

Balance365 Episode 126 Transcript

ANNIE BREES

Welcome to Balance365 Life Radio, a podcast that delivers honest conversations about food, sickness, 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

Hi friends, thank you so much for joining us for another episode of Balance365 Life Radio. We are back today with our miniseries called member spotlights. This allows us to introduce you to Balance365 coaching members who are just killing it inside the program so you can take their wisdom and their stories and learn from them. They are busy women and many of them moms just like you and I who are changing their habits, their mindsets and reaching their goals. Today you're going to hear from one Balance365 member who declared on her 39th birthday, that this was her here her year to make herself a priority. And my friends she did just that. Erica joined Balance365 coaching just six months ago, looking for more support and accountability to make the changes she needed to be her quote unquote best self. And since then, Erica has lost weight but she realized that her weight is simply a byproduct of her improved habits. She's managing her hunger and fullness cues like a boss and she's sticking to a consistent exercise routine. Not because she has to, but because it makes her feel good. I cannot wait for you to hear more about Erica's experience and the lessons she learned inside of Balance365 coaching. Enjoy.

ANNIE

Erica, welcome to the Balance365 Life Radio podcast. How are you?

ERICA VEGA

I'm doing great. Thank you for having me. I'm super excited.

ANNIE

We are super excited to have you. Jen, are you so happy to have Erica here?

JEN CAMPBELL

I am. She's been in coaching for almost six months. So we've gotten to know her. And you're just an all around lovely woman.

ANNIE

And you signed up for level two recently to continue your coaching.

JEN

I didn't know that. That's so exciting.

ERICA

Yes.

ANNIE

And I'm so excited, too, because you've achieved so much since joining coaching. I'm just excited to see where level two takes you.

ERICA

I am too. I'm really, I was really excited. And I heard because I was actually debating like, do I just reopen do this coaching program again because the support is so great. And having the accountability is so great. So when I saw that there was a level two option, I was like "Yes." [Laughs]

ANNIE

That was perfect. Thank you for saying that those nice little plugs. That wasn't scripted. And I know Jen, you have some questions for Erica that you wanted to highlight, like her experience since joining Balance365.

JEN

Yeah, I mean, I look at Erica as somebody who's really had this transformation that we wish on everyone that joins Balance365 and interviewing you isn't just great for those listening along that aren't part of our Balance365 community. It's great for the members in there, right, to like really hear this journey you've been on and understand that it has not even a lot to do with food, right, which is kind of the like, hyper focused out there in the diet culture world and that ultimately, your journey and your results come from, I won't put words in your mouth, I am thinking a lot of inner work and reflection.

ERICA

Yeah, absolutely. Before I found Balance365 I was kind of floundering, like I had left dye culture behind, like the last time I actually intentionally tried to diet was right after my second daughter was born, my last child, and she's six now. And it lasted for a hot

second, I just like, I was like a week or two into it. I can't do this any more. And then I just didn't know what to do. And I think I was doing a lot of things that I didn't think were a diet but were still rooted in diet culture, like a lot of clean eating and GMOs, organic stuff, and it was still very restrictive and I couldn't stick with it. And then I kind of went the route of trying to do intuitive eating which has messages that really resonate with me. But it's so much of a change from how I lived my whole life. I need support, I can't just do it all by myself. I can't just all of a sudden say, Hey, do this complete 180 after you read a book on it. I needed help, you know.

JEN

Yeah. And I would say for anyone listening that Intuitive Eating is a lovely book, and we recommend it to everybody. It's just sometimes not enough. Or they need a bridge between it's not enough to actually facilitate the inner work they need to do. And then on top of that, create habits. But yeah, it is a great book.

ANNIE

And sometimes you just need like a someone to talk stuff out with, right? Like I'm thinking about doing this. What would you recommend? What's good, what's bad? What can I keep? What can I toss? And want some feedback from time to time.

ERICA

Yeah, absolutely. Having sort of a neutral outside person with some objectivity is crucial. And that's what I found, especially through coaching. So, before coaching, I had bought the self paced program. And I want to say I did about five months on self paced before I decided to join coaching. And I think that was a good pace for me. Because those first five months, I spent most of it trying to deprogram, working through my core values, wellness, vision, the self love journal, all of that, which was incredibly helpful. And, I mean, I can't even really put into words, how those exercises are still working for me now, almost, you know, getting close to nine months to a year later. And so, taking that time to do that work first, and then I kind of got to the point where I'm ready to implement some nutrition habits and I started doing stuff on my own, I saw a little bit of progress. That's like, I like this, but I feel like I can do more mentally, right, I need to be thinking about it a little bit more and the coaching helped me just kind of keep it to the forefront of my mind, my habits. Instead of what would happen to me is I think about it one day, like, Oh, this is what I'm going to do. And then I get busy. And I forget to implement it. And then three weeks later, I'm like, Oh, yeah, I said I was gonna do that. And so you need that kind of consistency in terms of your thoughts as well to establish the habits.

JEN

Yeah, for anyone listening along, we call phase one of the self paced program diet deprogramming and to be totally honest, we see a lot of people who joined Balance365 skip right over it and think they don't need it and they dive right into the Balance365 nutrition habits. And more often than not, those members have to circle back and do that foundational work later because they find that they are trying to work through the Balance365 program with a diet culture mindset. And that phase one really helps people work through beliefs, not just about, like, dieting and food and food roles, but like yourself and who you are and how you care for yourself and if you are deserving, etc.

ERICA

Right. And so I know you know, no one can see me this podcast, but I am still a fat woman, I don't mind calling myself fat and I have been varying degrees of fat my entire life. And so, I think for me, doing that inner work and coming to understand how diet culture has really impacted my self worth. As a fat woman living in diet culture and growing up in diet culture was really critical. And then as I try to set that aside, envision my future and what's future Erica, what's my vision for myself, I have all these things that I want to be and achieve. And ultimately none of it has to do with my weight or like my appearance. It has to do with my strength. It has to do with health and all these other things that, maybe I might end up losing weight on the way to get to those things, but the weight itself is not necessarily the issue.

JEN

Right. That sounds familiar, hey, Annie?

ANNIE

That was beautiful, Erica, like thinking of your future self. Yeah, that's very similar to my experience. Like I decided that, weight, a number on the scale was not my primary objective. And when I let that go in pursuit of health and wellness and balance and self love, I found some of it, you know, along the way, but it was no longer my like finish line. That's awesome.

ERICA

And it's what keeps me consistent in the habits that I'm building right now. Because my, you know, habits that I'm building are an exercise, for example, that makes me feel great, regardless of the number on the scale. You know, I weighed myself this morning and it's kind of been stagnant for the past week, and it's like, Okay, well, whatever, you know, but I'm still gonna exercise because exercise makes you feel good. I'm not doing it because I'm trying to find some arbitrary number on the scale.

JEN

Regardless of a weight change, exercise makes you feel good, but it's also healthy for your body. Regardless of what that number is on the scale.

ANNIE

It's a healthy habit. This is reminiscent of Traci Mann on our podcast, she said healthy habits may not always result in weight loss, but they will improve your health. And so often women engage in healthy habits with the hope of weight loss and then get discouraged if they don't see it right away or as fast or ever. And they lose sight that like, hey, look at how your health and your life have been impacted, even if your weight hasn't changed.

ERICA

Yeah, absolutely. So I mean, I'm not perfect. I still struggle sometimes with those thoughts, especially. I've been weighing myself really frequently trying to get that mindset shift of it's just data, right? And work on that, you know, and it's also sometimes, "I can do all things right," you know, and then I just go back to that wellness vision of myself again, I go back to it. And I say to myself, Erica, if you achieve all these things, and you're still in a body that weighs the same amount as you weigh today, and looks the same way as you look today, are you going to be okay with that? And the answer that is yes. And so if I can remind myself that it helps get my mind out of the old sort of focus on these arbitrary numbers, or some arbitrary societal standard as to how I'm supposed to look as a woman.

JEN CAMPBELL

And there's a lot of things women can miss if they're hyper focused on this scale, and sometimes a scale might, their scale might be going up. And what we see in dieters is these reactionary behaviors into restriction, if they see the scale going up, whether it's two pounds, 10 pounds, whatever it is, but guess what, when we build bone density, we get heavier. When we build muscle, we get heavier, we have water levels that fluctuate, and I also want to add that your body fat percentage is not going to hit a certain point and stay there forever and ever and ever. Even once you stabilize your weight, which is actually a really good first goal, I would say for any dieter that comes from my background of these wild, extreme changes in weight, just stabilizing your weight can be such a such a great goal, a goal to aim for. And which actually means you've stabilized your behaviors usually. But I even, you know, Annie goes up and down in weight, I go up and down in weight, we're not doing the wild swings both of us used to do when we were dieting, it's more of just a gentle change as the seasons change. Sometimes I can pay more attention to my habits that impact my weight, and sometimes I'm dealing with other stuff and for my health, I need to pay less attention to those habits. And so I think

that's just an acceptance that women have to have, that they can't be hyper focused on their weight, because you don't have 100% control of your weight.

ERICA

Absolutely. And in this, going through coaching during COVID-19 has been interesting. I'll say that, because talk about like an external factor, right?

JEN

Totally.

ERICA

But for me personally, it has, I think it helped me a lot. I am home more, I don't, you know, I'm not all over the place in my car non stop, working late, all that stuff. And so it was an external circumstance that I think helped me quite a bit. And I know that's not the case for -

JEN

Right, yeah.

ERICA

- matter of having grace for yourself. And then you know, on the flip side, these past couple of weeks, I will fully admit that I was probably coming out of my green zone downward towards yellow and just not very focused on my self care because of other external factors going on in the world that I was more preoccupied with. But you know, that's okay. And those are things I should be focusing on. But that doesn't mean I should be neglecting my self care as well. And so you know, it just kind of balances back out.

JEN

Learning to adjust and yeah.

ERICA

Yeah.

JEN

Yeah, so let's get into some of your habits actually, can you tell us kind of the, we don't have to get into every single one. But some of the bigger changes of what did your life maybe look like before habit wise and what does it look like now?

ERICA

Yeah, so habit wise, I would say, I was inconsistent at best, right? Like, I would let my schedule dictate my habits and if I had a light week workwise, commitment wise, I would be great about meal planning and cooking and all of that stuff to achieve a more balanced meal. And then the minute I had a busy work week where the kids have some crazy activities going on or whatever, just falling out the window. So really, the coaching has really helped me with my consistency, more than anything else in terms of like balanced nutrition. I have always been a fairly balanced eater in terms of my meals, there's been a lot of tweaking, absolutely. Just like most women, you know, protein needs to go up, fat and carbs need to come down. You posted about that the other day and I was like, Yep, I did that, I checked my macros and it is exactly what she just - [laughs]

JEN

[Laughs]

ERICA

- so it's just been more present in the moment, conscious of what I'm doing. And then also commitment to certain foundational things, like my sleep, my weekly sort of meal planning, grocery shopping, making sure I have stuff prepped for the week, and committing to those things really have a great trickle down effect for me. In terms of like, habits that I had before coaching that weren't so great that I am actively trying to work on, not just improve consistency with, it's the emotional eating, evening snack, wine and ice cream. That's what it is, it's wine and ice cream. And that has been the hard one for me.

JEN CAMPBELL

Absolutely. And so just to pause here so that everybody listening understands, there's two ways we tackle nutrition habits in Balance365. We do tackle the nutrition composition of what you are eating. But what we find with our audience in particular, that's actually the smaller issue. The bigger issue is called dysregulated eating, and that's actually your eating behaviors, it is dealing with the urges we have around food, which would include emotional eating, or some people aren't even emotional. They're just not thinking and they're just grabbing food in absence of hunger. And so that is the other side of nutrition that we also tackle in Balance365.

ANNIE

Erica, speaking of hunger, if you wouldn't mind sharing, I know you pretty pretty recently had an experience when you were maybe getting ready to cook dinner but you're still a ways out, you noticed that you were hungry? And you kind of had some, like I don't

want to say epiphany, maybe it felt like an epiphany, but you like realized some beliefs or emotions or thoughts you had about hunger weren't really true.

ERICA

Mm hmm.

ANNIE

Do you know what I'm talking about? Do you want to share?

ERICA

I do know what you're talking about.

ANNIE

You want to share about that?

ERICA

Yeah, sure. It was as we were working on hunger cues in coaching, right. And so, I'm pretty, I don't want to say good, because I don't like that word. But you know what I mean? It's, you know, about having my breakfast, lunch, dinner. They're big enough that they hold me over to the next meal without having to snack in between. But I was getting to the, between lunch and dinner. And I was making dinner and I realized that it was a recipe that took a lot longer to bake than I had anticipated. And I was getting hungry already. And I was like, dinner's not going to be ready for two hours. Am I going to be able to do this? Like and I was panicking. Like, I wasn't even that hungry in the moment that I was like, I'm going to get too hungry before dinner is ready. And this urge to eat came up to avoid the hunger, avoid the discomfort. And part of me is like, I'm sitting at home on my couch like, I could just go get a snack in an hour and a half if I'm so hungry I just can't take it anymore. Why am I now sitting here so worried about getting hungry? Like, freaking out? And so I just made a conscious choice in that moment. Like, you know what, I might get too hungry between now dinner, but I'm not. So let's just work this out and see what happens. And you know what, turns out I got fairly hungry, but not like to the point where I couldn't wait for my dinner. Pretty eye opening.

JEN

Yeah. So this is so important. And I want to pause again and talk through this because I think this is such an important moment for people listening and other members and other women in coaching. So we all have urges. And often these urges around food develop because of our time in diet culture, and denying ourselves actually. And that's very much how dysregulated eating habits develop, is that when you deny yourself

pleasure and deny yourself nourishment when you are hungry, which many dieters do for years and years and years, you get more and more impulsive over time and the amount of time you can experience discomfort actually lessens. Because your brain is very smart and your brain's like, We're not doing this, I am going to override your consciousness and all of a sudden, women find that they're like rattlesnakes, and their impulses are so strong that they're just like grabbing at food. And so what you did is you paused and you said, you identified what was happening, you stepped out of it and you identified this is an urge. I don't have to act on this but, I also can act on it if it becomes too uncomfortable for me. I'm going to try this and see what happens. And it really took bringing some mindfulness into that situation and being willing to get curious and explore, which is like so key just to figure out what works for you.

ANNIE

I love that you acknowledged that you were worried about getting hungry, that you weren't actually hungry. It was just this fear of like, Oh my gosh, if I get hungry, and an analogy that we've shared in Balance365 before is hunger is just a signal to your body, just like a signal to go to the bathroom, a signal could have go to sleep, get some water, and I think about terms of like, same situation, but we're talking about fatigue, like I'm worried about getting tired. We wouldn't go run off and take a nap right away to prevent the potential fatigue that hasn't even occurred yet.

JEN

Oh my god, I'm so tired. Run to my bed. [Laughs]

ANNIE

[Laughs] I mean, don't get me wrong, I would love that, but Erica like, I just love how you were like, I'm actually not hungry. I'm worried about getting hungry. And here are my options. And you took full ownership of that and you came out the other end and you're like, Huh, I made it.

JEN

I also see here and correct me if I'm wrong Erica, but I see that you reminded yourself that you are safe, that you actually had food available to you if that discomfort became too much, and I think that that is just a quite a deep layer to dig into. And that's actually, like hunger was the hardest habit for me to to get good at. I wasn't even that good at it. When we first started this company, I was still struggling with hunger. And it's because I had gone hungry for so long and spent so many years fighting hunger, that I had a lot of barriers around experiencing it. And really what it came down to, for me to make progress, there was a constant reminder from myself, that I am safe, I'm safe and I'm surrounded by food. And that commitment to myself that I'm never gonna do that to

myself again. So like you're safe. And so yeah, I just love that there's so much there. That's so good.

ERICA

And then, so that lesson has translated into actionable changes for me in terms of not just, you know, cooking that one particular set of circumstances with my job that I have. I frequently have meetings that occur around dinnertime into the evening. And I used to constantly freak out about what happens if I get hungry in the middle of this meeting? I don't know when this meeting is going to be done. So much mental energy went in to plan my meals around these meetings that were from, you know, like six or seven o'clock at night, that might go to nine or 10. And I might not be hungry for dinner right before the meeting, right? Who knows? And I would try to reverse engineer, and it wouldn't work out, and all this back and forth. And what ended up happening is I would eat dinner, even though I wasn't hungry before the meeting, and bring this big snack, just in case I got hungry again. And I don't do that anymore. I bring snacks with me and I have sort of like that idea of, I'm safe at home, I've got this pantry and refrigerator full of food I can pull from if it's necessary. Well now I, you know, keep a protein bar in my purse or granola bar, maybe a piece of fruit, whatever it may be, something that I know is substantial enough that if I got like really hungry, it would last me long enough, you know, to not feel sick. And I just keep it handy. And you know, if I have to eat a protein bar discreetly in the middle of a meeting. It is not the end of the world.

JEN

Right.

ANNIE

She dips out of her Zoom camera range -

ALL

[Laugh]

ANNIE

- to take a bite of food. [Laughs] That's awesome. Those are amazing takeaways, Erica.

JEN

And Erica, what would you want other Balanced365ers listening to know, so women who have joined our program and maybe are in the self paced program, or maybe they're in coaching, what would you want them to know about your journey?

ERICA

For everyone but especially for the ones in the self paced, like my number one thing, the biggest thing for me is do the exercises in diet deprogramming, do the self love journal, do the story of you. Those exercises were life changing for me, and they really set the foundation and the tone for the rest of my time so far in Balance365. I referenced it before, like, I actually keep a picture of my handwritten wellness vision on my phone. So I go can go back to this, pull it up, and remind myself of it when I need to. And that's something I did, you know, right at the outset, but I have to, you have to keep going back to it as I do, I have to keep going back to it to keep myself on track for for my future. That's the foundation of it all. And for coaching, you know, it's a little bit different structure, it's a little bit more, it obviously has a piece to it that's not there in the self paced program. But all or something, right, and I personally was able to really commit a lot of time and mental energy to coaching. And that might be your hope, too. And you may find out that maybe it's not gonna pan out that you're able to commit as much as you were hoping to. And that's okay. You know, maybe you can push yourself to commit a little bit more, maybe you can't, I don't know, but something is better than nothing.

JEN

Yeah, I mean, what people need to understand is that their success lies in meeting themselves where they're at whatever that is, right? And that's what keeps you out of the all or nothing zone and in the all or something.

ERICA

Yeah, absolutely. I mean, to the extent that you can really commit to yourself, and commit to taking the time to keep in touch with your coach, do the weekly reflections and do those exercises, it helps a lot, like I just mentioned previously, like the past couple of weeks, I kind of, you know, came a little bit out of the green zone. But ultimately, I knew that part of the reason for that was because I had skipped a week of reflection, and I wasn't...Literally like 30 minutes to sit there and really look at what I done the past week, what I succeeded at what I could improve on, and set a plan for the following week. But like, I've done this enough now and I feel confident enough that even when I fall out of it just a little bit, I almost get like a craving for it again, because it's my form of self care, right? I'm not doing these small daily habits that aren't glamorous. It's not a mani pedi, it's not a massage. It's not getting my hair done or anything like that. It's, you know, it's eating fruits and vegetables, and exercising. But that's how I take care of myself on a day to day, boring routine basis. And I feel it if I fall off of it a little bit, and I crave to get back to it. And I know that doing those exercises are part of getting you back to it.

JEN

Yes. And how do, you know I just recorded a podcast about this, what to expect when you quit dieting and doing this like this crazy balance thing. It's boring. But self care can be boring, but if you're willing to stick with it when it gets boring, that's kind of when the magic starts happening.

ERICA

Absolutely.

JEN

And so what would you want women to know that maybe haven't joined Balance365 and just listen a lot, or women who are still quite deep in diet culture or still grappling with their belief system around diet culture, is there anything you'd want to share with them about how you were able to unpack all of that?

ERICA

Yeah, I think that what I would tell women who are struggling with diet culture, you know, regardless of your body shape, or size or composition, that diet culture is set up so that you will be unhappy with what your body looks like, pretty much no matter what. And that doesn't have to be true. Balance365 helped me get to a place where, I am nearly 40 years old, I turn 40 in a couple months, and I probably weighed about 100 pounds more than I did 15 years ago. And I love my life and I love my body more today than I did when I was 25 and five, six sizes smaller.

JEN

That's so awesome.

ERICA

So that was sort of been my key takeaway. It's not really about the weight. You think it's about the weight. I get it because I was there. But you can get to a place where you are happy with yourself now. And yes, maybe you're making progress towards future goals that might result in changing how your body looks or is composed. But that's a byproduct. It's not the real goal.

JEN

Absolutely. Erica, do you think you could have gotten the results you've gotten so far in coaching without doing this inner work or without doing the phase one of diet deprogramming or, like, what are your thoughts around that?

ERICA

You know, I don't think I would have had as much success as I've had in coaching if I hadn't done the inner work. Because I think like I said, I'm about to turn 40, you can't undo a lifetime essentially, of mindset without really putting a lot of effort and attention to it, and if you don't change the mindset, then you're going to get frustrated with the process because, it's the long game, right? It's the long, slow process. And so, I like to think that maybe I would have seen some success and maybe, you know, do that sort of two steps forward one step back. But I think that ultimately, if I couldn't get my mind out of a place of self loathing, I'm never going to be able to get to a place where I'm achieving that wellness vision for myself. Future Erica doesn't hate herself. So something's got to change. So why not do it now?

ANNIE

I could cry.

JEN

I know.

ANNIE

That was, like, future Erica doesn't hate herself. That's beautiful. Big virtual group hug. What an experience Erica, you have shared so much. As Jen said at the beginning of the podcast your experience in Balance365, the whole process, the whole year ish, since you've joined, has been so on par for what we hope for our members. And I'm just, I'm so happy for you and I'm so excited to see what the future holds for you -

JEN

And level two!

ANNIE

Yeah.

ERICA

Level two.

ANNIE

And entering your 40s.

ERICA

I know. You know, funny story like I when I found Balance365 it was right around my 39th birthday. And I had been thinking about turning 40 soon and I was like, you know

what, I really want 39 to be my year of commitment to me. I'm done being last on the list. Don't get me wrong, I love my kids, I love my husband -

JEN

We get it. [Laughs]

ERICA

- I take so much care of them. But they're not more important than me, I'm equal to them. And so I was ready to start taking the time for me, and to make that improvement. So I really wanted to go into my 40s feeling great about myself, about my life, and just full steam ahead. And I saw, I think I bought the self paced program, like just a couple weeks before I turned 30. And I was like, this is really been part of my journey towards making sure that 40 and beyond, we're done with diet culture, we're done with loathing my body or feeling bad about myself and you know, feeling like I have to change how I look just to fit in all of these other things that aren't true. They're just in my head, and I feel like I really was there you know, it's always going to be a process. There's always more, like even though when I got this, then something happened with like, Oh, okay, this is a situation that I wasn't thinking of when I was thinking that diet culture, how it impacted my life. Every once in a while something pops up like Oh, wow, I didn't really, I didn't really think about that one.

JEN

It's such a trauma, and Annie and I talk about this quite often, that it's probably something that women will be unpacking throughout their lives as different situations or triggers come up. There's no like, end point of diet deprogramming. It's a commitment to examining your beliefs in different situations you might encounter. It's something you integrate into your life. It's not a finish line.

ANNIE

And on that note, that's exactly why we want to give women all the tools. The actual, like Jen said, like the actual nutritional composition of your balanced plates, but also the mindset tools. So when life does throw you a curveball and you don't have your laptop and your Facebook coaching community at your fingertips, you can work through like, Oh, crap, dinner is in two hours and I'm worried about getting hungry. You can work through it on your own successfully.

JEN

You can be a problem solver.

ANNIE

Yes, you can coach yourself. Awesome. Such good stuff.

ERICA

This was great.

ANNIE

It was great. It was great. [Laughs]

JEN

We gotta get together in real life at some point.

ANNIE

I know.

ERICA

Come to California.

ANNIE

Okay.

ALL

[Laugh]

ERICA

Tough sell.

ANNIE

When we do actually, we have a couple team members out west, and I'm sure we have a lot of members, because like we have members all over the world in the best way possible. So next time we're out west, we'll hit you up.

ERICA

Yes, absolutely. That'd be great actually. So I mean, I was supposed to go to Wisconsin this summer for a wedding and I was gonna meet coach Michelle. I let her know about it. She's like, I'll drive to Green Bay, it's only like an hour and a half from my house.

JEN

Aw.

ANNIE

Maybe someday. Yes. Well, wonderful. Thank you so much for your time, Erica, I can't wait to share this with our audience. I think they're gonna have a lot of takeaways and ahas, and mindset shifts just listening to you. So I appreciate you sharing your experience with us.

ERICA

Yeah, thanks so much for having me. This was great.

ANNIE

You're welcome. We'll talk soon.

ERICA

Yeah.

JEN

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 Balance365 coaching. Head over to balance365.co to enroll in next month's coaching round. See you on the inside.