

Balance365 Episode 131 Transcript

ANNIE BREES (INTRO)

Welcome to Balanced365 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

Jen, we work with women who are working through ditching dieting. And then it's like, Now what do I do if I'm not dieting? What's going to happen? After I quit dieting, what can I expect? And would you say, I mean, I know you know, we've worked with thousands of women. But wouldn't you say we've identified some common things that you can expect to happen after you quit dieting?

JEN

Yeah, for sure. I mean, you and I both saw them in ourselves. And now we continue to see them in other women. And I think it can be really helpful to know what's coming. So you don't sit there and think, "This is strange," or, "I'm doing this wrong," or, "This shouldn't feel this way." Yeah. It's a shared experience.

ANNIE

Yeah. And so we want to highlight really three main things that you can expect when you quit dieting to happen. And so when they do happen, that's not a surprise. You know, like, "Oh, this is the thing that Jen and Annie were talking about. Here it is, I'm going through it. This is what I'm going to do when I encounter it." Right? So let's get into it. The first one is, you're going to get bored.

JEN

Yes.

ANNIE

Like, eventually after you quit dieting, and you start exploring what a more balanced moderate lifestyle looks like to you, the motivation, the new, the shininess of that

change, it's gonna wear off, the dust is eventually going to settle. And that's when you might find yourself thinking like, "This isn't fun. I don't want to do this anymore."

JEN

Yeah, and I just had an image of like, when your children start growing up, and they become more independent and your identity, you sort of like founder with your identity for a bit because you're so used to taking care of babies and toddlers that require so much work and effort and time and attention. And when your kids start becoming more independent, like, my kids are six, eight, and 10 right now and I feel like these are the golden years of parenting. They're independent, but they're not moody teenagers yet. It's almost a similar feeling to that, to go like, "Wait a second, I'm used to micromanaging my nutrition. This is boring."

ANNIE

Yeah. "What do I do? Like, I get to sit on the couch?" [Laughs]

JEN

Yeah. And I want to note that some women that we've worked with seem to be almost addicted to the drama of dieting. And there's no drama with balance.

ANNIE

No, it's very mundane. And in fact, so like, just like any other skill if you want to improve it, whether we're talking about riding a bike, deadlifting, knitting, cooking, if you want to improve that skill, which also could include eating balanced meals, practicing moderation, you have to practice it. You have to get your reps in, right? And you're not going to knock it out of the park every single day. And on the flip side, most days aren't probably going to be miserable either. Most days will be like somewhere in the middle, mundane, boring, simple, average. And that's the hard part of moderation and balance, because you know dieting comes with, the hard part is white knuckling your way through this plan. Like, feeling like you cannot make a mistake. If you make a mistake, then you've screwed up everything, like, that's the hard part of dieting. The difficult part of balance and moderation is that it's just not very exciting. It can be really boring.

JEN

Yeah, but the benefits are plenty. I would argue that when you are in that boring part, you are hitting the part where the magic starts happening as well.

ANNIE

Yeah. And speaking of magic, point number two is you're gonna get frustrated. And there's a few reasons you might get frustrated. And the first one, the first reason you

might get frustrated is because this isn't likely going to lead to quick results. And if you're used to dieting, where you get these like quick wins, right away, you know, you cut out carbs and all of a sudden you're down five pounds, versus you start moderation, balance and the scale doesn't move for a while. You could, it's reasonable to think that one might find themselves getting frustrated, but that's okay. And in fact, we have experienced even periods of temporary weight gain, and I want to say temporary, highlight that. Jen, do you want to say more about that experience?

JEN

Yeah, I mean, I'm just, full disclosure here, I put on 15 pounds when I quit dieting and some might be less, some might be more. We've had women in Balance365 not gain any weight when they quit dieting. I think what this really comes down to is, well, there's lots of factors, there's how long you've been dieting, what your emotional regulation skills are, how kind of aware you are of the toxic nature of diet culture, right? Like some women come into our program and they are ready, like, they are ready to not be dieting anymore. They're so done with it. But others are still kind of holding onto it, like our friend Courtney calls "truck hands," with toddlers.

ANNIE

[Laughs]

JEN

Here I am with the mom analogies again. But, they're like, the toddler that can't let go of their toys still. They're like, still holding onto the truck and you're trying to offer them something else. And they like want it, but they're still like, "Oh, but I can't let go of these toys." Yeah, and our friend Courtney calls it truck hands.

ANNIE

Truck hands.

JEN

And so, if you are still kind of hanging on to beliefs, that dieting maybe can work if you just tried a little harder. Again, then the process will take you longer because you're grappling with your beliefs. But yeah, I put on 15 pounds and it's because I had been so restrictive for so long. I mean, we've shared before, keto, clean eating, obsessive macro counting, I was so mentally burned out that my pendulum swung way in the other direction. And I was having ice cream smorgasbord every day. And ice cream had been like that food for me while I was dieting that I really struggled with, or that I would binge on. But the other thing I will note is that I did not have coaches like our members have.

And I didn't have any support network. I was kind of on my own. So I think having a support network can really help steady that pendulum swing.

ANNIE

Yeah, and that's why the support network and community of like minded individuals working towards a similar goal, we know can be beneficial for so many reasons. But what I would say is, when you're going at it alone, you might be inclined to ditch the whole balanced lifestyle. If you find that your weight isn't dropping as quickly as possible, or that you're gaining weight because it's like, "Oh my gosh, I wanted to lose weight. This is not my goal. I'm going in the opposite direction." And we would say, as your community, your support network, your coaches, no, no, you just got to keep going, like, this is normal. This is temporary. And we need to kind of move through this phase, if that's the response that you will encounter.

JEN

Yeah. And we polled our audience a couple weeks ago, and I asked them what their biggest struggle is when it comes to health and wellness and doing this, like, sane and sustainable method of changing their health and their weight. And the vast, vast majority of women responded to the poll that they get frustrated when they don't see fast results, and then they quit. And I would argue, okay, we've identified the problem. What happens when you don't quit? What happens when you feel that urge to quit and you don't? That's when you're entering the magic zone.

ANNIE

[Laughs] The magic zone.

JEN

The magic zone.

ANNIE

Okay, another reason you might get frustrated is because it's so simple. [Laughs]

JEN

Yeah.

ANNIE

Which is what Jen was saying earlier a little bit about when you are used to giving all your time energy and attention to being hyper focused on food and fitness and counting and weighing and tracking, you might have a sensation of like, should I be doing more? And in fact, I had a coaching call with one of our Balance365 coaching members last

week. And she literally got on the call to ask if she should be doing more. She's like, "Is this it? This is really all I need to be doing?" And I'm like, yeah. This is it.

JEN

And then you need to keep doing it. So one thing I'll say is that we specialize in simplifying nutrition, simplifying weight loss. But that requires breaking down a belief system, you might have, that this needs to be very, very complicated in order to work or see results -

ANNIE

Or have to suffer.

JEN

Yes, and those are dieting belief systems that you were given and they are not true.

ANNIE

They're not. Food and fitness don't have to be complicated to be effective. Case in point, we've got thousands of women to show you otherwise. You also might be getting frustrated because there's a lot of people probably in your life and your community that are still dieting and they'll likely appear to be getting some quick results. I mean, I can't get on Facebook anymore without someone talking about their weight loss. And I have done the work, the mindset work, the belief work, to be able to scroll past those and you know, not feel any type of way about it. But when you are in a state of frustration potentially, because you're not getting the quick results that you want, and then you see someone else in your feed getting the quick results that you want, it can be like, "Wait, I want what she's having." But -

JEN

Yeah, easy come easy go. But also, if that's working for her, let her have it. Just let her have it. And just really own that you've been there, done that, that's the old toxic boyfriend that you want nothing to do with anymore, like you are done with that. And just really own the journey that you are on. Like, we just live in that culture, we live in a fast results, quick fix culture and that is going to be everywhere. And your resilience to it lies in, I would say, like insulating yourself with your own kind of positive body image, but also just an acceptance that that's everywhere and you don't want that, like, actively choosing and being creative with the path that you're on. It's also normal. What I would say is, it's also normal to have like, let those thoughts come like, you know, whether it's jealousy or whatever it is. We don't want to suppress our feelings around it, but let them come and then just kind of distance yourself from them and recognize, you know what,

this is just a feeling, like, I don't have to act on this. It's just, it's a feeling I'm having right now.

ANNIE

Yeah, and that frustration that you could feel when you see other people getting the quick results that you want, could walk us right into the third thing that happens when you quit dieting, you might be tempted to start another diet and dieting. We joke about this frequently but dieting is, it's like that ex boyfriend as Jen said, that slides into your inbox and they flirt with you and they make you feel giddy and excited and they whisper these like sweet nothings and they tell you these promises about how great life could be with them. And that they're different and they've changed. And you might be tempted. And you can bring awareness to that impulse, you can bring awareness to that, like, "Hey, yeah, maybe I do want to jump back in bed with that ex, that old diet." And you can even fantasize about what that would be like, but you don't have to act on it. You don't have to actually start the diet. But also acknowledge that like, look, and I say this, you know, with all my love, like if you want to, if you want to sleep with that ex one more time, you want to jump on that diet one more time, go for it, but you're lying to yourself. If you think that it's going to be different, you're going to end up right back back where you started. And that's because dieting is a system that's designed to keep you stuck. So if you want to engage in another diet, like, that's totally within your right to choose that, but don't believe that it's going to be any different than it was before.

JEN

I actually got a message from a Balance365er in May after we had our Mother's Day sale and we had, you know, like 600 new women join. And she sent me a message. Because you know when women joined Balance365 there's often this little bit of period of uncertainty and panic, like what do I do if I'm not dieting? And it was just kind of a lot of discussion around letting go of the diets some of the women had been on prior to joining, and she sent me a message and told me that she, and I remember when - you probably know what I'm talking about -when she joined, she was terrified of not calorie counting, like terrified. And she'd also been in this like, strict macro counting plus bodybuilding-ish type program before joining and she had eaten so many chicken breasts that she said just she couldn't even look at chicken anymore because she'd had so many. So, you know, she was just really struggling when she joined and she sent me a message and told me that she joined and she was pretty certain that this is what she needed, like she was so done with that world. But when after she joined Balance365, one of her friends went on this super popular diet program and had dropped like 35 pounds very quickly. And she told me that was the hardest part of her journey, to see her friend do that while she was owning that she wasn't going to do that anymore. But she decided just to stick with it and stick through it. And she's been a member for two

years. And she said, "Now that two years has passed that same friend has gained back all that weight she lost and she said she doesn't look at her in judgment over it. She looks at her and feels just really sorry for her friend because her friend thinks it's all her fault." And she goes, "And here I am sticking with it, sticking with Balance365, sticking with the basics. And here I am losing weight slowly but sustainably and feeling like I can do this my whole life and I will never rebound again." And it was such a beautiful message to get. And I ended up sharing it with our community because I wanted everyone to understand that it's actually seeing other people get these fast results that's probably going to be your biggest trigger. But ultimately, if you keep getting distracted by those things, you are, you know, it's like taking a side road during your journey, it's going to take you longer and longer and longer to get where you want to be.

ANNIE

And that is why our community is so important, that filling your feed, your life online and offline as possible with people who have like minded goals and values and methods of how they eat and move their bodies and value in principles around that, is so important. I think people are like, "Oh, okay, they've got a Facebook group or whatever," like that, you know, like big deal. But when you realize that that starts becoming the kind of the support beams for when you're maybe feeling tempted to go off course or whatever, and you've got people like, "No, stay the course, stay the course, stay the course. Here's a reminder of my success when I stayed the course. Here's my success when I stayed the course." You know, it becomes really really valuable. It can keep you focused, for sure.

JEN

Yeah, absolutely.

ANNIE

Yeah. Okay, shall we do a quick recap?

JEN

Yeah.

ANNIE

Of the things that you can expect when you quit dieting. You're going to get bored. Your motivation, the new the shininess of even moderation and balance is going to wear off, the dust is gonna settle and when it happens, you might get bored.

JEN

And I'll add that usually happens about three to five weeks in. You can expect that Yeah.

ANNIE

Just mark your calendar. [Laughs]

JEN

Just mark your calendar. [Laughs] Keep going, that's the point when you gotta keep going. And when you're experiencing the discomfort and the desire to run back to the new and shiny, just know you are on the verge of breakthroughs. And that's what you gotta push through.

ANNIE

Yes, the hard part of balance is tolerating the boring, the simple, the mundane the repetition, the practice that it takes to get that magic, you're also going to get frustrated. And again, like we said, you might get frustrated because you aren't getting quick results. You might get frustrated because this is just so simple. Shouldn't I be doing more? And you might get frustrated as we spent a fair amount of time talking about because people are going to still be dieting and they're going to appear to be getting the quick results that you desire for yourself. Which leads us right into the third thing that might happen when you quit dieting is you might be tempted to diet again. And that's okay. That's normal, but again, like I said, it's like that ex that slides into your DMs, flirts with you. "This is new, this is different. I've changed. It's gonna be so perfect. Let's run away and to the sunset together." And you know, like, been there, done that. No, thanks. I'm moving on. [Laughs]

JEN

Yeah. To better things.

ANNIE

Bigger and better things. Awesome. Okay, well, thank you so much, Jen. I appreciate it.

JEN

Thanks, Annie.

ANNIE

Bye-bye.

JEN

Bye.

ANNIE BREES (OUTRO)

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.