

Balance365 Episode 144 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, today we have a special guest, Balance365er Erin Powers. Like many of you, she has an extensive dieting history starting when she was just a child right up until she joined Balance365 20 years later. In our experience coaching thousands of women, a dieting history of several decades is not uncommon. As you will hear though, in this episode, Erin is now off that diet rollercoaster, is no longer struggling with yo-yoing weight and is down a total of 38 pounds. If you want the kind of freedom Erin has you need to get into Balance365 my friends. This is possible for anyone, I promise. We hope you enjoy this episode and learning more about the process Erin went through. Enjoy.

ANNIE

Jen, we have a newer member but this woman, took fast action, which we're going to talk about today. Erin, welcome to the podcast.

ERIN POWERS

Thank you. I'm so excited to be here.

ANNIE

We're so excited to have you. We've been chatting a little bit before we hit record, so it feels like we're 10 minutes into this recording. But can you tell us just so everyone listening can be on the same page, how did you find Balance365?

ERIN

So I actually found the program when I was on maternity leave with my baby. So I had my son in November 2019 and was in a really low place. I was struggling a little bit with some postpartum anxiety and depression. And my weight was the highest I've ever been. And because of that, and because of kind of what I thought back then about my weight and how that related to how I kind of projected that that was tied to my worth, my self esteem and my self image were in a really, really bad place. So I was scrolling social media and actually an Instagram influencer, I

guess, that I had been following since my early diet days on a different program was talking about Balance365. And the thing that really caught my attention was that she was talking about not what she ate, not how much weight she had lost. In fact, I think she said that she, you know, her weight loss had been like minimal, but that she didn't care about any of that anymore because her mindset had shifted completely and her self worth had just completely gone through the roof because of this program. And I was like, "That's not even possible. What is this program? I have to look into this." And I don't think I did right away but her posts were just so inspirational. I think her name is Amy, shout out to Beautifully Broken Journey. Everything she was posting just really struck a chord with me. And I was like, "Okay, I'm not feeling good. This woman's had a baby recently. She seems like she was maybe not in a great place and now is doing really well. Let me see what this program is." So that's that's how I found it. And then I started listening to the podcasts.

ANNIE

Had you had a history of dieting or weight struggles, body image struggles?

ERIN

All of that. Yeah. So I had basically been on diets on and off, on every type of program since I was 12. I struggled I think probably late elementary school, or early middle school started having issues with my weight and was higher on the [laughs] lovely BMI chart than the doctors wanted me to be so I did them all. Atkins was really popular back in the day. I can remember being on, not in high school, Weight Watchers I think I found in college, South Beach. Just everything.

ANNIE

Sounds familiar.

ALL

[Laugh]

ERIN

Right? Exactly. I told you before the podcast, before we hit record, that your story sounded a lot like mine.

ANNIE

Yeah, but it's like, it would be rare to meet a woman who's just done one diet like you, like, we run through them.

ERIN

Right, because, you know, you're like, "Well, clearly I'm not doing this right because otherwise I'd have weight loss success that I could just effortlessly maintain. So I'll try a different diet, and maybe that'll work better." So.

JEN CAMPBELL

So were you, was your weight kind of rebounding up and down, what was happening for you?

ERIN

Yeah, like my whole life, my weight has gone up and down and up and down. And I thought because that's all I've ever known, I thought, I really thought that that was like the only choice. I've never really even until I joined this program been able to just kind of maintain. I didn't even know that that was a reality that existed, I thought you were either gaining, gaining, gaining because you were eating whatever you wanted, and lots and lots and lots of it, or you were trying to lose weight. And you were miserable because of that, because you were micromanaging every single morsel that went into your mouth and pre planning your meals and measuring things and tracking things and weighing things and just tired even talking about it.

JEN

That's, I think a lot of women feel like that's what our existence is supposed to be. That's just an accepted part of being a woman or a human on this planet. Right?

ERIN

Well, and it's also what I saw all around, you know, all of my friends were experiencing that, too, it's what I saw, all the women in my life. And I think you guys have talked about this on the podcast before, but that, as women in a diet culture is kind of how we relate to one another, you know?

JEN

Yeah.

ANNIE

Yeah, we, we call it discipline, and we like praise each other. And like, "Oh, my gosh, you're doing so well." And...Mm hmm.

ERIN

Yeah. And it's just I don't know, the program has helped me realize that. I mean, that's not the way I want to connect with people, those don't feel like meaningful interactions, and I just don't want to, I'm not interested in them anymore.

JEN

Well, I'm sure it's impacted you socially now. So how do you navigate that?

ERIN

Well, it's funny, it's kind of hard to gauge, because we're in this weird time because of the pandemic.

JEN

[Laughs] Good timing.

ERIN

Right, exactly. No, actually, I feel like, now is the time for people to join a program like this, because, you know, there aren't social gatherings, this is your time to get your habits in check. So that when you've got that you're already, you know, you're into a groove. But it's kind of hard to say because, you know, that normally there would be summer barbecues.

JEN

Yeah.

ERIN

it was interesting, though, because the only time really we've been out of our house since March, for any extended period of time was we took a beach vacation in August. And this was something that we had...It's like an annual vacation that we do with some other friends and their children. And we debated about whether to go or whether not to go and ultimately everybody decided that we were just going to take precautions beforehand and try and stay away from other people for two weeks and all go. And I was a little bit worried about it. Because this was, kind of, because there's been no social outings, kind of the first test of my Balance365 habits, like, are these really habits? Or are these things that I've been able to do because I've been home alone, my husband and my baby and I can control my environment really closely. And I was kind of blown away by how ingrained these habits have become in such a short amount of time. I think because I've done them one by one like you guys talk about, the layering of habits, you get one down. Once you've got that down, you're feeling pretty good about that, you add another one on. So we got to the beach house. And I was able to enjoy myself, I was able to, I mean, I ate stuff, probably that I wouldn't keep it in the house, that I wouldn't normally eat. But I had dessert every night I had, you know, I wasn't limiting myself in any way. I just tried to focus on making balanced plates, and making sure I got lots of vegetables, but to be on vacation and feel like I could relax and enjoy myself without worrying about gaining weight. And to know that even if I did, I mean...

JEN

No biggie.

ERIN

Right.

JEN

Not the end of the world.

ERIN

Exactly. Yeah. And just to contrast it. I mean, in my dieting days, I would probably have dieted, dieted, dieted leading up to this vacation, trying to get as low as I could, and then gotten to the beach house and been like, "Oh, man, I'm ready to kick back and relax. Pass the margaritas, where's the tray of brownies," and just, you know, like not stopped eating until I hit the table. So

yeah, just to see the balance, you know that I was able to kind of effortlessly hang on to that. It was probably the most relaxing vacation I've had.

JEN

That's awesome. That's so freeing.

ERIN

Yeah.

JEN

Tell me. So, now back to the kind of mindset and navigating social situations, you shared with us that you've lost about 40 pounds, I think you said?

ERIN

Yeah, pretty close, 38 I think. I haven't weighed myself in a while, but I think I'm hanging in there.

JEN

Have you had to navigate that socially with people asking you about it, and kind of your thoughts? And I mean, with this new mindset, and just for anyone listening, you know, it depends where the listeners are coming from. But we do talk about this in Balance365, about how this culture of commenting on women's bodies is so toxic. And once you have this mindset shift, you realize those comments aren't welcome for you anymore, or you've created a new value that we, you know, we comment on people's bodies way too often. And that should be an invitation-only conversation. And so on the flip side of the coin of having people discuss bodies constantly, it's going, "Well, how do we now, how do I handle people commenting on my weight loss?" Because it's just a totally different mindset once you have made that shift and realize, a lot of women feel like, that's not welcome in my life anymore, either. How do you feel about it, Erin?

ERIN

That's really hard. Because I guess I always worry about coming off as preachy. And I don't want anybody to think that I think I know better than they do, even though I do. [Laughs]

JEN

[Laughs]

ERIN

Just in this one instance. But you know, I really, like, if I could sing from the hilltops about how freeing this program is, and how much it's changed my life in just such a short period of time, I really would. But just, as you know, we don't want people talking about our bodies, unless we've invited them to an open conversation. I don't want to start telling people how to live their lives or telling them what I'm doing, unless it's something that they really are open to hearing. So, I think for me, it's been trying to suss out, if somebody makes a comment about my body and says,

"You're looking good, what have you been doing?" To assess, "Do they really want to hear what I've been doing?" And if they do...[Laughs] Sit down, because I've got a lot to say. But if they don't, if they're just looking for a, "What have you been doing? Is there something that I can do to lose weight immediately?" I just say, you know, "Thanks. I've made a lot of changes" or the things I've been working on, implementing healthy habits or something like that, and then try and change the topic or, you know, if they don't say, "What have you been doing?" If they just say, "You're looking good," I'll say thanks. And then just -

JEN

And just move on.

ERIN

Yeah. I just, so much of the mindset work in Balance365 has just changed the way that I feel about myself. And, I don't want to draw a ton of attention to the fact that I've lost a bunch of weight because I feel really good. But I guess I wouldn't care if I hadn't lost this much weight, which sounds insane from somebody who used to diet, diet, diet all the time, and just be so obsessed with the number on the scale. But if I could feel the way that I feel and be 10 pounds heavier than I am right now, I would take that.

JEN

Yeah, it's the freedom that you gain. And I don't know about you, Erin, I don't want to speak for you. But for me, it's, I felt like I got my life back.

ERIN

Yeah.

JEN

Like it was so consuming for me.

ERIN

Yes. Oh, my gosh, yeah. Yeah, it just took up every every space in my brain. And now I feel like it's cleared the path for a more fulfilling life in every way, like, deeper connection with the people I really care about, because I have more free time to reach out with that, or reach out to them and talk to them. And, you know, I'm not in the kitchen weighing out my grapes. So. [Laughs] You know, it clears the path for other stuff. But it also, you know, it just, the diet deprogramming work that we do in Balance365 just opens your eyes to so much stuff. And I think it's really easy to get stuck in that place, you know, as you're working your way through figuring out what diet culture, like, figuring out, I guess that diet culture is all around us, and how deeply that kind of seeps into what we think about ourselves, what we think about others, the interactions we have with others. And it's really upsetting when you realize you have spent so many years stuck in that place and thinking these bad things. And I think it would be really easy to get stuck in that place and just be upset about that and kind of not get into the the mindset work that you need to do to start implementing these habits.

JEN

We do, there is so many people stuck there. And I try to talk about that often. We've talked about this on the podcast, we call it the rebellion mindset. And we have a whole podcast on the many different mindsets we see that keep women stuck, which we can link to in the show notes, but one of the major issues is that when you leave dieting, you get stuck in that rebellion phase. And that rebellion phase can include just a lot of resistance to implementing any change, period. And it's very understandable. But I guess what Annie and I see as women really struggle to make any lasting change in their life when they're stuck in that rebellion phase. And so Erin, did you have a rebellion phase? Or did you feel like you moved through it pretty quickly?

ERIN

I was really pretty shocked by just, I guess the diet deprogramming. You know, there's a workbook and you kind of work your way through it. And you start journaling about kind of the influence or the impact that it's had, that diet culture has had on your life. And I don't know that I had a rebellion phase. I think I had, like a depression. [Laughs]

JEN

Like a grief.

ERIN

Yeah, right. Exactly. Where I was like, "Oh, my God, like, my whole life. I've been so obsessed, like, what else could I have been doing with my time? If I wasn't so obsessed with trying to lose weight?" And then I got kind of mad and was like, "Why? Hey, what? Why have I been trying to shrink myself my whole life? Like, who told me that I needed to be the smallest person that I can be?" I'm, you know, so I got mad. And then I, you know, I kept listening to the podcasts, your podcasts. And I think maybe a turning point for me was, there's an episode where you talk about your different, there's several episodes where you guys talk about how you're similar in a lot of ways in that, you know, you both had three kids, you're the same age or close to the same age, your height's about the same. But you would never expect to look like one another because you have different body builds because of genetics.

JEN

Yes. [Laughs]

ERIN

And Traci Mann, who you guys has had on, who is brilliant, in her book talks about how you know, your foot size, you're not, like, I have size eight feet, I'm not going to try and make it smaller.

JEN

Right. Absolutely.

ERIN

Foot size is the size that it is because of genetics, and you can't control it. And that was like mind blowing for me. I was like, "Oh, wait, I've been trying to make my body look like a body type that only some people can have." It's almost like going through the stages of grief with the diet deprogramming, you know, there wasn't a rebellion part for me, but there was a sadness. And then there was like an anger. And then there was almost like a bargaining. You know, I think it was kind of like, "Alright, so now I know that I've been embedded in diet culture, I'm not going to diet anymore, but I can still lose weight, and I can probably still look like a supermodel. I'll figure it out. It'll be fine. I'll get there. I'll just, I'll find a way to do that." And then I finally came around to acceptance, and it's like, "Oh, so I'm just going to look like me no matter what, you know, most of that's determined by genetics, like, I can be any weight, but I'm always going to have like, long legs and broad shoulders. And that's what it's going to be." So that was hugely helpful for me.

JEN

That's just that acceptance stage, right? Like, total self acceptance, like this is, this is my body. This is the body I was born into. I've got, you know, Annie talks about having thick thighs and broad shoulders. And there's just, it's just, it is what it is. And like women, this pursuit in diet culture is like, diet culture has convinced women they can change their genetic structure if they try hard enough. And it sets us up for failure. And it is so, so much energy, time, money, heartache is poured into that pursuit. And it's pointless. I can feel myself getting rage-y just talking about it, right?

ERIN

Yeah, reaching for something unattainable, of course, you're always going to fail. And of course, you're going to keep going back to the diet going, "Well, there's probably something wrong with me because diet companies wouldn't exist anymore if they weren't, if they didn't know what they were doing. And, you know, so clearly, I'm messed up. I'm doing something really wrong here. I've just got to be even more restrictive, even stricter with myself, even stricter with my eating." And yeah, it's hard not to get angry when you think about how much time and money and effort you've poured into these things, trying to be something that maybe isn't realistic for yourself. And that's not to say I can't be the best version of me, but it was really freeing to kind of hear you guys talk about that and accept that because it was like, I don't need to try to be something else. I'm just going to try implement habits that make me feel good, and be the best version of myself that I can be.

JEN

And that's when weight loss can become a byproduct rather than your driver. Right?

ERIN

That's been the craziest thing. I mean, I am, I really haven't even been not focused on weight loss for the first time in my life, which just in itself feels freeing. And I feel like if I heard, I guess this is why I've been hesitant to talk to friends about it unless they really seem interested in what I've been doing, because when I was dieting, if I heard somebody else say, "Yeah, I've gone from a size 12, 14 to a six, eight, and I really haven't even been trying to," you know, listen,

weight loss is like an excellent byproduct. And I'm not mad about it. But that hasn't really even been my focus. I've just been trying to eat balanced meals and make sure that I'm moving my body and like drinking water and getting sleep. And if when I was dieting somebody said, "Yeah, if you just sleep and eat vegetables, and lots of protein, and exercise a few times a week, you'll lose weight," I'd be like, "Shut up, get out of here."

JEN

[Laughs]

ERIN

"You don't know what you're talking about."

ANNIE

Here I am, with my scale in the kitchen, weighing everything, counting everything, and you're telling me it's that simple? [Laughs]

ERIN

Yeah, I'd be like, "Get out of here. I'm not trying to talk to you." So you know, I feel like that, you know, you have to know your audience and know if they're ready to receive that information.

JEN

Yeah, absolutely. I mean, I run this company, and I have, you know, I also live in a community that isn't, that has the same issues, and people roughly know what I do, but I, you know, people will still bring up their weight to me, and it's just, sometimes it's just not the time, you know, and how do you sum up the mindset work it takes in a five minute conversation? You just can't, so sometimes you just have to nod and move along. And hope people find their way to a better, and you know, we're all on our own journeys, right? And, I don't know how many diets it takes for people to realize that this isn't working. But for some it's many, like me.

ERIN

And me. Yeah.

JEN

[Laughs] So, yeah. Erin, this has been awesome. I'm wondering if you have any advice for people who are struggling to let go of the belief that dieting is the answer, or that they just need to try harder, or, and we hear this all the time, we hear even after women join Balance365, we hear them say, "I'm thinking about doing just one more diet. Like, what if I just did one more?" You know, and I think that's part of that grief and letting go process. But how did you finally just like cut that cord of like, "Absolutely not, I will never do this again."

ERIN

It wasn't easy. And actually I was in, so before I joined Balance365 was like, I was in that place. I was like, "Alright, one more diet." I had already been listening to your podcasts. I hadn't joined the program yet. I was listening to a podcast and I did a 14 day free trial with an app, a weight

loss app. And I was like, "Alright, yeah, I'm listening to this podcast about balance, and I'm tracking all my calories, and I've got a 1200 calorie per day limit."

JEN

Sounds fun. [Laughs]

ERIN

Yeah. So much fun. So you know, I just, I think it started to sink in that these two things did not align the way that I wanted to live my life didn't involve tracking and weighing everything. And I think as I was doing that, I listened to a podcast episode where one of the two of you said something along the lines of, "How's that worked for you so far? Like, dieting?" So many of us have a history of dieting that spans years and years and years and years. And we end up in the same place over and over and over sometimes even with more weight loss.

JEN

Absolutely.

ERIN

[Unintelligible] Yeah.

JEN

One to two thirds of women end up heavier than before they started a diet. Yeah,

ERIN

Yeah, it's brutal, because it puts you in that scarcity mindset. And I thought to myself, "This hasn't worked. It's time to try something new." But even after making that decision, I joined Balance365, I think I was in for like a week or two with like, "Alright, I'm not going to pay for this other app. But I'm not fully ready to let go and believe that Balance365 is just going to work. So I'm just gonna follow along in the Facebook group and see what other people are talking about. And then just secretly over here, I'll be just tracking my calories. I'm not going to let it influence, but I'm just going to see, just make sure that I'm still staying in there."

JEN

Annie and I are both just laughing here. [Laughs]

ANNIE

Well, it's like, when you break up with someone you're like, "Let's just be friends." [Laughs] But you cannot be friends.

JEN

[Laughs]

ERIN

Right. "Let's just be friends. You up? What are you doing?"

ANNIE

WYD. [Laughs]

JEN

It's like you were trying to date us, but also trying to date your old boyfriend.

ERIN

I didn't want you knowing he was still in the picture.

ANNIE

Yeah, we want a monogamous relationship, Erin. [Laughs]

ERIN

Right. Well, now you've got it. But so, you know, for those, probably for the first two weeks, I was still doing all of that. And then how did it change? I guess, I think the issue, the obstacle for me and maybe for other people is that after a lifetime of being on these restrictive diets, when it's all you've known, even if it hasn't worked, I mean, if it's that ex-boyfriend, and you guys keep breaking up, and then you go back to him, but it's all you've ever known, then it's scary to trust that there could be something better out there. It's really scary. It's almost like going back to the bad thing, because it's a known bad thing.

ANNIE

The devil you know,

JEN

Yeah, it's comfortable.

ERIN

It is. I mean, and even when it's not, it's just, you know, at least you're familiar with that form of discomfort. And it's hard to trust yourself and to trust that your body has signals to tell you when you're hungry, and when you aren't. And that's been something that I've really had to work on, is my satiety and hunger cues. Because after half my life, most of my life of dieting, I didn't know all of that. So there's still work to do in Balance365. I'm not trying to say that it's not work. It is, but it's a different type of work.

JEN

It's skills based, it's building skills, awareness, self awareness, new habits. The thing is, you can't, just clicking buy now is the is the easy part, right? There is still a journey to take in Balance365. But, it's a shift. And it's a shift we're asking you to make, that you stop following a template, you stop trying to copy other people's answers. And you instead learn the material so that you can pass the test on your own kind of thing. Like, it's a student mindset, rather than then just copy what everyone else is doing mindset. And it's another analogy I've been making lately with women is, you got to get out of this mindset of, "I'm going to find the answer," you

have to understand that we're building skills in this program. And it's like learning a new sport, you would never, you can't sit on the sidelines waiting until you're going to be perfect at the sport, you cannot go out and expect that you're not going to make mistakes, big mistakes, but it's just a new skill. And you can get better at it over time. But you're not going to get better at it by sitting on the sidelines, and you're not going to get better at it by waiting until you're perfect at it to get started.

ERIN

Yeah. And I think that can be a barrier to entry for a lot of people with anything, to not have that sense of trust that you - yeah, it's a leap. It's a leap of faith in yourself. And that's hard to do when you have spent years telling yourself, "I can't trust myself, if I allowed myself to eat I can just eat and eat and eat until I pass out and wake up and do it again." It's scary to take the leap. I think the thing that really helped me let go of the calorie counting, delete the apps from my phone, was working through the diet deprogramming book. I mean, that was just so, so helpful for me to understand kind of why it's so important to start trusting myself, and how that can bring balance into my life. And doing the work, doing the mindset work. I mean, just working through why dieting is toxic. I just couldn't justify continuing to see that ex boyfriend and count the calories on my phone. So.

JEN

Awesome. So, you're down 38 pounds, you feel healthy, and we have to ask you this. Does this feel sustainable for you? Do you feel like you could do it forever?

ERIN

Yeah, it really does. And when I was on diets before, when I was on them, it was always kind of like, I'll get to that perfect weight and then I'll figure out how to maintain it when I get there. And, you know, even one particular diet that I was on calls itself a lifestyle change, and it's like, this is, we're changing your life, because this is something that you can do for life. And I can remember saying that over and over. Like, "This isn't a diet, it's a lifestyle change."

JEN

To people. [Laughs]

ERIN

Right, to other people, trying to convince myself that that was true. And even knowing as I said it that it was a lie, like, no, if I say it enough times, I believe this is a lifestyle change. And then I can really just count points for things and do complex math equations for how many points something probably is when I go out to eat, or I'm at a party, and I didn't cook things, and knowing that it wasn't true, even as I said it. So I think the two things that make this feel like something that I could sustain for a lifetime are the fact that you are building habits one by one. And mastering and - not mastering them. [Laughs] I wouldn't say I've mastered anything. You're building habits, so that they become routine, and you don't have to think about them and you're not having to spend time and energy thinking about them. And once you feel like you've started to get secure in that one, you move on to another one. So you're building them, but they all just

start to feel kind of effortless, and they're not things that you have to just think about, you know, it's like, getting your coffee ready before you go to bed is gonna set you up for a better morning. It's that stuff. And it doesn't take a long time, because it's just become kind of automatic for you.

JEN

Yeah, and for anyone listening, it's like at one point in your life, you had to think really hard about walking, you had to think really hard about walking. But now, you probably get up in the morning and just walk, right? And that's what skill building is. And that's why it can feel effortless for Erin today.

ERIN

And then I think the other thing that makes it feel like it will be sustainable for a lifetime is kind of the way that you, the way that the program talks about balance, and talks about letting go of perfectionism. I think for me, as a dieter, and probably for a lot of people who have been on diets their entire lives, the focus is on being perfect. And if you can't be perfect, I mean, it's that all or nothing mindset. And if you can't be perfect, why even do it? I've already messed up my day, because I didn't have, that meal didn't go perfectly according to my plan. So now I'm just gonna eat ice cream for the rest of the day. And I'll start again tomorrow. But when you aren't focusing on being perfect, you're just trying to do things that align with your goals most of the time. And when you zone out the way that you guys have taught us, you -

JEN

Zoom out, not zone out. [Laughs]

ERIN

No, don't zone out. When you zoom out and you can look at things from a little bit farther away. You know, you're not just looking at, "Was my last meal balanced?" And going, "Oh my god, it wasn't, I've wrecked my day." You're looking at your day as a whole, or you're looking at your week as a whole or even your month as a whole.

JEN

Absolutely.

ERIN

"Have I tried to eat vegetables at most of my meals? Have I had healthy carbs? Am I getting my sleep? Am I doing these fundamental foundational habits that are going to set me up for success long term?" When they become routine and you're just trying to do them well, most of the time, I mean, there's not anything easier than that.

JEN

Right. Yeah. And I mean, what we're teaching is that for a lot of people, once they learn the basics and start implementing them consistently, not perfectly, but consistentl, most people will find they are meeting their goals, or they are headed in the direction that they want to be on

instead of us getting distracted by all these tiny granular details. Like, once you are doing the basics, you find those details just kind of don't really matter that much.

ANNIE

Yeah, women come and it's not uncommon to hear them talk about macros and meal timing and supplements. And we're like, "Are you sleeping? Are you eating? Are you eating a vegetable? Like, can we walk it back a few steps first? And then maybe we can talk about those if you want to get there." But you have to have the foundation first.

ERIN

Yeah, that's been a huge revelation for me. I mean, I don't, I've been so focused on trying to do things perfectly for so long. And working my way through the workbooks has just helped me let go of so much of that, which is freeing in its own right. But I think also just the idea that perfect doesn't exist and who wants to live like that? I mean, you know, it's just, it's unsustainable and that's why diets don't work.

JEN

Absolutely. Thank you so much, Erin. Do you have any quick advice for people thinking about joining?

ERIN

Take the leap. It's worth it. It's very...Dump that ex boyfriend.

ANNIE & JEN

[Laugh]

ERIN

It's worth it. It's really brought balance to my life not just in a weight loss and eating way but in a way I think about myself, a way I think about connecting to others. You know, I'm just really happy I found the program.

JEN

Awesome.

ANNIE

We're happy, too.

JEN

We are. Thank you.

ERIN

Thank you.

ANNIE

Bye, Erin.

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.