

# Balance365 Episode 117 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 of Balanced365 Life Radio podcast. This episode is for the rebels. You know who you are. When someone suggests a change to your exercise or nutrition habits, you immediately want to do the opposite. Like, "Don't tell me what to do" is your mantra. Does that sound familiar? We think some of the greatest lessons about changing resilience can actually be found in our kids, especially our resistant kids. And you don't have to be a parent to enjoy this episode. But today, Jen and I are going to be sharing lessons learned from homeschooling our resistant kids about trying, failing, and moving forwards by working with our personality, not against it. I think you're really gonna love this episode. It's no shock to me that Jen spent the last few weeks homeschooling her kid and somehow related it back to habit change. It's amazing. Enjoy.

ANNIE

Good morning, Jen. How are you?

JEN CAMPBELL

Good morning. It's another day of homeschooling my kids.

ANNIE

[Laughs] I call it the homestead like -

JEN

So it feels like we live on a homestead now. [Laughs]

ANNIE

Pioneer women on the homestead, teachin' their homeschool. I mean, although it's not just women doing these tasks, but it's different. These times. [Laughs]

JEN

These are strange times we're in. By the time this podcast is released, it's possible that we're out of the strange times of homeschooling. However, this whole podcast is about some

reflections that I'm having homeschooling one of my children and how that applies to women who are listening who are in the process of change, or trying to change, or on a weight loss journey or a health journey, whatever they want to call it.

ANNIE

Yeah. [Laughs] Whatever they want to call it.

JEN

[Laughs] Whatever they call it.

ANNIE

Yeah, so nutrition choices from homeschooling a resistant child.

JEN

Yeah. I have a resistant child.

ANNIE

I have one, too.

JEN

Do you?

ANNIE

And I'm excited to hear what you have learned. [Laughs]

JEN

Great, you can learn more about homeschooling. Is it your oldest child by chance?

ANNIE

It is my oldest child.

JEN

It's my oldest, too. Here's the thing, Annie, when our kids meet, they're either going to hate each other or they're going to fall deeply in love and get married.

ANNIE

[Laughs] Could you imagine?

JEN

They're so much alike, we should get them playing Minecraft right now to warm them up.

ANNIE

Oh, yeah, we should. To be quite honest, I think my oldest is, she's gonna move far away. And I probably won't see her much. She's going to be incredibly independent.

JEN

Oh, I feel, that makes my heart sad for you.

ANNIE

Well, I made peace with it. I think it'll make her happy But anyways, this is -

JEN

[Laughs] Side note.

ANNIE

[Laughs] Get all emotional about my 10 year old up and leaving me. This is about your resistant child and the lessons you've learned.

JEN

Yeah. So I have a very resistant child and it's his personality and my husband and I have noticed this since he was very young. You know how there's jokes about like to use reverse psychology on children. It's like...That wasn't a joke to us. That is what worked with our son was this concept of reverse psychology, like the thing you want him to do, tell him not to do that and it will get done. So, and I don't want to give him a bad rap because he'll listen to this someday. He is a very sweet, loving boy who isn't always resistant, but we definitely have some resistance around this homeschooling and the different habits that we need to be in to have a successful homeschooling experience. And just so everybody knows, my bar is pretty low of what success is over here. [Laughs] My husband and I are both working and are homeschooling three kids, and I don't know how that's even possible. But so yeah, I have three tips here that I have used for my child and I would like our more change resistant listeners to try on themselves because I think it will work.

ANNIE

Let's hear it.

JEN

Number one is, structure can be comforting when it's just right. And people who are change resistant are often also structure resistant. They see structure and they see rules, which means they see something to rebel against. And that's definitely how my son feels about the initial structure that we tried to introduce to our daily routines. He was basically looking for a way, a way to get out of them from day one. Which just like To a lot of conflict in our family, right, because it was like him being sneaky and trying to sneak off and had a bad attitude. And I'm not doing this. So we had we did the too much structure initially. And then we our pendulum swung a bit into not enough structure. And so when we had too much structure, my resistant child got more resistant. When we had not enough structure, he loses momentum, he starts falling behind in his schoolwork, like so far behind that when he looks at what is due, it starts to feel impossible. And there's just way too much video game playing going on when we don't have enough structure. So the solution was that we found just the right amount of structure for our

family. And then how that looks for us is just that we are a little more diligent about routines Monday to Thursday, and a little less diligent about our routines Friday to Sunday, and we get to work first thing in the morning and we are pretty much a free for all here from from after lunch onwards. And we found this balance through trial and error, right, like we didn't get it perfect out of the gates and then our pendulum swung and that not enough structure wasn't right for us either. But what I found is that the just right amount of structure became comforting for the kids. It's not a straight jacket to them. It's more like guardrails, and they know what to expect when they wake up in the morning and they know when their free time is coming. And it's just brought a lot of peace to our family. So the point I'm trying to make here, and Annie and I say this all the time to Balance365ers in this phrase, which I actually just said is borrowed from our friend, Courtney, that when it comes to health and wellness, people need guardrails, not straight jackets, and diets are typically straight jackets. And people who are are rebels who are listening or people who are very change resistant probably find that initially a straight jacket can feel comfy because they know exactly what to do. But then it's not long before they're struggling against it or and that shows up in they're rebelling against their diet. And some people can end up in a state of rebellion for months and months and months. And it can become a real mindset issue actually for making any positive change. So, even I see, you know, you and I see all the time in Balance365, we have a whole nutrition section full of habits. And those habits are very flexible, but a lot of people who come to us from diet culture, as soon as they open up that nutrition section, they feel a little triggered. And, you know, even with the flexibility that we offer, but what we say is these are guardrails, not a straight jacket, so make them work for you.

ANNIE

Yeah, because I imagine your oldest wanting to feel like he has a little wiggle room, right?

JEN

Yes, that's exactly what he needed. And he needed to...Yeah, he just thrives, he thrives. And I'm not saying everybody would, because there's probably some people listening who say, "I actually thrive on more rigid routines." But our family doesn't. And we're getting, we're actually getting more done with less structure.

ANNIE

And engaging...And so I'm thinking of in terms of behaviors, actively participating in the behaviors that you don't love, like the structure part of it. Whether that's like, "I'm going to do a workout, I don't want to do a workout, I don't really feel like doing a workout, but I see the value in doing a workout because big picture I value my health and wellness and mobility and strength and all that good stuff." That becomes a lot more tolerable when you know, down the road, you have some flexibility on how you spend your time later in the day, or you can check that off your list or maybe you even have flexibility in what that workout looks like. Like, "This is my workout. But I get to decide what I'm going to do for that workout versus this is the workout, this is set A, set B, and I'm doing this for this amount of time." And it's just like, the straitjacket. Right?

JEN

Right. And I'm relating it back to health and wellness habits. If we continue to choose these, like, "I'll have what she's having" plans, which often are very extreme and about cutting out food groups or downloading like a fitness model's meal plan and trying to follow them, they fail us every time because they don't take into account our individuality or personal preferences or provide that flexibility that you and I are talking about here. Because we aren't robots, we are human.

ANNIE

Shocker. Spoiler alert. [Laughs] Good stuff. I like that. Structure can be comforting.

JEN

When you find -

ANNIE

Just right.

JEN

When you find the just right amount.

ANNIE

Yeah.

JEN

Number two is always give yourself options. This is so important for the rebels. And this is very important for my son. So food rebels, they recoil at any mention of what they should eat. So, that explains why when people open our nutrition section, they're like, "Agh! Increase my protein?" You know, they want to rebel over even the smallest things, and they'll be running in the opposite direction. So, my child, my resistant child, is resistant to any kind of guidance or help. And unless it's his idea, so if I come to him and suggest we work on this project, or does he need help with this? The answer is usually like, "No." When I wait for it to be his idea, he's totally into it. And I also find that he's a kid who strives to hit the minimum, which is fine, it's fine. It's fine.

ANNIE

[Laughs]

JEN

I am very triggered by it because I was a kid that always trying to hit the maximum, but I'm learning to just kind of be okay with letting my kids be who they are. But in order for me to sort of, I guess, try to get the most out of that minimum that he's striving to hit, I need to be very careful about not judging him or applying any kind of pressure. And I need to give him options. So I have learned that I can't tell my son he has to do something. Instead, I tell him you have...This is when this is due. You have the option of doing it or not. It's up to you. You're the one that has to live with the consequences of this, not me. And you're welcome to choose

whichever one you want to. [Laughs] And I find that that is how I can get basically the best response out of him. And I think that this works really well for people, the rebellious women listening with food in that, when you read, it doesn't matter if I hand you the Balanced365 nutrition guidelines or the Canadian Food Guide guidelines. You can't stop giving yourself the option. Which means first you can't judge yourself. The way that I find myself wanting to judge my child. You just got to check that you have to take the morality out of your choices and actually let yourself have it choice. If you're neutral, look, do this or don't do this, it doesn't matter. It's just cause and effect. You put yourself in the driver's seat, and it becomes about your own autonomy, which is super important, I think for everybody, but particularly important for people who are for all the rebels out there. So you can eat this food or not eat it, do this workout or not do it. I can show you again, guidelines. And whether you choose to do it or not is up to you. But don't stop giving yourself choices.

ANNIE

Yeah, we had a situation come up in Balance365 coaching with a woman who was struggling at work, she was bringing her lunch to work but people continuously brought sweet treats in for work and she found herself eating the sweet treats more than she was eating her own lunch. And essentially what we landed on was her homework was to make a list of options to make, choices to make in that decision, all of which she was at peace with. She was like, "I'm okay with any of these choices. Here's my list." And it was everything from like, eat the sweet treat, eat half the sweet treat, pause, and then eat the sweet treat. You know. She was all okay, with all of them. And it was like, you can choose any of these from the list at any given moment. And they're all great choices. And yeah, she came back in the group the other day and she was like, lo and behold, I haven't eaten the sweet treats as much. [Laughs]

JEN

As soon as she gave herself the choice and you know, probably she stopped moralizing it, probably she stopped putting rigid rules around it and being all or nothing about it. There's just honestly, they're just, there's just cause and effect. Don't judge it. Just own it. So take yourself from feeling apathetic and powerless to feeling confident and the creator of your own life, like not every decision me and Annie make are the quote unquote "healthiest" decision right? Like, but I'm so confident with the decisions I make whether that's to not exercise or to indulge. I'm just, totally open and willing to deal with the consequences of that right? And I'm fine. I'm comfortable and fine with the consequences. So yeah, so, it works for homeschooling, works for my son and his schoolwork and I think it will work...I think it works for people with rebellious tendencies around food. Options, always give yourself options. And number three is to connect your actions to your future self. This is pretty deep for a 10 year old but we're doing it. [Laughs] You need to think about who you want to be, not who you should be, or who others around you expect to be, who your parents expect you to be. And so I've had to work hard at this as a parent, which is kind of embarrassing to admit, but like, making sure my kids know it's safe to be who they are with us. Because of course we all have things wrapped up in how we raise our kids. Like, I would love if my kids would just excel at academic work. [Laughs] And I don't know why. Because me and my husband did, me and my husband were both very driven when it came to schoolwork. And it's I think it's hard for us to watch. Our oldest not be.

ANNIE

I feel that way about sports.

JEN

With your kids? Yeah, because you're very athletic.

ANNIE

Yeah, my oldest is not into sports. I'm like, "Okay, that's okay. I'm okay with that." [Laughs]

JEN

"It's fine. It's fine." Yeah. [Laughs] So, create a safe space for your child and for yourself to think about who you want to be. Like what are your...Who is future you, like, what will make you happy? And know your why. So why would you do this? Why else would you do this? What happens if you don't do this? What are those outcomes? And it is really hard for kids to think big picture like that. So with my son, when we talk about cause and effect and just consequences, I stay really neutral. You know, how does he feel about not handing in an assignment? How does he feel about getting a D? What are his goals with his grades? What does that look like for him in the future? What does he think that kind of performance? Where does he think that's taking him? And I just stay really neutral and let him talk it out. And I feel like we're, I mean, my kid can't see down...I don't think he can see down the line. Like, he thinks he's gonna be a YouTube star. [Laughs] Which is another thing him and Sloane have in common. [Laughs] But he can see a little bit forward right? And he's starting to think a little bit more forward. Which is really awesome. And that's just what we want for our clients, right? We want them to tie their behaviors to their wellness vision. Because if you don't know your why behind something, it makes it really hard to maintain the behavior. Like, we can all change our behaviors but where we all really struggle is maintaining those behaviors. And one thing I want to say is that we will work for the things we want that are tied to our vision of our future self. So yeah, changing our nutrition habits can be a little bit uncomfortable, but so can like going to university so can...Which is what I did, and so can becoming a professional athlete, which is what you did...Is that what you called... Were you a professional athlete?

ANNIE

No. [Laughs]

JEN

You were professional to me. [Laughs] Semi? Like, were you...?

ANNIE

No, I was just a college athlete. [Laughs]

JEN

Well, I think that's amazing.

ANNIE

I feel really special that you thought that of me.

JEN

Good work. My husband won a gold medal in the Western Canadian Games in 2008 in boxing, and a lot of that was uncomfortable for him to train for that and to get punched [laughs] multiple times.

JEN

Literally. So it's just that you start understanding that when you can tie your behaviors to your future self, the person you want to be, not the person that you think you should be, you are more likely to engage in those behaviors, and so we're helping our son with that, but that's something that a grown ass woman can do on a very actually deep level that a child can't.

ANNIE

[Laughs] Literally.

ANNIE

I would add, too, that what I'm also hearing, and we've talked about before, is that your actions today matter and we get a we get caught up in like, "Oh, it's just like it's just one day it really doesn't matter." Yes, one day one meal, one workout is not going to make or break you. But the cumulative effects of making those decisions over and over and over again, add up, just -

JEN

They are the future you.

ANNIE

Yeah, just like you know, if your son chooses to not do his homework, or if you choose to skip any sort of exercise for six years, you're gonna -

JEN

Yeah, we're not talking one day here or even one month, we're talking -

ANNIE

Yeah.

JEN

- like, that becomes your pattern and your behavior.

ANNIE

Yeah. So they do matter. So in some ways, it's like, yes, it's not gonna make or break you. But it actually really does matter. Your actions today matter.

JEN

Do matter. Yeah. And I said to my son, I've said it a couple times in the last few weeks, that he has the choice and the privilege to work hard now, so that life can be easier later. And if he wants to take the easier choices now, then life is gonna be harder as he gets older. And I tell him, I know what I want for you. But that doesn't matter, this is your life. So you need to decide what you want for you. And this is pretty deep for a 10 year old, but I'm hoping someday it'll just kind of start sinking in and it seems to be sinking in, because we've had such, we've actually had a really good week this week. And on that note, I don't think health and wellness behaviors should feel like hard work day in and day out but there is an element of truth to the discomfort you experience now can lead to more ease in your life later, right? And it's not all or nothing, it's not that having, you know, a good exercise habit now leads to you never getting sick or immortality or something crazy like that the diet industry shucks, but there is a truth to that. Your health behaviors now can lead to a better quality of life later, right? And that's why I work out, like, that's why I continue to go to my dirty old garage a couple times a week, because it's not about my body. It's about throwing my grandkids above my head in 30 years from now, being able to run around with them, like, I have tied my behaviors to the future version of who I want to be and the quality of life I want to have and how I want to engage with the time I have on this earth. And that is what makes the effort I go through feel effortless. That's what makes the effort effortless.

ANNIE

Yeah, that's really great. I think if I had these conversations with Sloane though, she would give me some...[Laughs]

JEN

Side eye?

ANNIE

Yeah.

JEN

I get eye rolls. I get eye rolls.

ANNIE

Yes, she, too, wants to be a YouTube star. She also is convinced she's going to be a speed speed Rubik's Cuber.

JEN

Oh, wow. Yeah. My kids think there's some Fortnite tournament career that is gonna pay millions, like they truly believe they need to be on their Fortnite game.

ANNIE

You know, it's probably not unlike women thinking that, you know, that when they achieve this ideal physique, this fitness level, that like, they have arrived. [Laughs]

JEN

Yes. So here's what I want to leave everyone with. And it's something that I think our successful Balance365ers would share with almost anyone, that there are elements of Balance365 that are extremely challenging, especially the mindset work. But the goal is that it eases the load later. And a lot of women listening don't even understand the load they're carrying around their bodies and food and fitness because they've been carrying it so long. It's just their normal. But here's what can be easier for you. A healthy relationship with food is a lot easier. Your life is a lot easier when you have a healthy relationship with food, a healthy relationship with your body, a flexible way of eating that you can apply to any situation makes life a lot easier. Eating in a way that supports how you want to feel. Building stress resilience, because hello, life is stressful. I don't want to say most your life but half your life is probably going to be stressful, hard. Moving in a way you enjoy can make life easier and more enjoyable, can lead to muscle mobility, bone density, endurance, provide us with better health, a better quality of life. So all of this takes some effort, but it means less effort down the road.

ANNIE

I dig it.

JEN

Yeah.

ANNIE

Well said. It's the work up front might cost you some time and energy, but it can be smoother sailing.

JEN

It's a high return on investment type situation.

ANNIE

Yeah. Well, tell your resistant child thanks for -

JEN

[Laughs]

ANNIE

all of the valuable takeaways.

JEN

Yes, it's so fun watching kids grow, learn, develop, because so much of that can be applied to ourselves. When you see how, you know, like, kids are just more willing to experience discomfort, they're more willing to fail. They're more, you know, there's all these qualities that kids have that we could really borrow from.

ANNIE

Yeah, that's really beautiful. I love that. Okay, well, thank you, Jen. And tell him thank you, too.  
[Laughs]

JEN  
I will.

ANNIE  
Okay, we'll talk soon.

JEN  
Okay, bye bye.

ANNIE  
Bye.

ANNIE  
Hey, everyone, if your mind has been blown while listening to this podcast, just wait until you work with us. Let us help you level up your health and wellness habits and your life inside of Balance365 coaching. Head over to [balance365.co](https://balance365.co) to enroll in next month's coaching round.