

Balance365 Episode 121 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 Balance365 Life Radio. This is your host, Annie Brees. If you have listened to us for any amount of time, you've probably heard us talk about how impactful our environments can be to our health and wellness. Well, summer has hit the northern hemisphere, friends, and that might mean we're all experiencing a shift in habits and not always in ways that we're thrilled about, right? From vacations to houseguest patio drinks to kids being out of school, often by the end of summer we have women telling us that they cannot wait to get back to a better routine, so much that we often call September quote unquote "Mom's New Year's Eve." But what if you weren't so all or nothing about summer? What if you accepted the shift, but didn't let it completely railroad your habits? In this podcast, Jen and I are going to be talking about some strategies that will help you do just that. I cannot wait. I'm so excited. Enjoy.

ANNIE

Jen, we're talking about summer. Summer.

JEN

We are.

ANNIE

It's gonna happen. It's coming, right? [Laughs]

JEN

Brace yourselves. Yeah. [Laughs]

ANNIE

I feel like we've had you know, some rough months here and I am so ready for sunshine and summer. But what can happen sometimes in the summer, as the season changes or environment changes, our habits change. And our world is kind of chaotic for a few months.

JEN

Yeah.

ANNIE

And then we find ourselves at the end of summer being like, "Oh my gosh, I just can't wait to get back to our routine." Right? And it's like we're all in or all out. Right?

JEN

Exactly. It's the all or nothing of summer holidays. And we hear about this for Balance365ers. Every year, summer hits there. They feel like their habits and routines and things are thrown into chaos, whether they work or they're at home. And I guess this episode is more for the parents out there, because I think the main issue of the summer months is if you have school aged children, is that just they're home and it's just this whole change in routine.

ANNIE

Well, and maybe not this summer necessarily, but people will travel more. And yeah, you're off your routine, you may be like out later, because there's more daylight in the day, you might be spending more time outside, eating different foods, consuming more alcohol, because like you're at, you know, that's what people do, they like grill and have some cocktails, right, in the summer. But what we want to spend some time talking about on this episode are ways that you can avoid that all or nothing so you don't have to be all in or all out of summer holiday. And by the way, this took me a while to catch on to. Canadians and Europeans, holiday is like a vacation. To me a holiday is like Christmas, Thanksgiving, New Years.

JEN

Oh, yeah, we use it interchangeably with vacation.

ANNIE

Yes. And so just, if you're new to the podcast, and you're like, "What holiday are they talking about?" Like we're not just talking about the like Fourth of July or whatever, Independence Day. We're talking about summer holiday. [Laughs]

JEN

Right, summer vacation.

ANNIE

Okay, Jen, tell me about...I know there are a few of the more common habits that are impacted over the summer months, both positively and negatively. What are they?

JEN

So first, nutrition, and you kind of touched on this, that we're maybe doing more socializing or traveling. Obviously not again, not this summer, but other summers and we don't have our usual options available to us. So there's nutrition and then exercise, again, just a big change in routine means many people have trouble sticking to any kind of exercise habit over the summer months, and sleep, your sleep habit can be impacted. Up later, socializing more, out on the weekends. And alcohol consumption is very common. Not everybody drinks but for those listeners who do, often people tell us their alcohol consumption increases over the summer months.

ANNIE

Yeah. And on the flip side of the coin, just on a personal note, I think that my nutrition and exercise actually tend to improve in some ways.

JEN

Yeah.

ANNIE

During the summer, because summer, I'm more inclined to eat more fruit and water and drink more water simply because it's like cold, and I'm hot and sweaty, and it's in season. On the same note, exercise increases because I can just be outside more. So we're on more bike rides and walks and so it's not all bad.

JEN

Yeah, there will be pros and cons.

ANNIE

Yes, yeah.

JEN

Yeah. So the first point I have here is instead of letting summer happen to you, decide how you want summer to go ahead of time. So, decide how you want to feel this summer and look back at previous summers and think about what's worked really well for you in the past and what hasn't worked really well for you. And this, just around

being intentional, right, about living your life. And remember, this happens every year. Right? And if you're the kind of person that every year is like, "Whoa, what happened? That was awful." And then next summer comes and you go, "Whoa, what happened? Gosh." So, if that's your pattern, start going, "Wait a sec, I can take control of this ahead of time." It might not be perfect. But we do have some control in there.

ANNIE

Yeah, you got to show that summer who's boss. [Laughs]

JEN

You got to show that summer who's boss. [Laughs] And it's just that we all being in these all or nothing patterns, is just, it doesn't they don't work for people. So this is about staying out of that all or nothing zone. And one example of, this is last summer, I took my kids back to my home province of Saskatchewan. And then I guess also to Alberta, their grandparents' home province, for two and a half weeks. And it was a lot because I was doing a lot of visiting, which is great, and we live quite a ways away. It's like a 16 hour drive for us to get from where we live back to my parents' place. So we were visiting my parents, we were visiting all my siblings, we stopped in Alberta to visit my husband's parents and we had so much time in the car and we did so much sitting and then we would get to somebody, you know, place to visit and they would have all this food ready for us, as you do when you're a host. And there was also quite an increase in alcohol. For me personally, I don't actually drink a lot, and I just felt, after that two and a half weeks, I felt awful. I really felt physically awful. So well, I obviously am benefiting in one way of all that social time and connection with my family, for me to reflect on that, and what I would do next time I do a trip like that. I don't know if I would go for as long. Number one that was a lot for me to be out of routine. I'm a creature of habit over here. And I would need to be very intentional about getting some movement in while we were doing that. Just being intentional about it and realize that all this visiting actually meant, you know, going to different people's places and sitting and visiting and I would probably drink less alcohol next time. And I can do all those things by reflecting on what didn't work out work out for me and thinking ahead of, "How do I want to feel on this trip? And how do I want to feel at the end of this trip? I don't want to feel depleted and like I've been drinking too much, eating, sitting."

ANNIE

Yeah. And I think the asterisk behind that, for me, would be to manage my expectations about like, maybe it's not realistic to go visit my parents, or you know, in your situation and not have any alcohol, but maybe a more moderate amount of alcohol. So it's like, and that's the all or nothing, right? Like, okay, you want to feel like refreshed and well slept and all this stuff is the answer isn't to just say no to all the food and the alcohol or,

you know, I guess that can be if that's your choice, but it doesn't have to be. It can be just maybe just a little bit less or a little bit more mindful.

JEN

It's just finding the middle ground and reminding yourself, "Hey, Last summer I was very tired. So I am going to stay up some nights," but maybe you need to be more intentional about getting to bed earlier other night.

ANNIE

Yeah, and in fact, I just said this on Instagram yesterday, and part of finding balance is exploring what feels like too much and what feels like too little. You need to like have explored both of those sides to find out like "Oh, this is the middle ground. This is where, this is what that feels like."

JEN

Yeah, and you can -

ANNIE

And then use that information.

JEN

It takes reflection, right, because just think about how we just kind of live our lives and we don't reflect, right, and so I can look back on last summer and go what was too much and what was just right? And what did I love about that trip? Right? And perhaps two and a half weeks is a great amount of time to be away, if I didn't feel like my habits had gone so far sideways that I felt awful after, like maybe if I had incorporated more walking, less alcohol, more sleep, and I came home feeling fresh and not depleted. Maybe I wouldn't, maybe that's just the right amount of time.

ANNIE

So, right, which is a great segue into point number two, right? Learn to scale your habits, not give up on them. So you don't have to just poopoo everything, right, you can just, you just maybe dial it back. Or maybe you're in an opportunity to dial it up a little bit if you are home for the summer, or have more free time or find yourself with more daylight, and therefore more hours in the day to engage in your habits.

JEN

Yeah, this is something we talk about in Balance365, particularly in Balance365 coaching, in that we all have an ideal habit. So exercise is a great example for this. Maybe Annie your ideal is going to CrossFit four times a week, going for this many

walks, working out in your home gym this many times. But that's not always available to you depending on the season of life you're in. And often the reason we are so all or nothing is because we just don't think that through, we go to nothing because we haven't thought about what the scalable steps are. So rather than your ideal isn't available to you so you do nothing, you can say, "What is available to me? What is a scaled version of this that I can complete during the season in my life?"

ANNIE

Yeah, and this is that perfectionist mindset sneaking in here, we see the only two options and in any given situation, it's either the ideal or it's not at all, and actually there's like, a whole spectrum that's gray in between there that you can choose and in fact, you know, to be honest, I kind of feel like my summer in some ways has already started with kids home you know, I'm already like learning to scale my habits. Yesterday workout was a great example. Came out to the garage, I did three sets of five squats before I was like, "This just isn't working." But three sets of five squats is better than no, for me, right, yesterday morning in that given situation, three sets of five squats was better than no sets of five squats, right? So I'm gonna take it and move on.

JEN

Right. We also might have to change our expectations or learn to scale our nutrition habits, and like you were saying earlier, this could be scaling them up or scaling them down, right? The summertime is a really good time to start increasing our fruits and vegetables because they often taste so much better in the summer. Or looking at ways you can scale your habits, different social situations and same to be said for alcohol, right, like we don't have to be all or nothing here.

ANNIE

Yeah, and you know what? I have not been shy about my love of alcohol. But you know what one of the changes I've done recently is just switch what I'm drinking to something a little bit lower calorie. I've started mixing it with my LaCroix actually. I feel like I get a little hydration there. But that supports my, I guess my goals, of not feeling kind of bogged down by heavy red wine or beer. It feels a little bit more refreshing a little bit later, I can have a couple drinks and then move on and it doesn't affect my sleep. So it's not that I'm saying no to alcohol. It's not like I can't have any alcohol ever. It's like "No, I can just maybe substitute it for a different option."

JEN

Right, yeah. And then the other thing with exercise to remember is that in summertime, our workouts might be scaled back a bit, like our structured workouts, but often our overall movement or what you what we call NEAT or Non Exercise Activity

Thermogenesis, is what that's called. That's all the movement you do in a day outside of structured workouts. Often that increases by quite a bit in the summer, just because we're outside more, playing more, going for more walks, etc. So, remember, there's always, as we were talking earlier, there's pros that often come with the cons.

ANNIE

Absolutely,

JEN

Yeah. And then I guess that's a great segue into number three, which is to decide what is negotiable for you and non negotiable. And this has sort of been a theme here as you and I have talked. So if you're out at a barbecue, it may be non negotiable that you're having a couple hot dogs, but you are also willing to have a salad with your hot dogs, right? And this is going to be different for every woman. I am not suggesting that. [Laughs] That's the choice everybody should make. But it can be really important to know what is non negotiable for you so you don't get restrictive about your summer and diet-y about your summer. But also, what you are willing to be flexible on and you are willing to go the extra mile on as far as supporting your habits. And with alcohol, patio drinks with your friends might be non negotiable. You do that in the summer, but sitting alone on a Wednesday night out on your own patio by yourself, maybe that wine or a couple wines that you might have that night are negotiable for you. You actually could have a soda water or whatever your drink of choice is and get the same kind of feelings of relaxation, right?

ANNIE

Yeah, it's because usually as we've talked about before, and like our Habits 101 podcast, it's not necessarily about the actual thing that you're consuming. It's more, it can be oftentimes more about the ritual.

JEN

Yeah.

ANNIE

So it could just be like going to your to your deck and unwinding with something to drink. It's not so much that that's a glass of wine. It could just look, or it could be a great substitute.

JEN

Yeah, for sure. And then with exercise again, if what is negotiable for you as far as your exercise habit and what is non negotiable. So, what can you do? Like maybe your one

hour workout three times a week is impossible for you all summer. But is a 20 minute workout three times a week something that you can do?

ANNIE

Yeah, one thing that I usually tend to do in the summer is let go of more cardio. A) Because I don't love it but B) because my strength is a non negotiable. I am going to quote unquote "lose gains," so to speak in any area, I don't want it to be my strength. So I make sure that my strength training sessions are a priority, they get my first love. They get my attention when it comes time to exercise. If I have time. to some cardio work, or metcons or runs or whatever afterwards? Great, like icing on the cake, but my strength workouts are my non negotiable.

JEN

That's a really great strategy. And also speaking of what we pointed out earlier, often our general movement is up overall. And so your heart rate might be going up in other ways, right? If you're hiking with your kids or whatever that can be what would normally be your structured cardio time.

ANNIE

Yeah, I tell you what -

JEN

I love that actually. That's a great mindset.

ANNIE

You put my three year old on a bike nowadays, and it's like, I have to try to keep up with her.

BOTH

[Laugh]

ANNIE

Like, I cannot run that.

JEN

That's a great corner to turn in motherhood. I found when my kids could all get on bikes, and it wasn't like we were all waiting for the youngest.

ANNIE

Yes.

JEN

You know what I mean?

ANNIE

Yes. Yeah. And in fact, we've taken some bike rides. They're not super long, but I've gotten on my bike as well with them and it's fun, you can get, you can cover so much more ground.

JEN

Yeah, it is fun.

ANNIE

What you can explore. Yes, exactly. Yeah. Okay, number four is, this is actually one of my favorites. And we've talked about before we started recording, and that's get a summer schedule and a routine going. And yeah, this is super important to me, because I found in the past, relating it back to number one, like look up what's worked in the past and what hasn't worked in the past. I notoriously wait to get a summer schedule or routine growing until a few weeks into the summer. And then I take a few more weeks to get that routine going. And then I feel like, "Okay, we're in a good routine for two weeks and then summer is over." And [laughs] the key here for me is to do this before summer starts.

JEN

Yeah, and whether it's just that we are often just trying to manage the moment and we don't take time to sit down and think ahead, which once that clicks you realize sitting down, using your time and energy to sit down and think ahead saves you from the moment being constantly busy and overwhelming and something that you struggle to cope with. So yeah, and also the other thing I like about this point is that we often schedule our children's activities on our summer calendar, whether they're going to child care, they're in these camps or whatever extracurricular activities, they might have swimming lessons, for example. We can also schedule our own stuff on those calendars. Right? So, here's the time I'm going to be working out. Here's the morning I go for my walks, here's when I'm going to be meeting with my friends, that kind of thing, just to make sure your own wellness is taken care of. And you don't get steamrolled by your children. [Laughs] The whole summer.

ANNIE

No, because we know, and this is gonna walk us right into number five, I can see it already, but we see it time and time again. Women have intentions of holding space for

themselves, and then it bumps up against someone else's needs. Because, you know, Blair needs to do this or Adler wants to do this. Someone wants to do this. And then it's like, "Okay, I guess I'll do my thing later," and later never comes.

JEN

Later never comes. Yeah.

ANNIE

Which walks us right into point number five, set boundaries.

JEN

Yeah. So figure out what your boundaries, again, if you go through all these points and you figure out what is your all or something, what are your negotiables and non negotiables? How are you going to scale your habits this summer, and then set the boundaries right? Get your routine and set your boundaries. So for example, I might tell my kids, "This is the time I'm not available. today. I'm going to be in the garage working out. And don't bother me. This is my time," or you check in with your partner and say, "Here on the calendar is where I'm doing my thing. Feel free to put your stuff in there too, and we will support each other." But again, doing that ahead of time can clear up a lot of confusion, can clear up a lot of resentment often. And that's just kind of, it's just kind of boring self care.

ANNIE

Mm hmm.

JEN

Right, is scheduling this stuff.

ANNIE

Yeah. But it's necessary, because what happens when we don't do it is then we start showing up salty, resentful that everyone else is seems to be getting their needs met and you don't, and why isn't anyone paying attention to mom and like...[Laughs] "No one cares about me!"

JEN

Yeah, we often see this when we just let summer happen to us. We also see, we call September "Mom's New Year."

BOTH

[Laugh]

JEN

Right? Because by the time September comes around, a lot of parents are just done with it. They're resentful. They can't wait to get back to their fall routine. And I'm not saying that I won't feel that way next fall. Even if I do create, you know, a lot of these boundaries and schedules we're talking about, but it's kind of again, finding that messy middle zone. It doesn't have to be all or nothing. You don't have to be completely depleted and sidetracked from your habits and goals by the end of summer.

ANNIE

Yeah, but you have to be able to communicate that.

JEN

You do.

ANNIE

We can't expect people to read your minds.

JEN

Yeah.

ANNIE

And know what you need. You have to say, "I need this. I want this. Can you help me?"

JEN

Yeah, the other thing I like to show my boys constantly as a woman, I've got three boys for anybody who's new here, that women have needs. Women set boundaries and women take up space, and the world doesn't revolve around them. Right? Just because they're home for summer doesn't mean now mine or my husband's world starts revolving around them. I'm not saying everybody has to do that. But that's important to me. It's really important to me because I had a different experience growing up where I had a mom who, you know, she often sacrificed her own self care. And she didn't have needs and you know, and so it wasn't normal for me to see my mom go exercise kind of thing. Right? And it also wasn't my husband's experience. So, and then I actually in contrast, I have a stepmom who, she's very good at setting boundaries. She's a very, you know, loving mother figure to me and I love her so much. But she sets boundaries and I remember when kind of first realizing that and going, "Huh, this is different." Like I remember in high school, she told us we can't use her shampoo, like she had her special, higher end shampoo. That was her thing. And then her teenage daughters would - there's three of us. We would go in the shower and use it all up and finally she

was like, "This shampoo is for you right here, the 2.99 and this is mine," and I was like, "Wow." But I often reflect on the boundaries she was set with us as a grown woman and use it as an example of like, yeah, hell yeah.

ANNIE

Yeah. And along that note, again, yesterday, I was out in the garage and I had intentionally timed my workout in a time when I thought they're kind of chilling. They're watching TV in the morning. It was before work. Like, I was good. I was golden, right? I swear, they all found me. And it was just like this like carousel of kids coming into the gym. And finally, I just said, "I need a minute." They all left the gym. And it was fine. And this isn't just about like you said, Jen, this isn't just about me getting what I need. This is also modeling for them that when they're feeling overwhelmed, like, they need some space to breathe, they need some time to just be by themselves there, whatever, that they can also say, "I need a minute. I need to be -

JEN

Ask for it.

ANNIE

- by myself." Yeah, it doesn't mean that I don't love you and that I'm not here to help you. It literally just means I need a minute, and then I will be there for you.

JEN

Yeah. And women struggle so much with setting boundaries. They also struggle as we hear and have experienced with resentful feelings towards their families, which is often a result of not setting boundaries. And so maybe it doesn't come naturally for us because we never had a role model to us. But imagine if you can role model that for your kids, right? Because I think when women set boundaries are often triggered with these thoughts of, "Am I not being a good mother?" Maybe you're being an amazing mother because you're role modeling healthy boundary setting, which will come more naturally to your own children when they're older because they saw you doing it.

ANNIE

Right on.

JEN

Yeah.

ANNIE

Okay, point number six. And our last point.

JEN

Yes. If all else fails, roll with it. This can just be a test of your resiliency. One thing is, it's like if you're going through summer, and it's just happening, and there's things that are out of your control, but you have this mental resistance and resentment growing around it, sometimes the best solution is to release it. Right? And just save yourself the emotional anguish of expecting anything different. Because we can't always change our circumstance, but we can change our thoughts around the circumstance which can decrease our stress and around all of that.

ANNIE

Yeah, or -

JEN

So, start incorporating. Oh, go ahead.

ANNIE

I was just gonna say, or beating yourself up for what you should have done. If you're, you know, if you're catching this podcast three weeks into the summer and it's already off to a rocky, rocky start and you're coulda, woulda, shoulda all over yourself, just let it go.

JEN

Let it go. And just try and do the best you can with what you have and and let that be enough, right? Like set yourself up for success by letting what's available to you be enough. And so maybe, maybe you don't have any exercise habit at all during the summer, except the family stuff you all do together. And maybe you hate working out with your kids around, but it's just not working. So you say, "Okay, come into the gym with me, and I'll do what I can," and you do that all the time, Annie. Your kids are always crawling all over you when you're hanging out and you're frustrated. I don't know you're rolling with it because strength training is important to you. And just don't let perfection stand in the way of your progress.

ANNIE

Yeah, I think that's a big one there because there's just a balance between, you know, I did my best and that's enough, or I gave it thought and attention and it didn't go as planned and that's okay and I'm gonna let it go versus the flip side of the coin is like you said just letting summer happen to you.

JEN

Yeah. W

ANNIE

high is a choice, that's always a choice on the table but if you want to come out on the other end of the summer being like, not just survived, I didn't just like by the skin of my teeth or whatever it is. You want to feel like, "Okay, that was good. I didn't throw my habits in the trash. I still am walking out of here like in one piece," then you know, take some time to give it some intention and think about how you want to spend your time and effort this summer.

JEN

Yeah, so how do you want to spend your summer, Annie? What would be your baseline habits that you would like to keep up over the summer knowing that it's not going to be perfect?

ANNIE

Focus with my exercise on strength routines, for sure. Which really, when I boil it down to, when I peel it back and like remove all the fluff, that's three times a week, if I can lift three times a week for 40 minutes. What usually happens though, is I fiddle fart with music and I scroll through Instagram and I take my sweet time warming up and then for what should be a 30 to 40 minute workout strength training session turns into like an hour and a half, you know? So yeah, being really intentional with my workouts, like this is what I'm doing, I'm gonna get in get out. Get focused.

JEN

Get to it. A little tough love, yeah.

ANNIE

Yep, like, quit getting distracted, focus on it. You know what, like alcohol, I think just the whole lockdown the quarantine in general, my alcohol consumption has increased quite a bit so I have made some swaps to what I'm drinking that I feel doesn't disrupt my sleep quite as much. Wine really disrupts my sleep. Even just a couple glasses.

JEN

Yeah, that's why I rarely drink, honestly, because it impacts my sleep so much and I feel terrible, like alcohol impacts my body just significantly so it's very far and few between that I indulge in alcohol.

ANNIE

Yeah and then my third one is sleep. I know when I, like we've talked about this time and time again, but everything feels harder when I don't have enough sleep, and so making that a priority and then honestly like, when sleep is a priority everything else seems to be you know, my nutrition choices seem to improve, my exercise seems to come easier. My general mood and demeanor is more pleasant.

JEN

Yeah.

ANNIE

Yeah. What about you?

JEN

I also am big on sleep as you know, and I am not too worried about my nutrition habits. I know we love the fruits and veggies that all come out, so we eat a ton of fruit, especially near where I live there's tons of orchards, so we get it like right off the vine here. It's delicious. I also live in the hottest place in Canada pretty much. It's so hot here in the summer.

ANNIE

Isn't it like a desert climate?

JEN

Yeah, it's like, I would say it's like the palm springs of like the US in comparison to Palm Springs. So what I really want to change from last summer is that as far as this talk of letting summer happen to you, we need to get out and get moving in the mornings before it gets too hot. And our downtime can be, it has to be the afternoons, right, like you need to escape the heat by the afternoon. So because we have a flexible work schedule, I need to be mindful of starting later in the summer and my main work time being in the afternoon when it's super hot. Because otherwise if we let the mornings get away from us, and then it's afternoon, then you can't go outside and move, even if you want to, or I can't go work out in my garage because it's too hot in my garage to work out. So that's something I'm really planning on being mindful of for the summer months.

ANNIE

Awesome. I think that's a good point about moving earlier in the day because yeah, it's not a desert here, but it does get pretty steamy. So, I love it. Okay, should we do a quick recap?

JEN

Let's do it.

ANNIE

Okay, so point number one to avoiding the all or nothing summer holiday is decide how you want to feel this summer. What's worked in the past? What hasn't? Giving that some reflection and to not just let summer happen to you, choose how you want summer to go, show that summer who's boss. Number two is learn to scale your habits, not give up on them. It's not just all in or all out, perfect or failing. There's actually a whole gray middle zone that you can likely select from. Number three was to decide what is negotiable and non negotiable, which is going to be super person dependent, like, what do you absolutely want to have in your summer? And what can you just kind of like let go of? Number four was to get a summer schedule or routine going. As I noted for me, this is going to be key to do it before summer actually starts.

JEN

Not in the last two weeks? [Laughs]

ANNIE

No, like, "Okay, we're getting into a good flow now. Oh, summer's over, okay." [Laughs] Number five set boundaries, you have needs, communicate those needs to the people in your four walls or community, whoever it needs to be communicated to. And then number six, if all else fails, roll with it.

JEN

Yeah.

ANNIE

Awesome. This was great. Summer! Can't wait!

JEN

Summer!

ANNIE

All right. Thank you for joining me, Jen. We'll talk soon.

JEN

Thank you. Bye-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 to enroll in next month's coaching round.