

# Balance365 Episode 156 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 1000s 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

We are back with another blow your mind episode on the beliefs that must change if you want to have a healthy, sustainable weight loss journey. Now before we get into it, if you haven't heard, we've got something exciting coming up, Jen and I are hosting a free three part workshop called Three Steps to End Emotional Eating and Stop Self Sabotage on March 9 10th, and 11th. These are topics that affect almost everyone we work with. And we are excited to share our process of unpacking these struggles with you. You can sign up at [balance365life.com/endemotionaleating](https://balance365life.com/endemotionaleating). And there's also a link in the show notes of this episode. Enjoy.

ANNIE

My friends, Annie here. I am flying solo for this episode. And you know, of course, I would prefer to have Jen here with me, it's always more fun to talk about these topics with someone than by myself. But I think I'm really, really, really qualified to talk about this topic myself. And that's large in part because I have at one time or another had these four beliefs that make weight loss really hard. I have had them myself. And I've been able to shift them. So I feel like I can offer a lot of personal and professional as a coach experience on these topics, something that we talk about in Balance365 coaching, is a shift from how to who. And what we mean by that is so often I see women get really, really focused on what they need to do, what behaviors they need to shift what they need to eat, when they need to exercise like the actual like, how are they going to achieve fat loss? And I think a much better question is, Who do you need to become to make that possible, right? Like, what mindset, what identity shift do you need to have in order to make that super sustainable and enjoyable? I swear it can be an enjoyable process. So let's dive into it.

ANNIE

The first belief I want to talk about is that you need to be hyper focused on fat loss. Have you ever felt like that before, you need to be hyper focused on fat loss to get results, right? The truth is, you need to set up simple, sustainable systems so that you can get fat loss results without letting it become the focal point of your life. I don't know how many times I tried to be hyper focused on fat loss. I thought if I just had more discipline, more diligence, more focus, I could get the results that I want to but the truth is the result of being hyper focused often ended in food

and body preoccupation. I saw that in myself, I see that in our members, it can result in a drive for perfectionism, it can result in exhaustion, then burnout, and ultimately giving up right? Because if I can't be all in, all focused, then I might as well not try it all. Now the result of shifting your belief to the truth that you need simple, sustainable systems versus hyperfocus is surprise, weight loss. And you don't have to take my word for it. Here is a quote from one of our members this past week, actually. She said, "I have lost about 10 pounds, almost five kilos, actually, in the last two and a half months. And I've had trouble believing it. But I'm feeling great. Me, the girl who struggles to lose weight especially while breastfeeding. 10 pounds. I couldn't believe it because I wasn't suffering. I wasn't restricting." Now I know this member and this member had success because she set up systems. She was focused on the process and being consistent with just two small habits and off she goes. And I can relate to her shock, but this is the beauty of systems. We are able to get results without being hyper focused, which again always leads us to sabotage.

ANNIE

I don't know about you, but I have other areas of my life that need attention. Other areas of my life that I want to give attention to, energy to, like my career, my family, my friends, hobbies, exploring new skills, traveling and being hyper focused on fat loss, often resulted in less time and energy for those areas of my life. And that is not a price I'm interested in paying. Now, belief number two, it's all about food. Weight loss is 90% nutrition. The truth is, it's all about mindset. Having some healthy foundations, being consistent, and embracing the slow and sustainable. Now, the results of believing that it's all about food, and that weight loss is 90% nutrition, often results in overhauling your life, cutting out food groups, or foods you love. You got to cut out the wine and the brownies and the cookies and the pizza. And you also should probably cut out eating out because eating out is not a good choice either, resulting in restricting and then bingeing, becoming obsessed, maybe even affecting how we exercise, often over exercising, right? Does that sound familiar? Been there, done that.

ANNIE

Now, the result of the truth, addressing our mindset, is that we talk about in Balance365, how it's so much more than food, and incorporating big wellness habits, like learning how to shift your mindset, addressing your sleep, addressing your stress management, can set you up for success, this behavior change stuff becomes so much more sustainable and easy. When you've got good sleep, your stress is under control. And you've got the right mindset to tackle it. So yes, of course, your nutrition choices impact fat loss, and nobody is denying that. But we're saying here that spending time setting yourself up for success is truly where the impact is made. And again, that comes down to your mindset, and lifestyle choices like managing your sleep and managing your stress. And the food choices become much more simple.

ANNIE

Belief number three, the scale is your best success metric. The truth is, scale measures your total body weight. And that's a snapshot at any given moment of time. That's it. It's your gravitational pull on the earth. And unfortunately, the results of believing that the scale is your best success metric is often what I call scale-based self esteem. And what that looks like, what

that sounds like, is when the scale tells you what you want to hear. If the scale is down a few pounds, life is great. You're feeling good, you feel like you're on the right track, you're motivated, you're doing the right things, you're happy. What happens though, when the scale is up a few pounds in the opposite direction you wanted it to go? We feel despair. We feel panicked, we feel defeated, we feel bad, we feel like we're not good enough in some shape or form. And somehow, that almost always magically spills over into what we see in the mirror. Again, just on a personal note, I've seen it reflected in our members. But I have often had the experience where I look at myself in the mirror, pretty content with my reflection. I weighed myself, I'm up from what I thought I would be. And as a result, I somehow see my reflection differently, like, nothing has changed about my reflection other than that piece of information now, but it's not about what the scale says, it's about what we make the scale mean, right? And so the result of knowing the truth is that your weight is going to go up and down. Even when you're on a weight loss journey, it's never linear. And additionally, you can have body composition changes without a change in weight. So it's possible to lose body fat and sustain a pretty similar body weight. And so yes, the scale can provide some insight and information as to if the methods that you're using are working or maybe need adjusting, but it's just one piece of the puzzle. And please remember that weight fluctuations are totally normal and expected.

ANNIE

Now the fourth and final belief, and this is might be the most important one, is that there's a finish line. The truth is, you don't arrive, you become. And anything you do for weight loss, you will have to sustain at a very high level for the rest of your life, so you better enjoy the journey or the process right now. What we see happen more often, when you believe that there's a finish line, that you think that you arrive at a good weight, and then the race is over. So I can just rest, I can quit doing whatever I was doing to attain the weight loss. And I'm sure you've probably tried that, like me, as soon as you stop doing whatever got you there in the first place, the weight comes back on. Now, the result of understanding the truth that you don't arrive, you become, and that we need to have sustainable methods is that you'll likely choose more simple, more sustainable, sensible ways to lose the weight because you know that you have to do it 365 days a year.

ANNIE

So my friends, the four beliefs were: you need to be hyper focused on fat loss, that it's all about food, weight loss is 90% nutrition, the scale is your best success metric, and there's a finish line. All of it is BS. And these beliefs are making weight loss hard, exhausting, and grueling. And so much failure, giving up feeling like you're going right back to square one. It doesn't have to be that way. We see this time and time again in Balance365 and that's why we spend so much time on your mindset. Change your beliefs, and the nutrition starts to feel simple. Everything will fall into place. Thank you my friends.

ANNIE (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 on over to [balance365.co](https://balance365.co) to join coaching.