN

It was very uncomfortable. Now I do them all the time, and I never think about it. It's not gonna happen. I also wanted to mention that again, with any new change or any new skill you're learning, you will be on a scale where you fail more than you get it right initially, but the more you do it, the less failures you have and the more successes you have. And we could compare this to a child learning to walk. When a child learns to walk, they fall down more than they're able to complete their walk from one piece of furniture to another, but the more times they try, and the longer they stick with it, pretty soon, they're walking across the room from one piece of furniture to the other, and they're rarely falling and the goal may not be zero falls because we're all going to fall a time or two. And the goal is never perfection, with any new habit change. But that is a great way to look at approaching any new habit that you want, whether it's eating more fruits and vegetables throughout the day, or starting new exercise habits or going to bed earlier, etc, you will fail the most in the beginning stages. But as we've covered in another podcast we just released, that you did. What was it, the four things women do or not...the four things women?

ANNIE

What are you talking about, the one we released? Four things women who lose weight and keep it off refuse to do?

JEN

Yes, that one. They refuse to give up, right? That was one of them. So they understand that this failure that you feel at the beginning is part of your journey to success.

ANNIE

And it might even include, I don't even know, I don't want to say failing. But reframing these beliefs that like small changes do matter. And I'm giving more time and attention to my process. So my systems versus the end result and the goal and I am staying patient myself, that also takes effort, you know, and so you're trying to not only...We're talking about, you know, adjusting your habits, we're also talking about adjusting your mindset around adjusting your habits.

[Laughs]

JEN

Right. [Laughs]

ANNIE

So, and, there, you also have to have as much compassion, because, I mean, and we talked about this in terms of like body image, but I think you and I have done such work on improving our own body image. And there's people out there that I know, I've been on the receiving end of comments, at least I'm sure you have, too, that are like, think that we just don't have bad days. And it's like, No, no, no, we have bad days. Our thoughts...[Laughs] She's holding up her arm again. It's not that we don't have bad days. It's just we have more compassion and a better awareness and understanding that when those bad days do come up, we kind of just roll with it.

JEN

We accept them.

ANNIE

Yeah, easier than we did in the past so on the same front, you might catch yourself thinking, "This change really doesn't matter. This small thing that I think, you know, Jen, and Annie said was really important. I don't really think it's important." But if you just kind of like pause and be like, "Oh, I'm thinking those old thoughts again," and just create an awareness around it that over time, you can reframe your mindset and beliefs about change.

JEN

So I thought we could wrap this up with you and I each sharing some small changes we've made. Let's keep it on health and wellness, since that's what our podcast is about, that have led to the results you and I each have today.

ANNIE

Okay, that wasn't on the outline. You put me on the spot. [Laughs]

JEN

You're like, "Wait a second. I'm the host of this podcast."

ANNIE

You know, honestly, I know they're there. It's just they're such a part of my engrained day that I don't even, I don't even recognize them as change you know.

JEN

I'll go first -

JEN

Since you're really struggling here. Sleep. Sleep has been a foundational change for me and making it okay to prioritize sleep over other health and wellness behaviors that women are programmed to believe must be completed every day or their life will spiral out of control. So sleep is my number one habit. Number two is probably fruits and vegetables, for me. Fruits and or vegetables at each meal. Number three I have to say I've mentioned this in previous podcasts, eating larger, more satisfying meals. Less often I used to be a like real mini meal type of lady. So I was never really getting hungry and I was never really satisfied. So I eat three or four meals a day. And lately I would say, well now I have this broken arm, but movement is starting to become something I've always kind of struggled with as being part of who I am. And it was always like, when things got tough for me, it was the first habit to go and then when things would slide back into what we call a green zone, an easier zone, it would be the last habit I would bring back on board, but I am finding in the last little bit here that movement is becoming something that's becoming more important to me in part of who I am. So yeah, those would be my small changes that have led to me being in the health that I am, mental health, too, as well and physical health. At a weight that isn't my lowest, but isn't my highest that I feel very comfortable. And those are my little changes.

ANNIE

Okay, thank you. [Laughs]

JEN

Those are all great. So I think the first thing that comes to mind has to do with my environment, small changes in my environment. I've shared this before early, early podcast days about boxed wine. And -

JEN

I remember those days. [Laughs]

ANNIE

So, the cliffsnotes version was, we used to buy boxed wine because that seemed to be like more economical, and I loved the idea that you could just pour like a half a glass, but what ended up happening was like one glass would turn into a glass and half and two glasses, then two and a half glasses and three glasses and before you know it, I was consuming a fair amount of alcohol throughout the week. And now I just I stopped buying boxed wine, I will buy a bottle of wine. And when that's gone, that's gone. And I don't always keep alcohol in the house. If I want wine, I can go get it but like I need to, it's like a matter of inconvenience. We talked about this on the treadmill podcast, like, I now have a small obstacle in the way of getting that alcohol. So I have to really want it to go get it.

JEN

Right. So Annie, the first change you made was to your environment, which is putting barriers in place between you and the...

ANNIE

Bad habit.

JEN

The bad habit, so that if you really want to proceed with that bad habit, you aren't just doing so because it's there. You have to do a bit of work to get to that bad habit.

ANNIE

Yeah, which is, and we say, when we say bad habits we don't mean, I don't mean like drinking wine for you or having boxed wine in the house for you might not result in a bad habit. For me it was resulting in overconsumption, more more alcohol consumption than I was comfortable with. And so for me, it was a habit that I wanted to decrease or eliminate and a great strategy in doing that is to make it inconvenient. Even slightly slightly inconvenient. Another small change that I've made though is really focusing on having multiple protein sources available to me in a quick pinch. Today's a perfect example. I have been podcasting all day. I don't exactly have a lunch break, but I had some fish available in the fridge that I had prepared on Sunday or something like that. And...[Laughs]

JEN

Ew.

ANNIE

It's really good. It's really good, I swear.

JEN

It's Wednesday everybody.

ANNIE

[Laughs]

JEN

She's eating three day old fish. Sounds yummy.

ANNIE

Anyways, I paired that with some rice and vegetables and I've got a quick easy meal and because I know that protein is a very important element to my balanced meals, it also seems to be the one that takes the most time for me to prepare, like I can get carbs pretty easily, I can get vegetables and fruit pretty easily, fats, or you know, throw some cheese or salad dressing on something and I'm good to go. Like that doesn't take much ever, but protein seems to be more of a struggle for me so I have made it easier to get adequate protein.

JEN

Awesome. So that's the other center, the other end of the spectrum where you've eliminated barriers between you and your desired habit. So it's easier to choose that. I want to note that what we tell Balance365 members is to think about you know, a balanced meal is made up of, we have fruit and veggies, fat, protein, and carbs, which fruit and veggies are carbs, but our carb category is, we mean like starchy carbs, whole grains. And so, carbs and fat are usually available to us in convenience form. Any place right there the things that are in your pantry, the crackers, and nuts or even more refined things like cookies, etc. What's difficult for people in finding balance is usually the fruit, vegetable, protein categories. And so instead of obsessing about your whole diet, put your energy into those two components and making those two things more accessible to you and your family and balance could come naturally. I think that's a really cool thing for you to share Annie because I think that's helpful to a lot of people.

ANNIE

Yeah, well and that's actually something we talk with our members, too, like, you might not need to track everything, like all the elements of your plate all of your habits, like just track what really needs your attention, and I'm willing to bet in most cases, it's not sunup to sundown, wake to sleep, like you don't need to track absolutely everything. And when we say track we mean a variety things like monitoring, a way to monitor your habits, your plate, whatever, you know, which can look like a variety of ways in our members group, but really, just narrow in on what needs your attention, where the sticking spot is. And put all your energy in that.

JEN

Yeah, like nobody's over eating fruits and vegetables and protein. That's not typically where people have their struggles with overeating. It's usually actually with carbs and fats or when they're combined.

ANNIE

Yeah, absolutely.

JEN

Yeah. So that's a really, really great share. Thank you. How about one more?

ANNIE

One more, I think also has to do with environment. And it would be showing up for CrossFit. The community is such a big, like, I am social. I'm a social exerciser. I mean, even today, in the middle of the workout, it was like every minute we were doing something, you did as much as you could or you did set amount of reps and then you got to rest the rest of the minute, multiple times I was late starting the next minute because I was chit chatting. And like, that's the incentive for me to go. I wouldn't go do that workout on my own. I just wouldn't.

JEN

It's just that's your community now and so exercise has become part of how you engage with your community.

ANNIE

Yeah. And I think so, so often on that note, women think that they don't have, they lack the willpower, the dedication, the drive to work out on their own.

JEN

We all do. [Laughs] PS, we all do.

ANNIE

And it's like, so get yourself a friend, or a lot of friends.

JEN

Yeah, I mean, some people do thrive on their own.

ANNIE

Sure.

JEN

And that's totally cool. But I would say the majority women that we work with, we have trouble making it stick, and so I've done the same thing. I have a workout friend and three mornings a week and she holds me accountable. And I really need that when it comes to exercise.

ANNIE

Yeah. And all of a sudden, I'm putting my energy into just showing up for class. Like, I'm not like, because I know if I can get my my butt in the car to go there, it's all game over, like I don't have to worry about what the workout is or how much weight I lifted or you know how many calories I burned, which I haven't even considered in years as it relates to exercise. But I know that I can just put all of my, harness all of my energy into just getting to the gym. And the rest will just, it's like a domino effect, just by getting into the car to go into the gym. I knock over that first domino, and it's like this chain reaction.

JEN

Awesome.

ANNIE

Yeah.

JEN

Very cool. Well, great podcast.

ANNIE

Yeah it was. This was fun. We should do this again next month.

JEN

We will.

JEN

All right. [Laughs] All right. We'll talk soon, Jen. Thank you.

JEN

Bye Annie.

ANNIE

Bye.

ANNIE

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