

Balance365 Episode 137 Transcript

ANNIE BREES (INTRO)

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. Before I tell you about today's amazing guest, I want to take a minute to share a really sweet review left for us on iTunes. This listener says, "This podcast was recommended to me by a friend and once I started, I now recommend it to every important woman I know because it has had such a positive impact on my life and self talk. The messages in each Balance365 podcast are real relevant and relatable. The ladies helped me feel understood, validated, hopeful, motivated, but most importantly, empowered. Thank you for helping women around the world reprogram for the better." Thank you so much for leaving a sweet review on iTunes. You have no idea how much that means to me and Jen. Without our listeners, there is no need for a podcast so if you have subscribed to our podcast, shared our podcast, listened, downloaded, we cannot thank you enough. It means so much to us and it helps us to spread our message to the rest of the world, which is what we think is so badly needed. Okay, now let me tell you about today's amazing guest. We are back with another Balance365 member, Megan. Megan is a longtime member who's had an incredible journey with us. And she says "Balance365 has been life changing for me. I've gained body acceptance, food freedom, and developed countless habits that have allowed me to have a mentally and physically healthy lifestyle." These habits that Megan has implemented have resulted in 45 pounds of fat loss. She has also become super passionate about ditching diet culture and modeling healthy food and body relationships for children. Megan is busy my friends. She is a full time physician and mom to three boys - her schedule is full. So if you've ever found yourself thinking that you're too busy for Balance365, we know that this episode is going to change your mind. Enjoy.

ANNIE

Jen, we have a special guest on the podcast today. Are you so excited to have her?

JEN CAMPBELL

I am. It's Megan. Long time member.

ANNIE

Megan, welcome to the show. How are you?

MEGAN LYONS

So good. Thank you so much for having me.

ANNIE

We're so happy to have you. We have lots of questions for you. Are you ready to get down and dirty? I know Jen always does this whenever we have guests on the show, but she always starts talking to them like we're recording and we actually haven't recorded so this might be a bit of a repeat for you. But, tell us real quickly if you remember how you found Balance365.

MEGAN

Yeah, so several years ago I was in the Healthy Habits Happy Moms group. And so that's how I found Balance365 and I was pregnant with my third child at the time and had gone through two pregnancies, and two postpartum periods where I really struggled with my body and accepting my body and you know, society was telling me that I needed to bounce back and you know, be in a swimsuit six weeks later, walking on a runway, and I just wanted something different. I wanted something that would help me heal my relationship with food and my body. And I signed up for Balance365 at that time.

ANNIE

Did you, would you say you struggled with food and fitness before? Were you, like, did you have a dieting past?

MEGAN

I did. I did do some dieting. Even before I had children. Looking back like I don't know why. I didn't need it. [Laughs]

JEN

[Laughs] Don't we all.

MEGAN

Exactly. When I think about, like, you know, the health that I had at that time. Like, I really didn't need to do it, a friend of mine was doing it. So I signed up with her and, you know, but I grew up with a mother who was morbidly obese. And so definitely had some struggles, not necessarily with my own weight, but with a lot of fat phobia, of course, because I saw how her weight really affected her life and the treatment that she had. And so I think probably internally more than anything, I didn't want that to be my life. And so even though I didn't struggle with my weight, it was always kind of in the back burner, like don't gain weight. You know, don't, you know, don't be like your mother. So I think that was probably where a lot of my dieting came from, was kind of as a prevention as opposed to something that I needed to do.

ANNIE

Hmm, interesting. That's actually, we've said this time and time before but our mother's relationship with food and fitness somehow always seems to play a part in women's experiences with their bodies and food and fitness as well. Even the good, the bad, the in between. It's always so influential, wouldn't you say?

MEGAN

Absolutely. Absolutely. And, you know, watching, you know, how my mom's life was affected by her weight, I think really affected me more than I even realized.

JEN

That aside, I wanted to ask Megan, so just weight aside, did you, did your mom have a healthy relationship with her body with food?

MEGAN

You know, it's very interesting because considering you know, the difficult relationship that my mother had with food, she did a really good job raising her three children to have what I consider a fairly healthy relationship with food. Certainly, you know, at home we ate very balanced meals. We weren't restricted in any way because of her issues, so she did a very good job. I think honestly a lot of my issues with food and my body came from media, society, and it's not really from something that my mom you know brought to us or or those sorts of things

ANNIE

Megan circling back to, you know, not that we don't want to talk about your mom but [laughs] circling back -

MEGAN

Hi mom

ANNIE

[Laughs] You said okay, so you said right before you joined Balance365 you had just given birth to your third -

MEGAN

Well I was pregnant with my third when I joined.

ANNIE

Oh, pregnant with your third, okay. Describe, like what were you looking for when you when you joined the group?

MEGAN

I wish I knew. I wish I could say exactly what I was looking for. You know, I knew that the support and the thought process and you know, the way that you guys were speaking about diet culture and, you know, loving your body and those sorts of things in the, you know, previous Facebook group was something that really spoke to me. And I wanted to sort of dive deeper into that. And I was hoping that that Balance365 would help me with with those issues. And of course it did, it really changed my life.

ANNIE

Spoiler alert.

ALL

[Laugh]

MEGAN

Yeah.

ANNIE

It works. [Laughs]

JEN

I think a lot of women, especially women who have maybe a history that's more in the dieting world, they don't know exactly what they're getting into. They just know they need to do something different. And sometimes it can feel like a leap of faith, and we totally get that, but it's definitely different.

MEGAN

Yeah, I would agree. Like I think maybe I didn't really know what I was signing up for at the time. But yeah, I'm so glad so glad I did.

ANNIE

We just talked about that yesterday in one of our workshops, Jen, that how we quit dieting, but so many women, myself included were like okay, like what do I eat? How do I eat? Like, what? What? If I'm not dieting, if I don't have a list of foods, if I don't have a meal plan, a macro count, a calorie count, like what do I do? Like I don't even know what that looks like, my brain couldn't wrap its head around it.

MEGAN

One thing that really surprised me about the program was just like basic nutrition knowledge, like, I just didn't know what I should be eating and in what amounts and not that it's a prescribed thing in the program, but just basic things like carbs and protein and fat and fiber. You know, like, where was that? Like? How come no one taught me that before? You know?

JEN

Yeah, like why isn't this taught in high school and it is so basic, right? It's very basic.

MEGAN

Yeah.

ANNIE

Megan aside from the basic makeup of meals, which is important information to have, we tell women, Jen and I are often saying that the biggest change that women need to make in order to find success with Balance365 is their mindset. Would you agree?

MEGAN

Absolutely. Absolutely. You know, the changes that I made and the things that I learned in Balance365 I tell friends all the time, that it applies to all the things in my life so I mean, one of my favorite or my most favorite mantra for Balance365 is all or something and that really has changed my life. I obviously am, come from a type A personality, high achieving background, and I want to be perfect at everything all the time, no matter if it's what I'm eating, is it what I'm exercising, is it you know, just anything in my daily life. So changing that tendency to try to be perfect all the time has really been life changing for me. So I think that changing that mindset, whether it's parenting or you know, anything at all, that has been a big, big change for me in my life

JEN

When you went...So I know a lot of women join Balance365 and they love the mission, they love the philosophy they start incorporating the mindset work, but some still struggle to like, get going on actually changing some of their behaviors. Did you have any breakthrough, aha moment that had you go, Okay, now it's time?

MEGAN

Yeah, I would say like, when I joined the program, I didn't do any habits right from the start. I was still pregnant. So I felt like it wasn't the right time to make any big changes. And so I just, I read the program. I diet deprogrammed and you know, for a long time. And then after my son was born, my very first habit was actually satiety, or what we used to call Goldilocks. And I think maybe you agree that's kind of an unusual one to start with. I think other women may start with other habits. But for me, at that time in my life, you know, I was in a red zone, right? I had a newborn baby. I didn't want to be thinking about, What am I eating? You know, how much protein am I getting? You know, making all these big habits. It was something very simple for me to do. Just listen to my body. Am I full? Am I satisfied? I'm going to stop eating, you know, and even just in the beginning, just listening to my body, and maybe I didn't stop eating. I kept eating because I was starving because I was breastfeeding, but just over time, slowly, listening to my body listening, to my body cues. And that was, that was really what started the whole process for me was learning to listen to my body, which so much of the program is that right? How do you feel? Does this feel good? You know, looking back, reflection, what could I do differently next time without that shame of, Oh, I did that again. I'm never doing that again. And then in that binge restrict cycle.

JEN

Yeah, actually, when Annie and I are coaching or even talking to anyone live, internal cues is what we recommend constantly to anyone. So if you think of your habits, like a dial, when life is great, you can dial those up, when life is very, very busy, or you're in what we call a red zone. It's very, very stressful. Dial it down. And I always say if there's one habit you can hold on to, it's your internal cues. And we think that's a great habit to be focusing on when you're in a red zone. So good job, Megan.

MEGAN

Yeah, I would say, you know, one of the things that the program really taught me was to listen to my body, you know, I had gone through years of being pregnant and postpartum and breastfeeding and all those things. And I really lost that sense of like, Am I hungry? Am I full? Like, it was just, it turned into eating constantly, right? Because you're nauseous, or you're sick, or you're pregnant, or you're hungry, and you're just kind of turned into like eating and snacking and all the time. So really learning to listen to my body, I think is the thing in the program that really changed a lot of things for me,

for sure. So, you know, satiety hunger cues, and then you know, three to four meals was huge for me, because after, you know, months of pregnancy and breastfeeding, just a lot of snacking and eating smaller meals that really helped me reach my goals.

ANNIE

You know, Megan, what you're describing sounds so familiar. It seems like women either are doing one of two, three things when they're struggling, they're either just mindlessly eating right? They're just zoned out. They're distracted. They're not paying attention. And, which life is busy, life is stressful, life is hard, so easy to do, no shame or judgment on that. Or they're trusting outside sources to tell them when to eat, how much to eat, like what foods to eat. And that could be a person, that could be an app, that could be a number, and then Balance365 philosophy is like, No, you know the answer to those questions. You just need to listen. And that can be really really hard. Did you struggle with trusting yourself answering, Am I full? Am I hungry?

MEGAN

I mean, it's a process, right? When you start listening to those cues. Well, first you have to just recognize what they are like. Do I feel hungry? What does that feel like? You know, what is, you know, a bit of hunger? What is hunger? Oh, I probably should have eaten a while ago. Now I'm, you know, too hungry. So, you know, it's a process. It's not perfect, even now it's not perfect, right? There's some days where I'm like, Oh, I should have, you know, should have eaten a little bit earlier or I you know, ate a bit too much at that barbecue, but it's just recognizing that and not shaming yourself for those things that, you know, choices you've made. And just, you know, thinking about what you might do next time differently.

JEN

Which is great, which I think goes hand in hand with your journey of letting go of perfectionist tendencies, right? Like, you can really get reflective when you aren't consumed with judging or valuing yourself for how perfect you can do something.

MEGAN

Absolutely. And then you realize that it's not a big deal. It's really not a big deal. You know, I had two hotdogs at the barbecue. Maybe I should have had one. Okay, whatever. No big deal.

JEN

[Laughs]

MEGAN

Next time, maybe I'll try one and see how it goes. Like, it's really not a big deal, but it used to be such a big deal. Right? It was like, it was like the end of the world if I had two hot dogs, but it's really not a big deal.

ANNIE

So what I, just to clarify, to hammer this home, Megan, what I hear you saying is that you weren't perfect, and you still achieved results.

MEGAN

Oh, absolutely. Absolutely.

ANNIE

Okay.

JEN

And you ate hot dogs. [Laughs]

ANNIE

You don't have to be perfect, and you ate hot dogs.

ALL

[Laugh]

MEGAN

A lot of hot dogs.

ANNIE

It's mind blowing stuff my friend.

MEGAN

But you know what, we're taught that you have to, to get results, you have to be perfect and you know, never miss a Monday, and you know all those things, like it's really, I've missed a lot of Mondays okay? And it's really not, it's not about that and you know that perfectionistic mentality in the diet culture is just, it's just harming people. It really is.

JEN

Megan, you are busy, you are a physician, I imagine you're on call sometimes, high stress job. You have three boys like me. Can you explain why this didn't feel impossible for you with all that you got going on?

MEGAN

I am busy, I'm not gonna lie, I'm very, very busy. And that's why I love this program. I don't have, you know, hours every day to go to the gym, I don't have time to be counting my calories and weighing my chicken breasts. You know, I need to just be able to eat and go and get things done. And that's why this program is amazing. You make small sustainable changes that help you achieve your goals. So if I can do it with my busy life, I know other women can do it too.

ANNIE

Podcast is over. We're done.

ALL

[Laugh]

ANNIE

That was like perfect. I love that because I do think I when I was dieting, it felt like I was turning my world upside down to make changes. It was just consuming and the life that I live now, similar to the life you live with kids and a job. It's just, I can't do that. That's not an option for me anymore.

JEN

Yeah, I used to weigh all my food, and try weighing out chili or spaghetti sauce. [Laughs] You know, like, it just, it was too much. It was so overwhelming. I had three kids under the age of four, three boys. My husband was in grad school, and then I'm trying to do all these dieting things and I felt like a failure on a daily basis. And now I look back and think it was so unnecessary. The freedom that I have now, I wish I could have had for my younger self. And I guess that's why we created this program. Annie I talk about that a lot how we - Annie talks about it in therapy [laughs] with her therapist, how in some ways, we created what we needed as young women, young moms. So yeah.

MEGAN

Yeah, I would say I agree. Like I tell people this all the time. Like I feel like I have food freedom. Like I used to think, What's for my next meal? What time? What am I going to eat? Did I measure it out? Is, it you know, I didn't pack a lunch. How am I going to eat at the cafeteria at the hospital? You know, that was very challenging. And I don't think about that stuff anymore. You know, I think about a few things, like, do I have some protein? Do I have some vegetables, you know, very basic things. And, my life is free of that weight, of thinking about that all the time. And it's just, it's so freeing to not be worrying about that stuff.

JEN

Megan, what physical or I guess, and/or mental health changes have you had since joining us?

MEGAN

Yeah. Well, I mean, certainly I've lost weight since I joined the program. You know, I've lost you know, over 45 pounds now, but it's not really about that. It's what I've gained. I've gained my health and fitness and being able to keep up with my three boys. Goodness, they're getting fast. You know, so physically, you know, that's been a big change. You know, mentally, you know, we talked about the freedom that I have about food, and, you know, just the mentality changes that have affected everything in my life, not just fitness and food, and, you know, those things. I've just, I've gained so much from this program, and it's, you know, it's affected all aspects of my life.

ANNIE

I think we know the answer to this next question, because you've already touched on them again, but what would you say if you had to pick your top three favorite habits that you've developed since joining? What would you say they are?

MEGAN

Yeah, I mean, yeah, I mentioned them earlier. I would definitely say, you know, satiety, and hunger, and three to four meals are probably the things that really made the difference for me, obviously, it's hard to do, those habits are more - difficult to do those habits if your meals are not balanced, so certainly that's a process. But when I really saw things changing for me, were when I implemented those habits. And hunger and and three to four meals were two of the very last habits that I did and they were they were very successful for me. And they're probably my most favorite habits for sure.

JEN

Was it a shock for you when you started losing weight this way, like, without being meticulous and micromanaging it, was it?

MEGAN

Absolutely, absolutely. You know, and it was, you know, you're taught that you know that that's not going to work, right? You need to be doing everything all the time, working out, eating perfectly to get results and that wasn't the case and then you know, very slowly as I added the habits in, I was able to be successful. And I mean, I was surprised, but I'm sure you guys weren't because, you know -

JEN

We were not surprised. But we understand the mindset because I remember when I was going through this process long before we started Balance365, I remember being shocked, pulling on a pair of pants one day that fit me. And I was like, I don't understand. I haven't been doing anything to earn this. What the heck?

ANNIE

I was the same as like, you want me to what? And you think that's gonna work? Like no, like, that's cute. [Laughs]

MEGAN

Yeah, I agree. Because, you know, with my other two kids afterwards, you know, I used dieting to you know, lose, you know, some of the weight that I had gained during my pregnancies and it was a struggle for sure. And it took a lot of work and this time it was just like so freeing. You almost think like, Is this actually happening? Because like, I don't feel like I'm doing anything but, you know, it's just small little changes.

JEN

Yeah, I would say that's just a really, it's quite a strong belief that a lot of people have. It's just definitely a diet culture belief that it has to feel hard. You'll feel like you're micromanaging your habits the rest of your life. And a lot of people struggle to let go of that belief. And I think it's just that if it's not taking up your whole life, you're just not moving in the direction you want to go, you're moving away. And so getting people to kind of like, let that baggage go can be quite a process. I also want to touch on this. We talked about this yesterday, Megan, how you are very successful. And you and I were chatting about how diet culture is literally everywhere. And you've been very successful in your career, and you work in health care, and yet you still found yourself holding some diet culture values. Do you want to talk about that a little bit?

MEGAN

Yeah, I mean, it is everywhere. And before I even learned the term diet culture, I didn't even know what that was. But as soon as you see it, you can never unsee it, you know, everywhere you go, in the restaurants with the calories on the menu, you know, going to the doctor and you know, different advice that you might get, it's just everywhere you go. Social media, television, it is everywhere and nobody can escape it no matter how successful you are. No matter what your social economic status is, whether you're male or female or non binary or whatever you are, like, it is everywhere and it is very hard to escape. And I think, you know, what you guys are doing is amazing to, you know, open our eyes to this and see how how it's affecting, you know, our children and society. And yeah, I'm just so, so thankful that I found you and that I was able to, you know, recognize that I was in diet culture and how it was affecting me negatively.

JEN

Do you feel like you're raising your kids a different way after kind of seeing the light?

MEGAN

Absolutely. I know, you've talked about how your kids' diet and you know, nutrition has changed over the years. I was the same like my first time, like, there were no treats. There was no sugar. There was no McDonald's. Like, I remember when my first son had McDonald's. He was three years old and my parents took him and I was horrified. I couldn't believe they took him to McDonald's. And they were like, He's never been to McDonald's? And my third son, I think he was like eight months old. Like, just very different, like, I was very restrictive before and seeing how that was not the best, you know, mentality to be in, and so we have a much more balanced approach in our house now. And I've noticed such a difference and it's been so freeing as a parent not to be stressed and worried about family. So yes, it has absolutely changed, you know how I raise my children.

JEN

Awesome. What would you tell others thinking of joining?

MEGAN

Definitely join. Yeah.

JEN

[Laughs]

MEGAN

[Laughs] Join right now. Yeah. I would say if you're, if you want to change your relationship with food with your body, if you want to change your mindset about you know, anything really, absolutely sign up for the program. It is the perfect balance of compassion and self love with tough love and support from amazing women in the community that you guys have created. So I would absolutely, absolutely recommend it. The one thing I will say, though, is that you have to do the work.

JEN

Yeah.

JEN

This is not a program that's like, eat this and workout this time and do this. You have to do the work. And I think I do see some of that in the group, like people come in, and

they're kind of like, Okay, like, what am I supposed to do? But you have to be able to do the work. Do your habits, you know, really, you know, it's like teaching a man to fish rather than like giving him fish or whatever the saying is, right? You've got to be prepared to do the work. And if you do the work, you will achieve your goals.

JEN

Absolutely. We actually had a woman post yesterday that she's really been getting into the program. And she said, it's amazing what happens when you actually open the book. [Laughs] And so you do, you actually, you know, sometimes the easiest part is clicking join now. You actually have to read the material and then you have to start practicing it.

MEGAN

Yeah. You gotta do something for sure. And make it easy, right? Choose something simple, set yourself up for success. And yeah.

ANNIE

And to echo your experience, take imperfect action. Like, you clearly again didn't have to be perfect to achieve the physical and the mental results that you got from the program. You had your hot dogs, sometimes two, sometimes one, and like you still got there.

MEGAN

Yeah, absolutely. Absolutely.

ANNIE

Megan, do you have any other words of wisdom for women listening?

MEGAN

You know what, the other thing that you know, Balance365 has really brought to my life is really recognizing the environment that I have set up around me. So social media, friends, you know, recognizing what things were positive in my life and which things were not positive, and how those things can help me be successful with my goals. And I think that, you know, setting up your environment to really support yourself, you know, unfollowing those accounts that are not helping you, finding resources that are helping you, you know, like Balance365 and others. I think that has really been another change that this program has brought for me. And in my life.

JEN

Yeah, that's huge, the environment you live in, because that's like your own little culture, right? So you can have, we live in a diet culture and you have to, I think you have to be very intentional about setting up your inner world to not also reflect our outer world of a diet culture.

ANNIE

Which is why we say community is so important. I think people think that, you know, our community, our Balance365 community is just like an added bonus. And I'm like, No, this is actually a really important piece to the puzzle. Because when you ditch dieting in favor of small consistent changes from a place of self love versus self loathing, like, you feel like you're rogue, right? Like not everyone's doing this, this is breaking ground stuff for a lot of women, and having like minded women doing the same thing is really important.

MEGAN

Absolutely. Absolutely.

ANNIE

Any other parting words of wisdom, advice, thoughts?

MEGAN

I mean, I just want to thank you, Annie and Jen for the amazing program that you have created. And I'm so thankful that I found it randomly on Facebook one day, and how it's changed my life and the lives of my children. So thank you for everything that you guys do. And I know there's so many women out there who are so thankful for you know, the support and education that you've been giving us over these years. So thank you so much for that.

ANNIE

Thank you for being here. We appreciate it so much. And we appreciate your time today and sharing your experience. Like, coming on our podcast, I don't know if we said this before, but you know, we have like, a lot of listeners. [Laughs]

MEGAN

I know. I know you have a lot. Like, remember when it first started? Like look at you guys. Look at you guys.

JEN

I remember when we had like 500 downloads one week. And I thought -

MEGAN

I remember when it started and like people that I don't know are like, Oh, have you heard about Balance365 podcast? I'm like, Yeah, I'm an OG.

JEN

Now you're like, I'm on it. [Laughs]

MEGAN

Exactly. I know. Oh my goodness. Yeah. Yeah, it's like, yeah.

ANNIE

Episode 136 or whatever this is going to be. [Laughs] You could just send them the link.

MEGAN

And you guys have done such a good job, so congratulations to you.

ANNIE

Without women like you there's no point to it. So we appreciate you sharing your time with us. We appreciate you sharing your experience. We appreciate your support and yeah, you know, just 10,000 downloads a week and growing just so thank you. Thank you. Thank you. Thank you.

MEGAN

Thank you. Thanks for having me.

ANNIE

Anytime, you are welcome back anytime. We will talk soon, Megan.

MEGAN

Yes. Okay.

ANNIE

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.