

Balance365 Episode 159 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

Hello, my friends, today we've got a very interesting topic around a common behavior, rebellious eating. I've been there, Jen's been there most Balanced365ers are there at some point or another and we're here to help you work through it. Because while being a rebel can be fun or even part of our identity, rebellious eating for months on end can leave us feeling pretty terrible, and on a trajectory with our nutrition and weight that we aren't happy about. Another resource we have for you here is our free guide, Why You Binge and What To Do About It. This is a digital download you can have in your inbox in just a few moments. So click the link in our show notes and grab it. Enjoy this episode, my friends.

ANNIE

Hi, Jen, how are you?

JEN CAMPBELL

I'm great, Annie, how are you?

ANNIE

I am a little chilly. But, so good. We're talking about a term here that we've used. It's kind of, I don't know, maybe a little bit insider language, a term that's used in our community. But something that we see both in and out of our community, and that is rebellious eating. And we're going to get into, what is a rebellious eater? And how to stop if you want to stop, right?

JEN

Yes, absolutely.

ANNIE

So let's talk about what rebellious eating is.

JEN

Sure. So a rebellious eater is just dealing with the whole rebellious mindset. And of course, quitting dieting. And rejecting diet culture is a rebellious thing to do. Right? The majority of our

culture is dieting, the majority of our culture is pretty wrapped up in diet culture. So you are being a rebel by turning away from it.

ANNIE

So, I pictured this like very like, giving diet culture the bird and being like, "Peace out, I'm not doing, you can't control me. I'm not doing what you tell me to anymore. I'm doing my own thing." You know, like, just, you know, like a kid, right? A kid that's like, "I don't want to do it anymore."
[Laughs]

JEN

So, longtime listeners may have heard us talk about this before, new listeners may have not. So, just so we're all aware that it's very common that when you quit with the restrictive diets, you see a pendulum swing in your eating behaviors, as you start exploring all the food that's been off limits to you for years. Because eating with guilt is quite intoxicating. And I know that when I quit dieting, like for real this time, when I was like, "I'm done dieting," I went through a period of about four months where I was just like, "Yes, all this food."

ANNIE

Mm hmm. Oh, yeah. All the food that you said you like, couldn't have or shouldn't -

JEN

Yeah.

ANNIE

- or can't have. It's like, game on. I'm eating all of it, like, all the time. No rules, no inhibitions, like, all in.

JEN

Yeah, absolutely. And so what people are kind of working through in this period are feelings of scarcity about food, right? Because if you're steeped in the dining world, and you have a lot of guilty feelings, or you moralize eating behaviors, you start treating food like a precious resource, right? So you're like, good all week, and then the weekend hits and you get a hold of those brownies and you're just gonna like eat them all right? Because they're going to be gone on Monday or whatever. So when you have that pendulum swing, and you do all that rebellious eating, you work out those feelings of scarcity. Like for me, it was, oh my gosh, I just, it dawned on me one day that if I really wanted to, I could get up in the morning and have ice cream for breakfast. I was like, Yes. Like that is the moment when I really was like, "Yes, I can have whatever I want." So when you have that moment, you'll feel like a natural settling of your eating behaviors, your cravings will go down, you will be better able to listen to your body, like, "Oh, I'm full," or maybe even, "This actually doesn't taste that good. I'm just eating it to eat it." But that doesn't happen for everybody. And so rebellious eaters are a little different. They might have worked through those food scarcity issues, but where they land is, "I eat what I want, when I want, and nobody's telling me differently," and it becomes a sign of their freedom. And like, it becomes almost part of their identity.

ANNIE

Mm hmm. What I hear in that is like this defiance.

JEN

Yes. Like, "I will never be told how to eat ever again." And that's fantastic. If that's working for you. But if you're listening to this podcast, it's maybe just like, not working for you anymore. [Laughs] But what, because what happens with these individuals is they become very resistant to changing any nutrition habits, period.

ANNIE

Right. Because any any sort of advice, suggestion, guidance -

JEN

Yeah.

ANNIE

- as gentle as it may be positioned can start to feel like, "This is feeling familiar." [Laughs]

JEN

Yeah, exactly. You could say something as you know, innocent as like, "Hey, maybe you should add some protein to your breakfast." And they are super triggered by it. And then all of a sudden, they don't want any protein in their breakfast. Right? Like, they're just, yeah, it's a whole vibe.

ANNIE

I'm picturing, I keep picturing, what was his name on The Breakfast Club. He was the guy in the leather jacket. That was like, kind of the bad boy, you know -

JEN

I've never seen the movie.

ANNIE

[Gasps] Oh, my gosh, okay, well, anyways, it was just, you know, like, the minute you suggested anything, he was like, "No. Mm-mm." Now that you even suggested it makes me want to do it even less.

JEN

[Laughs] Yeah, exactly. And so you are dealing with a lot of triggers there, right? Like a lot of defensiveness. Really feeling like being defiant is a safe place for you. And you probably have a lot of strong urges to eat. Right? And a rebellious eater is like, that's just kind of their safety. Like, "Okay, I am who I said I was going to be when I'm saying yes to this food." And so what happens when that's not working for you anymore? Right? And we have Balance365ers, and there's probably a lot of women listening, that have that inner voice, have those triggers, have

that defiant feeling about even thinking about changing their nutrition habits. And that's what we're going to talk about is how to stop. So, how to stop with that rebellious, defiant eating patterns that are starting to hurt you.

ANNIE

Yeah, I think that's the key point there for me, Jen, is that it can get to a point for women, where it's having, like, not positive effects.

JEN

Yeah.

ANNIE

Or outcomes.

JEN

Yeah. And an example that I want to share here is, whether this was our own experience, or someone we're friends with, like, we all knew somebody whose parents were very, very strict. And when they moved out of the house, they just went crazy. Right?

ANNIE

It was me -

JEN

[Laughs]

ANNIE

- you're talking about? Well, my parents weren't strict, but specifically as it pertained to money. I had no money management skills, and they sent me off to college with a credit card. And I was like, "Oh, yeah, just, game on. This is so fun."

JEN

"Free money."

ANNIE

[Laughs]

JEN

So, I think it's very normal to have a rebellious phase when you move out. You stay out late because you can and it feels so good. And you're really just exploring your boundaries as a human being, like, what's too much, what's not enough. But what happens when you're a person whose parents were so strict that when you go off, say you go off to college, and you're out till 4am, Wednesday, Thursday, Friday, Saturday, Sunday night, you're failing out of your classes, you don't, I mean, like, it starts to really impact your life. And you don't know how to reel it in, like the allure of that is too much for you. Are you feel very defiant, like just the thought of

staying in one night makes you just feel sad and lonely and depressed. And the solution is not to move back in with your parents, right? So the solution to rebellious eating is not to go back on a diet, because that's kind of what got you here in the first place. And that's where I think a lot of women start grappling, too, because then they're going, "Why can't I get this in control? Do I just need rules again?"

ANNIE

Yeah. So back to that pendulum swing that you started the episode with Jen, if people can picture, it's like, you've got dieting on one side, rebellious eating on the complete opposite side. And we're saying if you want your pendulum to calm down in the middle, that you can't go back to dieting to achieve that.

JEN

No. The rebellious eating is going to come back. Like, it's just a back and forth, back and forth. So here's the first thing you need to ask yourself, I think, if you want to stop this, if you want to find center, here is the first question you need to answer. And that is, do you want to? Because getting yourself to a place of balance and boundaries with food requires mindset work, it requires discomfort, and it does require compromise. And if you don't want to do that work with food with your relationship with food, that's okay. You don't have to. But if you do, that is what it's going to take. And if you do want to stop eating in a rebellious way, why? Because you can't be rebelling from diet culture. And then the only reason you can come up with to stop overeating that way is, "Well because I want to lose weight." Right? So, if that's the only good reason you can come up with to stop rebellious eating, then of course, you're going to keep grappling with your inner rebel, because as soon as you have that thought, that inner rebel is gonna pop out and go like, "Well, you're just dieting again, then," right?

ANNIE

Yeah.

JEN

So you have to have a better, more meaningful reason to want to stop rebellious eating. Mine after four months was that I felt terrible. And I had put on some weight, I felt very heavy and like uncomfortable and cumbersome in my body. Like, I knew this was an unnaturally heavy weight for my body type. I had some pain from an old injury flare up in my hip. And so just, I could feel that I wasn't on a good trajectory with what I was doing. And I knew this can't continue, because I'm not on a good trajectory. So I wanted to get in control of my eating habits. Because I could see that it, that what I was doing wasn't going to serve me for the long term. Right? So it was somewhat related to my weight as far as, "Hey, this weight on my body feels heavy and awkward and cumbersome." But also, it mostly had to do with, the quality of my life is not good here.

ANNIE

Yeah, it's not, as you said, it's not the trajectory a year from now, two years from now, 10 years from now that you want it to be on.

JEN
Yeah.

ANNIE
Yeah.

JEN
So that's, so get clear on why you're getting control of these, why you want to get in control of these chaotic eating habits. And then get clear on why you're doing the rebellious eating. Right? So we've talked about that a lot. But just know that humans, we are designed to move away from pain and towards pleasure. It's just what we do. It's happening unconsciously most of the time. So what pain are you trying to avoid? And what pleasure are you getting from rebellious eating? And when you do try to introduce some healthier eating behaviors, what pain comes up for you?

ANNIE
Right, because as we've talked about so many times, the behaviors usually inherently are not good or bad. It's our relationship to the behaviors that make them so uncomfortable or problematic or triggering or whatever it is for us.

JEN
Yeah, and these answers are going to be different for every woman. But I would say what's super common is that when you're in a rebellious eating phase, and you think about, you think about trying to get a, nip these rebellious eating habits in the butt, you are, you get some, fear comes up, you start feeling like a loss of autonomy. You're remembering all the self betrayal you used to experience when you would make yourself go hungry or punish yourself for eating with really hard workouts. Right? And so back to the girl that went to college analogy that we were talking about earlier, being out late and partying feels so good and thinking about going to bed early one night makes her think about all the nights she had to miss out on a fun with her friends, because her parents were so strict.

ANNIE
And you know, Jen, we coach women. We've coached 1000s of women. Some of these answers can stir up some emotional stuff for women. I mean, the thought being hungry for a woman who has severely restricted calories for years can be some, like trauma type responses. This isn't, it's not just, it's not easy, you know.

JEN
It's not easy work.

ANNIE
I just want to acknowledge that.

JEN

Yeah. And that's definitely, hunger was a big one for me, like, I was very triggered by the feeling of physical hunger. And it took a lot of compassionate mothering of myself to kind of work through that and let my body experience that again, and reminding myself constantly that I'm safe, I'm never gonna take food away from me again, I'm never going to cut out my favorite foods ever again, I'm safe, like I am just coming back to a place of balance, so that I can get back on a trajectory that is good for my long term health.

ANNIE

And even the question you asked, what pain are you trying to avoid? I mean, you know, we talk about that in Balance365 as well, like, the emotional eating aspect of it. You know, it's not uncommon to hear women say they're eating because they're sad, they're lonely, they're depressed, they're fearful. They're, you know, fill in the blank. And again, sitting with that work, doing that work, as you said a little bit ago, can be uncomfortable.

JEN

Yeah, for sure. And then another question I want everybody to ask is, if you are a rebellious eater, who's actually in control? So let's get very clear here. If you cannot stop rebellious eating, then you are not in control. And that's not very rebellious at all.

ANNIE

Which is like, the thing that the rebel doesn't want to hear, right? [Laughs]

JEN

Yes. It's actually just the flip side of the coin of restricting, right? It's one more way you are letting diet culture control your life and dictate your outcomes. Because now you are so triggered by what you experienced with diet culture, that you're stuck in another spot.

ANNIE

Mm hmm.

JEN

Yeah.

ANNIE

Can you say that again, Jen? If you cannot stop rebellious eating, then you're not in control.

JEN

Right. And it's not very rebellious at all. [Laughs]

ANNIE

Yeah.

JEN

So, the real rebellion is in your full autonomy and doing what's right for you. And that means sometimes you will be saying yes, sometimes you will be saying no. And sometimes you will be saying later to any food or meal or whatever habit you're considering. Because when you're in control, you're checking in with you. And what I know about rebels from going through different rebellious periods of my life, and having one of my kids being like, he's got a major inner rebel. Rebels need options. As soon as you take options away from rebels, they want that option.

ANNIE

Mm hmm.

JEN

Right? So, some people respond very well, they can say to themselves, "Nah, we're not having that cake. Like, come on grown ass woman here, grow up, you had cake for breakfast and supper, as well. So we're not doing cake for lunch." And you're fine with that. That doesn't feel like a restrictive situation for you. But a rebel will be like, you know, if they have any inner dialogue under that, or if anyone happens to say that to them, they're having that cake. That's all they can think about now. So never take your options off the table. Right? Eating is always an option. Eating cake is always an option. As I said, the day I realized I could have ice cream for breakfast if I wanted, I'm a grown ass woman, I get to decide what I eat, was the day I stopped wanting ice cream for breakfast.

ANNIE

Mm hmm. It's almost this, like, the shift between I can have it if I want it. And I want it because I can't have it sort of like, so then when you when you realize "I can have cake or ice cream for breakfast. Do I want that?"

JEN

Yeah.

ANNIE

It's like, can be really a profound perspective shift.

JEN

Yeah, and it comes, so all of this comes down to like, what do you need? How does your body feel? And understanding that this autonomy that we crave, right? You wouldn't have quit dieting, or you wouldn't be thinking of quitting dieting if you didn't, if you didn't crave autonomy, right? Like, that's why we leave dieting, because it's so restrictive. We just, we can't stand it anymore. It's exhausting. It's so oppressive. But with autonomy comes responsibility. And so now you are, now responsible for yourself, your eating choices, your health behaviors, and a lot of people feel a little fear around that. Right? I think a lot of people look for rules because they're afraid to mess up when they're the boss. But what we would argue is you can learn, like we learn our boundaries with food by screwing up. I learned I didn't want ice cream for every meal by having it for every meal for four months, and then going, "Oh, yeah, no."

ANNIE

Yeah, that's where I want to be. That's me in the driver's seat of my own decisions, right? So, which is a great place to be, because if I'm -

JEN

You have to take responsibility of the mistakes, but you also get to take responsibility for the success and just be super proud of yourself.

ANNIE

Mm hmm. Yeah.

JEN

And the next point I want to make to our rebellious eaters, is that diet culture, or dieting, it's not an action. It's a value system. So one thing that can feel quite triggering, I find for a lot of women on their Balance365 journey, or on, you know, their own journey is that they find themselves contemplating actions that they used to take when they were dieting, and that might be the most triggering of all. And I can relate to that in many different situations. But one is actually with exercise that I had to take a big break from running. Because running had been something I pursued to punish myself for eating for years and years and years. And so I just had to quit. But I also had to kind of acknowledge that not every woman runs from a restrictive mindset from a kind of flawed value system as I had.

ANNIE

Right. Some sincerely enjoy it.

JEN

Some sincerely enjoy it. And so bring that back to food. You can choose to eat a certain way that might even look a little like you used to when you were dieting, but it comes from a totally different value system. I have egg white omelets quite often. I don't like high fat breakfasts. I learned that through trial and error. So I take the yolks out of my eggs. I have egg white omelets with some veggies, a little bit of cheese on top and a piece of toast. And it's a wonderful balanced meal for me. Now, I've shared that a bit on social media and I've had women question me like, why are you throwing out the yolks, like that feels really diety and I understand, like, there was a time in my life where I was only eating egg whites because I was terrified of the yolks. I was terrified of the calories, of the fat, of you know of the consequences of that. Where now I'm going, "No actually, like, I want the outcome of this breakfast. Like that's what I'm looking for here." And yeah, I think if I was eating egg whites before, I was just like eating egg whites. And now I'm adding things to it to make it taste better.

ANNIE

I have had the same experience with protein shakes. Protein shakes used to be like my meal replacement and the thing that I, the only thing that I can eat now. I have one for breakfast every morning. And it's really just because I want a fast, convenient, easy breakfast with an adequate amount of protein that I don't have to think about it.

JEN

Yeah, totally. It works for you now. Yeah. So, same action, totally different value system. And we have to stop judging the actions, whether ourselves or others, and like, visit the value system like, visit why you would be doing this right? And we all, if you're listening to this, you likely live in a diet culture, like we all live in a diet culture and to define that it is a culture that values fitness over health. Right? So if your value, and that was me in my dieting days, it was like, how much thinner can I get? Right now my values have shifted, and I value balance, I value feeling good in my body. And so now my choices come from that place. And now, and even today, I can run today and go, "I'm not thinking about calories. I'm not thinking about punishment. I am just running." And it feels amazing. So our behaviors and the choices we have available to us are, they're all just tools in a toolbox. And remember that you can take a tool out and use it to build a beautiful home or a beautiful life. Or you can use that same tool to start smashing yourself in the hand. Right? So it all comes back to how you're going to use that tool.

ANNIE

And again, that can be anything, as it relates back to food, that can be balancing your plates. It could be limiting, you know, saying no to certain foods or drinks or food behaviors, because you know that it serves you in building this, you know, back to the analogy of this home, right? This life that you want to live, not because someone else, an outside source is telling you to do so.

JEN

Yeah, and a lot of people talk about just thinking about weight loss is very triggering for them and triggers them to, like, want to go eat or binge or, and what I would say there is you're thinking of an outcome, right? So you're feeling triggered by thinking about an outcome. But another example would be like, I want to make money. So I want to have this amount of money in my bank account. Now, if your experience has always been the way you make money, and the way other people make money around you is to like rob people, like rob houses, rob banks, and then they have so much money, then you might develop a perception of, "Oh, well, people who have money or this, like, they're bad, they don't do good things." But guess what, people make money all kinds of different ways. Right? Just like, and then to use that as an example next to weight loss. Weight loss is just an outcome. People do horrific things to achieve weight loss. And then there's people who do really kind, compassionate, self loving things to achieve weight loss. So it's the process, not the outcome that you need to pay attention to.

ANNIE

Yeah, I love that analogy. So good. And especially when we often - Jen's the queen of analogies, but when we take the ideas away from our bodies, or food, which we have a lot of emotional connection to, we're kind of like, "Oh, yeah, that makes so much sense." We're not so emotionally like driven with it, right?

JEN

Yeah. So if Annie and I just did this podcast, and the whole time, all we talked about was food or examples of food, it would be hard for all of you listening to even get out of your heads to think

about it. And that's why I think analogies can be really powerful. Because you go, "Oh, okay, now I get it."

ANNIE

Yeah.

JEN

And then the last thing I want to talk about is restriction versus restraint. And Annie, you brought this concept to Balance365 years ago. And it really has hit home for a lot of women. And the reason this is important is because then the question from the rebellious eaters are, but what do I do when, when I have like, I want to say no to this food, and I know I'm not going to feel good after I eat it. But yet, it still feels like restriction to me when I'm saying no, when I'm trying to pass on something.

ANNIE

Yeah, they get out, they get all kind of icky in their skin. And like, is this feeling uncomfortable? [Laughs]

JEN

Yeah, like, "Am I dieting now? Like, what am I doing here?" And you have said, restriction and restraint are not the same. And then I saw one of our members explain it to some other women the other day, and it was just beautiful. And she said, restraint is not restriction. One says not now. The other says not ever. And I thought that was amazing.

ANNIE

So smart. Yeah. I couldn't agree more. The restraint to me is like, "Yeah, I can, but I don't want to," or, "I don't want to now." Restriction is like, "I can't, that's not even an option on the table."

JEN

Yeah, like, that's bad. No. That's, yeah. And another thing I've heard you say that I think is very powerful, and has been very powerful for me is to, instead of telling yourself, yes or no, it's yes or later. So that you're never really saying no.

ANNIE

Yeah. There's been so many coaching examples lately, where I have encouraged women, when they're exploring other behaviors, they can engage in things to do with their time, other options on the table, and like, include the food as the option. Like it, you know, they're like, "I want, I feel this urge to eat after dinner. But I don't always want to eat after dinner." And I'm like, let's make a list of all the other things you can do after dinner. Food goes on the list. Right? Like, it's an option on there. I can eat. Oh, and here's 10 other things I can do.

JEN

Yeah. And I also wanted to mention that saying no, when it's aligned with our values, and what we want for our lives, is not restriction. Right? So living a fulfilling and meaningful life isn't

always comfortable. And it requires sacrifice. So a lot of the things I have in my life that I'm most proud of, were not always comfortable for me to keep saying yes to, and they required me to say no to a lot of things, a lot of comfortable things that I wanted, that would have been immediately comfort for me in order to have that great thing that I could see down the road. So an example of that is having children. Having children isn't for everybody. And I totally understand that and a lot of people decide not to have children. And that's not to say they're taking the easy way out, they've just decided that's not a challenge that they want in their life. But for me, I always knew that I wanted to be a mom. It felt like, it was just never a question, I was going to become a mom at some point. Well, having children has not been physically comfortable. It's not emotionally comfortable. It's not financially comfortable. But we say no to a lot of things in order to have that, right? We experience a lot of pain in order to have that, because having children for me was extremely meaningful, I got so much joy out of the process, I actually got joy out of the out of the sacrifices really, right?

ANNIE

Yeah, I would say most, I don't know that I could recall an example of anything in my life that has ultimately felt meaningful, and enjoyable, or like that I've been really proud of or that it's like, man, this was like, amazing when XYZ happened that wasn't, that didn't also include some discomfort, some sacrifice. Some, like, I don't really always want to do this, it wasn't always just rainbows and unicorns, right? Those things are usually not the most fulfilling in my life.

JEN

Even to build the muscle mass that you have. You know, muscle mass isn't important to everybody. It's not obviously important to me as it is to you. But I can look at you and go, that's so cool. Like, that's obviously very important to her and you make the sacrifices that you need to make in order to build that muscle mass, that's been a journey for you, obviously, over many years. You get a lot out of it.

ANNIE

And the only way you build that muscle mass is through resistance.

JEN

Exactly.

ANNIE

Like, you need some friction there, right?

JEN

Yes, for sure. So, what I'm saying here, and the reason I brought that up is that it is so important to connect your daily decisions to the greater vision you have of yourself. And it just, it can't just be weight loss, like I've seen this time and again, 1000s of women, if weight loss is the only thing you've got for a decision you're making, it's not gonna hold up.

ANNIE

Yeah, and this is why we include values working inside Balance365 coaching, and I think women, it's not uncommon, I was one of them, to think like that, like, "What if my values have to do with weight loss?" And we're like, "Oh, it has everything to do with your weight loss." [Laughs] And really making sure that they're connected and aligned.

JEN

Yeah. So when I go to say, approach a nighttime snacking habit, I'm not going, "I have to stop snacking at night so I can lose weight." I'm going to work on my nighttime snacking habit, because I don't want to become the kind of woman who just sits on the couch every night and mindlessly snacks. I want to be like an intentional woman. I want to be a woman who gets a good sleep every night because she doesn't have heartburn from all the chocolate she just ate, which happens to me sometimes when I do nighttime snacking. [Laughs]

ANNIE

[Laughs]

JEN

I want to wake up, you know, like there's a, there's deeper, bigger meanings that are connected to the trajectory they want to be on as a person and a whole healthy human self.

ANNIE

Mm hmm. Yep. That's beautiful.

JEN

In conclusion, do you want to live in rebellion the rest of your life? Or do you truly want to be free? Growth requires discomfort. If you aren't uncomfortable, you aren't growing. So this is the work friends.

ANNIE

Yep, this is the work. So, if you are stuck in this phase of rebellious eating, and you've come to the conclusion that this ultimately isn't serving you, you're not on the trajectory you want to be on, we encourage you to question, do you really want to stop? Get clear on why you're rebellious eating. Examine who's really in control, and then dig into your values. Right?

JEN

Yeah. Yeah, bring it back to you. What do you want?

ANNIE

Mm hmm. What do you feel, what do you need? What do you want? And get curious. Start exploring.

JEN

Yeah, and also join coaching. Join Balance365. We can also help you with this, help you sort it out, hold you accountable. Cheer you on.

ANNIE

Mm hmm. That's kind of like what we're good at. [Laughs] We're pretty dang good at it. So, we'd love to have you in there. I think this is a great episode, Jen. Because I know so many women have spent some time in this rebellious eating phase and want to move forward. But aren't always clear on how to go about that. So I hope this is really a beneficial episode for our listeners.

JEN

Yes.

ANNIE

All right. Well, thank you, my friend. We will talk soon.

JEN

Bye bye.

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 to join coaching.