

# Balance365 Episode 105 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 discuss hot topics pertaining to our physical, mental and emotional well being with amazing guests. Enjoy.

ANNIE

Hello my friends, welcome back to another episode. I have to tell you I'm pretty stoked about today's topic because it comes up often in my conversations with my girlfriends and in fact, that's what gave me the idea for this podcast topic. I shared in an episode that I got a phone call from a girlfriend a few weeks ago saying, "I have done CrossFit for four months. And I look no different. I haven't lost any weight" and she was feeling super frustrated and that sparked a conversation about do you really need to exercise to lose weight? And on today's episode I have Michelle, Michelle is one of our Balance365 coaches. She is also our community coordinator inside our Balance365 member group. She has an extensive experience in education with exercise, and just like me, she loves it. And we might surprise you on the answer to do you need to exercise to lose weight? I think you're gonna love this episode. If you love it, I would love for you to share it with a girlfriend on your feed, tag us while you're listening. I appreciate all the shares, all the love, all the reviews. We couldn't do this without you. So enjoy this episode. Talk soon.

ANNIE

Michelle, welcome back to the show. How are you?

MICHELLE PHILLIPS

I'm so good, Annie, how are you today?

ANNIE

I am so great. I am so happy to be...it's just you and me. This is like a fun little, not typical podcast. But I'm so excited to discuss this topic with you because you have an extensive background, education experience with exercise, as do I, and I think we're gonna like really jam on this topic. Well, I think we both probably have a lot to say on it.

MICHELLE

I think this will be fun. I think we're both like fitness mutts and we love to try things and teach things and do all the things fitness.

ANNIE

Did you just call us a mutt? [Laughs]

MICHELLE

[Laughs] A fitness mutt, yes, like a mixture of all the...[Laughs]

ANNIE

You say mutt, I say a hybrid, like, hey, you know what, I used to train specifically only powerlifting and that's all that I did. And it was great. It was fine. I got really strong, but I also missed the variety and exercise and so I really do like to...People I like Like, "What gym do you go to?" And I'm like, "It depends on the day like, I don't know, do I want to yoga? Do I want to walk outside? Do I want to go to CrossFit? Do I want to lift weights?"

MICHELLE

So many options.

ANNIE

I know. And yeah, anyways, that could be a whole 'nother episode, is how to find exercise you love because clearly you and I like geek out about it. But today we want to talk about the concept...Do you have to exercise to lose weight? And I'm tempted just to give the short answer which is no. [Laughs]

MICHELLE

No, no.

ANNIE

But I really want people to listen, continue to listen not just get that like "Okay, I can quit exercising," because there is a way more in depth answer, and there's a longer answer as to why you don't need to. And we have a lot of thoughts and alternative suggestions on benefits that exercise does have, like more energy, better mood, better sleep, better health metrics, like blood pressure, resting heart rate might be lowered. But weight loss may or may not be on that list for a few reasons we're gonna discuss right? And I don't want to tell people like "No, you don't have to exercise to lose weight" and if weight loss is a goal, then they just quit exercising because what I'm saying here is exercise is so beneficial, whether you lose a pound or not.

MICHELLE

Mm hmm. Exercise has so many benefits. And I'm glad you led with that because the health benefits of exercise are so much more important than the weight loss benefits. I mean, you you rattle off a couple great ones with the better sleep, better mood, better physical mobility. I mean, that's one of my favorites is when you start moving more your body it just feels so much better. And you really get in touch with yourself, you start to have that boosted confidence in getting in touch with yourself on a physical level and increased strength and I think as women especially, you know this from your CrossFit, from training with strength training, women really need that

strength training component to maintain their bone density and their muscle mass as they age. So we see a lot of really great reasons to exercise completely aside from weight loss.

ANNIE

Yeah, in fact, I just had a call, she listens to our podcast, she's a Balance365 member. She's also a friend of mine. And she found me, she joined a local CrossFit gym because she realized that she really likes early morning accountability for exercise. And that when she doesn't have, like, a class, a community that she is showing up with, she's just not likely...And first thing in the morning, if she would try to do something in the evening on our own, like exercise just doesn't happen. And she calls me and she's like, "I've been doing CrossFit for four months, and I don't look any different." And I'm like, "Whoa, whoa, whoa, whoa, whoa, whoa," like, there is probably so many benefits that aren't noticeable, but are notable that should not be ignored.

MICHELLE

Mm hmm.

ANNIE

And so I gave her a little pep talk on that, but it but it can be frustrating if you're exercising to lose weight and you're not losing weight and then you're like, "Well screw this," I don't like, maybe you don't even like exercise in the first place. You're just doing it because you think you should to support your weight loss goals. It can be a really frustrating cycle to end up in. Right?

MICHELLE

Very discouraging.

ANNIE

For sure. So let's start by, I have a few reasons here. Reason number one why you don't need to exercise to lose weight is, and why that might not be working, is because you have to exercise a lot to burn off even a small sweet treat. And I think about in my days when I used to monitor how many calories I burned through exercise. I'd have to walk or run, trot, I should say. [Laughs] I don't really run. Jog. For three or four miles to burn off a cookie, if that's how I was looking at, which is how I looked at it, that's quite a bit of time for me, for someone that moves at my pace. My trot pace. That is like, that's a 40 to 50 minute investment to burn off the calories I could consume in one small treat. So that's when you see people getting into using exercise as a way to negate what they eat and we've talked about that before on previous podcast - Halloween.

MICHELLE

You ate it and now negate it.

ANNIE

Yes. That used to be a featured like, reoccurring feature in Shape or Health or one of those fitness magazines. And I always remember thinking like, I eat a cheeseburger and now I have to go do 700 burpees

MICHELLE

Like an hour of your life you'll never get back. [Laughs]

ANNIE

Right, well and I mean, we could we could talk so much and we have before on how that just really doesn't curate and promote a healthy relationship with exercise or food. Like, I don't want to look at food and see how long I have to exercise to burn it off. That's not fun. So I guess, you know, and you've talked about this too, like sometimes people are trying to, what did you say, out-exercise a poor diet?

MICHELLE

Yes. They compensate for, they avoid changing their nutrition habits for the purpose of like, they justify it by moving more. So they earn and burn type mentality.

ANNIE

I haven't heard earn and burn but gosh, that's that's catchy, isn't it?

BOTH

[Laugh]

MICHELLE

It sounds good. I mean, it sounds good when you say it out loud, but it's damaging to like, like we were just talking about it's damaging for your relationship with food. For your relationship with exercise, I mean you should, when you spend your life earning what you are eating, it's damaging.

ANNIE

Yeah. And I realized that I just totally skipped ahead on the outline which Jen does this to me all the time.

MICHELLE

[Laughs]

ANNIE

And I get mad at her. But I just went right to reason number four with that, that you're trying to out-exercise a poor relationship with food.

MICHELLE

Oh, there's so much more we can say on that though.

ANNIE

Yeah, it is. Well, have you ever done that? Have you ever tried to?

MICHELLE

Oh, yeah. I mean, it's so much different now. But I remember when I was in college, and having I mean, granted, there was the time to do it. But I would work out for four hours to try to earn more points for my, oh my gosh, it's almost embarrassing to admit, for my beer nights or whatever it was. We were doing like pizza and beer. And to try to rationalize it by "Oh, it's okay. I was on the elliptical for an hour today and I lifted weights" and really just it created such a distorted world. But really that "I earned it now I can eat it" mentality.

ANNIE

Right. And you know, we've talked about how inside our Balance365 bubble, most women don't use this kind of language because it's not the norm in our community. We're not talking about earning food or burning off food or negating the food we ate or using exercise as punishment. That's just like, we don't do that.

MICHELLE

We teach them to eat the cupcake and move on with life.

ANNIE

Right, and eating the cupcake has absolutely nothing to do with how much you exercise or didn't exercise like they're totally standalone elements of your day. But some of my girlfriends still talk like this. And it's like, I feel I've even used the terms like you're not a dog. You don't earn treats, you don't earn food. Like I ask my dog to sit and I give him a treat, like, humans are not the same, like, you deserve to eat, regardless of how much you exercise, how much you don't exercise. A treat is a treat, you can actually have the treat and just move on and not exercise to negate it. Like these are all options, but we have been conditioned in large part with our culture to think that exercise is a way to negate our food choices. Especially poor food choices, right?

MICHELLE

Mm hmm.

ANNIE

Reason number two, why exercising to lose weight may not be working for you is because exercise actually makes you feel hungrier. And this is something people don't talk about very often. I personally feel this like in my gut when I have a an intense CrossFit workout. My hunger is so ramped up, and it took me a while to catch on to that. I'm like, "Gosh, I feel ravenous. Like, I feel like I could just eat everything." And then I started connecting the dots. And then combined with reading the research. It's like, "Oh, yeah." Actually exercise when you burn those calories, your body is like trying to get you to fulfill them, like you need to replace them because it's trying to maintain, that's what your body's wired to do. It's a really smart system. So no wonder you're hungry when you exercise.

MICHELLE

I'm curious, do you feel when you when you're starting to notice this, do you feel it the next day or like the same day after a hard workout?

ANNIE

I think I'm usually same day. It you know, it depends. Actually exercise...Sometimes if I exercise intensely enough, and this is all relative, right? Like intense to me is different than intense to you. It's different in Sharon and Karen and stuff, you know, whatever. So keep that in mind. It's not like you have to be like elite level athlete to work out intensely, right? Anyone can work out intensely, it's all just relative to them. Sometimes when I exercise too intensely though, it can decrease my hunger temporarily. And then it finds its way back to me. And I'm like, "Oh, there it is." So I don't know. What about you? Are you the same day?

MICHELLE

I'm more of a day after all of a sudden, and it really varies with the type of workout and just like you, I had to figure out for my body like which workout seemed to trigger hunger responses a little bit more than others. And every woman is different with this. I have friends who, it suppresses their appetites like nobody's business. And for me, it takes about 24 hours after cardio based workouts that I'm like, "I'm really hungry."

ANNIE

Yeah, I've heard that specifically, I feel that with cardio, I think that's because I have...My body's not very efficient at cardio, so I have to work a lot harder to do cardio movements. But I've also heard women say that about strength training, when they start lifting their hunger increases, which could be for the very reason that cardio makes me hungry. You know, if you're learning a new skill, it takes a lot of energy, too, you're just not efficient at it. And that's like kind of the goal of exercise, to become more efficient, more efficient. So over time, it becomes easier. But then when it gets easier, you just add more weight and make it more difficult. So it's a never ending circle. But there is research that backs the exercise can make you feel hungrier. And there there is a couple studies that I want to note here. There was one study that carefully tracked how much people ate and moved after starting exercise. And they found that many of them failed to lose weight or even gained weight, because they also reflexively changed their lives in other subtle ways. And so kind of to piggyback on it makes you hungrier, it's also possible that when you're exercising, you become more sedentary throughout the day, which maybe sounds counterintuitive. You're like "Okay, I've got this energy, but like, it's possible, like, I have days now that we have a desk job essentially for Balance365, we have a lot of meetings, a lot of back end work. It's great. It's a good thing. But I am not the stay at home mom that I once was. So I go to the gym and I work my butt off for 45 minutes to an hour, most days of the week, but then I'm sitting on my butt the rest of the day.

MICHELLE

Mm hmm.

ANNIE

Right? And and sometimes the exercise can give you that. You can think like you were saying " I went to the gym, like, I'm good. I checked off my movement thing." But then you're like, "I'm just gonna sit on the couch for the rest of the day."

MICHELLE

Or your too sore?

ANNIE

Yeah, yeah, that's it. That's a great point. That's a great point that you just can't move. Because it hurts. Yeah. Do you find that you're more sedentary on days you work out? Or are you like, body in motion stays in motion sort of thing.

MICHELLE

It definitely depends on the day and I think similar to you, I've noticed that it's like I'm more willing to relax physically. After I get my workout done, it's like, "Okay, that's out of the way, I have that sweat taken care of, and I felt like I moved my body." So I'm kind of like, "Meh, I'm good, the dog's fine. I mean, he doesn't need to be walked." [Laughs]

ANNIE

Right? Whereas if you didn't exercise, it's possible that maybe you would walk the dog and you know, walk around laps if you're taking your kids to the playground or you go run more errands and you know, you're just moving. That's what we call NEAT, your non exercise activity thermogenesis, which is all this stuff you do during the day that's not a structured exercise routine, and it's part of our program in Balance365. It's a focus, which you coach women on and their movement habit in our coaching program, right? And it's easy to poopoo because you're like, "Really? Like you want me to, like, squat when I fold the laundry? Or you want me to like stand when I'm talking on the phone instead of sit." But that adds up. And in fact, we have a chart inside the program that shows that NEAT, calories burned from NEAT, generally account for more than a workout.

MICHELLE

Mm hmm. And it's so easy to fit in. Because I think one of the mistakes that people make with workouts is that they get so hyper focused on getting an hour or a certain amount of time that they completely discount all of the NEAT that they can get in. And when you're, when you're a busy working woman, or just busy with other things, if you're a stay at home mom, I mean, it adds up quick, those squats during the laundry, that parking a little bit further away, and it's easy to discount when you're not getting in a "true" workout. I say that in quotes, but it's so important.

ANNIE

Yeah, it's reframing, especially, I think that's a big obstacle for people that either at one time, were exercisers or are exercisers. It seems to me, this is just my observation, correct me if I'm wrong, if you've noticed something different, but women who don't currently have an exercise habit or haven't ever really had an exercise habit embrace the idea of NEAT easier, like, because for the same reasons we're talking about, like, I'm like "No, a workout is the most important use of my energy." And we would offer that like "Well, actually, maybe not." It could snowball as we noted, it has so many benefits. It could be a snowball habit, that maybe you sleep better, maybe you're more productive, it helps you manage your stress. But also from a

movement standpoint, you might be able to get in just as much, if not more without the workout and focusing on your NEAT.

MICHELLE

Mhmm. Can I use a personal example?

ANNIE

Absolutely.

MICHELLE

So I feel like a lot of our listeners at some point may have had injuries or recovery that they've had to deal with. And for me, as someone who's always trying to work, I love to work out. Okay. And so when I had to take a break from hardcore workouts, and chill and I had to really, really dig into my mental attitude with exercise and focus more on NEAT. And being proud of my ability to walk without pain, or slow down workouts and learn to walk heel toe, I had a foot and ankle injury. That's where I really started to embrace NEAT for what it was. And it's just that extra activity. And it being completely natural, and it was easy. Like, just like what you were just saying, as someone who's like, "Well, I work out and I'm hardcore." Yeah, it was an adjustment.

ANNIE

And that I think goes back to that all or nothing mindset. Like, if I can't do a workout, then I'm just gonna like, take the whole day off and chill on the couch. And like not do anything, which is fine. Like you're grown women. I won't swear. [Laughs] You're grown women, you can make that choice for yourself, but there could be a really a lot of opportunity in NEAT. So just keep that in mind that if you if weight loss is a goal, and you aren't interested in exercise, you aren't able to exercise for whatever reason, energy, preference, schedules. Don't poopoo NEAT. Right?

MICHELLE

Right.

ANNIE

The other reason, I think this is technically the third, but I skipped on the outline. So now it's our fourth. And this is such an interesting concept. But the other reason why relying too much on exercise to support your weight loss methods doesn't always work is because of something called the healthy halo effect. And this was studied more heavily in food. But it applies to exercise. And this is something we've talked about, I think on our Tracy Mann podcast, she's studied this a lot. She wrote the book "Secrets From the Eating Lab." And it's the concept that you allow yourself extra indulgences on days you exercise, and one study even suggested that just merely thinking about exercise led people to serve themselves larger portions. [Laughs] Which I find just fascinating. Because it's like, you don't even know you're doing this. Like, most people aren't even aware that they're doing it, but it's just like so wired in us. But what happened, the study they did was on milkshakes, and I think we talked about this back in the Tracy Mann podcast. They had a milkshake, same milkshake. They positioned one milkshake to

one group of people as a milkshake. This is an ice cream dessert, right? Do you know this study?

MICHELLE

I haven't heard of this before. I'm so fascinated by it.

ANNIE

Now. I'm gonna, now I'm worried I'm gonna butcher it. It's been a while since I've looked at it. But then the other one I think they labeled it as like a like a healthy shake. Like, this is like a post workout protein shake. That wasn't the language they used, but they positioned it as something that was healthy. Again, this is the exact same shake that they served these people. They noticed that the people that had the milkshake, the indulgent milkshake that was labeled as a dessert, consumed less. And then the people who thought they were eating a healthy milkshake. And you see this sometimes too, like, like, I used to do this when I went to Subway in my dieting days, I would like, my sandwich would just be so dry, because I was trying to like keep it low calorie, but then I would get a cookie, you know, because it's like, "Oh, you know, my sandwich is like, it's super low calorie so that I can like balance it out with a cookie." And that's what they're talking about, like, you make compensations or adjustments or trade offs. Because you think in this context you've exercised, so therefore, I can have, you know, your beer night or whatever, which, again, you can do that. Whether you exercise or not, which is what we're trying to hammer home. Right? Have you ever found yourself making different choices? Because you were like that, you were healthy, quote unquote?

MICHELLE

Absolutely. And I think that actually started when I was in high school. One of my adult figures in my life would say things like, "Oh, it's okay, you went for a walk today, you can have a cookie," and certain influences, and I think that got in my head, "Oh, you did this. So you can do this." And it's interesting, because all of the things we've listed, it really seems to come down to your relationship with exercise and your relationship with food, and how you're treating those things and how they can peacefully coexist.

ANNIE

Yeah, coexist is key. Because I think people like intertwine them, you know, they're like bobbing and weaving together, and they're woven together. And at Balance365 we actually look at them as very independent elements. Where exercise doesn't affect your food choices and food choices doesn't affect your exercise. And you actually wanted to talk about turkey trots kind of along that same line. Do you want to? You want to share your thoughts on turkey trots?

MICHELLE

Yeah. So if anyone's listening and they don't know what a turkey trot is, it's a running tradition. At least it is in my area, like a 5K or a 10K, before the big Thanksgiving meal. And I know we have gyms that do turkey burns too, which is like a hardcore workout before your turkey burn or before you eat your turkey dinner. And it's all of those things in mind, the healthy halo effect, your relationship with food, trying to teach people that "Okay, you got to earn your turkey, you

have to earn that pumpkin pie." All of these ways our society kind of conditions us to think that exercise will lead to weight loss or if you're not exercising, it will lead to weight gain. So I just want to encourage people if you're someone who loves the turkey burn, do the run. But don't worry about the food, keep them separate. Enjoy enjoy the run with the bird. I mean, in my area, there are people that will literally carry a turkey around for this. I mean, I'm talking about a turkey and I live in Wisconsin, so it's cold, it's crappy, and they're carrying around a 12 pound turkey.

ANNIE

While they run?

MICHELLE

While they run.

ANNIE

Like running for me is hard enough as is, let alone with a 12 pound frozen turkey in my hands.

MICHELLE

We're weird.

ANNIE

I mean, I guarantee there's probably a listener that's done that. [Laughs]

MICHELLE

She's like, "It's not weird." [Laughs]

ANNIE

That's impressive is what it is. That's impressive. But yeah, I like that, and I have seen that here too, as well. Again, the concept that you like, gotta go get in a good sweat session before you go over, you know, stuffing your face with all the Thanksgiving goodness. And I mean, we see that other times of the year, too, Halloween, any holiday really can be marketed with that. But we would, again strongly encourage you to keep it separate and that can be a lot of reframing that can require a lot of practice. But to unlearn some of your beliefs around exercise and food, and certainly the fitness industry isn't helping for that reason, because you you go into gyms, and we've had this talk to with members in our community about how women want to join a gym, but they don't want all the diet talk that seems to come with the gym membership. And I don't know what your thought is, but I remember responding to one member to me it's like, what's the saying? Eat the cherry spit the seed?

MICHELLE

Eat the cherry spit out the pit?

ANNIE

Yeah. You know what I meant. And that's where you just have to, if that's where you're at, you want to exercise but you don't want all the diet talk or you don't want the messaging around the

food and exercise component. You can just say like, "That's not what I'm here for. I'm not interested in that" and set a boundary and disengage with that, or even if you feel so bold to give them feedback, that would be even better. What are your thoughts on that?

MICHELLE

So I actually, I started doing a boot camp about a month and a half ago. And I love the workouts but they have before and afters plastered all over the wall. And that is a perfect example of eat the cherry spit out the pit, because every day I go there and I change my shoes. And I see these all these pictures on the wall of these before and afters and they're what they would call success and the stories behind them. And what I love about our community is we help celebrate all the parts of changing our minds, and not so much our bodies but truly our minds. And with a gym, I mean, I just had a hard boundary with the gym that I was in because they push certain things that I'm not comfortable with. And it's, for those of you that are out there, don't be afraid to set those boundaries for yourself. Be bold, be courageous. We've seen a couple women in our community who are sharing their personal experiences with talking to a manager about how a fitness instructor is using body shaming talk during a class like "burn that butter" or "bikini season is coming," different things like that, and helping to educate managers in a way that is informative, and assertive, and helping create a different and hopefully helping create a different environment for anyone that's coming in the future to that gym. So I think it's great. Seeing our community members help to spread that word, it doesn't need to be all about a before and after it can be about how you feel, it can be about showing yourself that you're becoming stronger, and that you're embracing the body that you have and that you're learning to love the skin you're in, all of these different aspects of joining a gym that we can overlook sometimes because there's this fitness industry culture, where results are the important thing.

ANNIE

Yeah, yeah, standing up for what you want to see and asking for it. And that does, that can be an uncomfortable conversation. For me, for you, we're probably pretty good at it because we have these talks all day long every day. But if this is your first like, dip the toe in the water conversation, it can feel uncomfortable. And you can do it, like, because you can do things that are uncomfortable, like we can do things that are hard and things that are like feel like make you want to scream in your body, like, "My face is flushed. Do they see my face flushed? But I'm gonna say this thing anyways."

MICHELLE

"Can they tell that I'm shaking?"

ANNIE

"I'm really nervous, but I'm gonna tell them how I feel anyways." So anyways, just to circle back, to wrap up. Do you have to exercise to lose weight? No. Could it help with weight maintenance? Could it help with weight loss? Absolutely. But is it a requirement? Absolutely not. But yet again, it has such a long list of benefits that while it may not lead to dramatic weight loss because of all the reasons we just shared, you know, it makes you hungrier, you can shift your life in other ways when you're exercising. You actually do have to exercise quite a bit to burn off even small

indulgences. for all those reasons and more. It might not lead to big weight loss but it can make you healthier, regardless if you lose weight or not. In fact, that was one of my first blog posts for Balance365. It was something like, exercise is about more than just a pretty body. And hat's where that goes back to my call with my friend, you know, if she's losing, if she's exercising solely for weight loss, and she's not losing weight. Like I said before, that can be a really frustrating experience. To be like, exercise isn't working. This is crap, I'm throwing in the towel. I'm paying \$100 for a membership that I'm not getting the result I want. But Michelle and I are here to lovingly encourage you to consider all the other ways your life is improving, again, that you may not even notice, at least on the daily for sure, that exercise is improving your health even if you don't weigh less, and if you're like white knuckling your way through exercise and weight loss as a goal, it's okay to like say like "I'm gonna just put this on the back burner." You know, or take an opportunity to explore ways that you like to move your body that isn't like, because here's the other thing about exercise. I used to run because it burns the most calories. I'd never liked running. Clearly, I've talked about multiple times already today. I don't like running. But I was like wanting to get the most bang for my buck. So I would run. And like when you look at exercise as solely as a means to burn calories, you're probably losing out on a lot of enjoyment.

BOTH  
[Laugh]

ANNIE  
Mm hmm. I've always said that the best workout is the one that you love. And there are so many options out there. I mean, running is just the tip of the iceberg. There's Zumba. There's CrossFit. There's boot camps. There's barre classes. I mean, if you were an athlete in your previous years, you'll probably love something like CrossFit. If you were a dancer, you would probably love Zumba. I mean, there are so many options. There is something for everyone.

ANNIE  
Yeah, I took a hip hop dance class, just one, few months ago, it was like an hour and a half. And it was hard. But it was so fun. It was hard and it was so fun. I was like, "I don't know how Beyonce does this for eight hours a day." Because -

MICHELLE  
And in heels!

ANNIE  
Oh my gosh. Did you see "Homecoming?"

MICHELLE  
No, I haven't.

ANNIE

Oh, she's, it's just amazing. But I mean, that's her job. It's not my job. It's not my job to be a hip hop dancer. That would be cool. It'd be really fun. But it's hard work. So anyways, yeah, so if you're listening and you're like using exercise as a way to support your weight loss, and you're just like, "I don't even like exercise." Maybe give yourself some space to explore different ways of moving your body that's not so fully focused on how many calories it'll burn. Because honestly, like, yoga, strength training, they don't burn a lot of calories for me, like I don't leave dripping sweat. I'm not super exhausted most times afterwards. But there's still a crap ton of benefit in both of those. So if you're using exercise as a way to just burn calories. Maybe explore. Open up. Okay, anything else to add?

MICHELLE

I can't think of anything else. I think we covered pretty much everything.

ANNIE

Yeah.

MICHELLE

We're good.

ANNIE

I would love to have you...We'll have to get you back on. We're getting so organized with the podcast. This is a good problem that our content now is planned out quite far in advance, but I would love to have you back sometime. Or maybe we could even just do a Facebook Live about finding exercise that you enjoy.

MICHELLE

Oh, my goodness. I could talk about that all day. [Laughs]

ANNIE

Yeah, that would be good. I think that's a good topic and we'll have to have Jen on for that one. Because Jen actually doesn't love exercise. It's easy for you and me to be like, "Oh, just find something you love. Because we love it all." [Laughs]

MICHELLE

Jen call herself naturally lazy?

ANNIE

Sloth-like. She's like innately sloth-like, but I will say that she has acknowledged how to work in exercise as a compliment to her core values and a way to incorporate the person she wants to be. And the goal she has for her long term vision. So it's kind of taken that, like, suffering, like begrudging-ness out of it. So she would be a good point of view for that topic for sure. And it's not just us like talking about how great exercise is and all these other people are like, "Okay, yeah, we get it. You're so not even relatable."

BOTH  
[Laugh]

ANNIE  
Anyways, well, thank you so much for joining me Michelle. I will talk to you soon.

MICHELLE  
Okay, sounds great. Bye.

ANNIE  
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