

Balance365 Episode 166 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're interviewing a Balance365 member named Jasmine from Alberta, Canada. Jasmine is a longtime Balance365er who after a pretty traumatic yo yo dieting history cautiously tiptoed her way into our program. The results have been incredible. Jasmine has lost 40 pounds and has completely redefined what self care and even weight loss mean to her. If Jasmine's story hits home for you, you're in luck my friends. This week we kick off our free workshop, "Cut the Crap: How to Simplify Weight Loss and Get Out of Your Own Way." In this workshop you're going to be learning the principles that drove Jasmine's weight loss success. At the end of the week with a little hat tip to Mother's Day, the doors will be opening for enrollment to Balance365 at a very special price that's never been seen before. Do not miss out on this opportunity, my friends. Spots will go fast. Enjoy.

ANNIE

Jen, are you so excited about today's guest?

JEN CAMPBELL

Of course I am. She is our famous Jasmine from Balance365.

ANNIE

Welcome to the show, Jasmine. How are you?

JASMINE

Thanks, Annie. I'm doing well today, so happy to see you two.

ANNIE

I love how Canadians say my name by the way. [Laughs]

JASMINE

Do I say your name differently?

ANNIE

No, differently than other Canadians but there's there's a little bit of a slight difference between Americans and Canadians.

JASMINE
Interesting.

ANNIE
But I love it. How are you this morning?

JASMINE
I'm doing well.

ANNIE
I'm so happy you're here. I cannot wait to dive into your story before we get into like all the changes, all the results, because I know that list is quite extensive. Can you tell us a little bit about yourself, like how did you find Balance365?

JASMINE
Sure. I found Balance365 very shortly after I had my second baby. I was just like surfing the interwebs like you do when you're breastfeeding a little one, and I had seen that a few friends were sharing about your, at that time it was a power bowl challenge, so I was already at that point feeling like frustrated with my body and I don't know kind of disinterested in dieting. I knew, "I don't want to diet while breastfeeding," but I thought, "Oh this sounds like a really healthy thing to do and totally reasonable to give myself this one big balanced meal a day," so I printed out all the recipes and really enjoyed them and that got me into the group that you had then, and I just sort of really fell in love with the culture there. It was so surprising and different to me and yeah, I felt right at home so then yeah went from there.

ANNIE
Can you tell me more about how it was different than maybe what you had tried in the past? Like did you have weight loss goals in the past? Was this different?

JASMINE
Yes, so I had been quite a hardcore dieter I would say between the time that I was like 19 until then, well, until especially when I got pregnant the first time and then again in between, so prior to that it was very like quick, results-driven, all kinds of kooky things to try to lose weight quickly. I did the HCG diet which was 500 calories a day and taking fake hormones to convince myself that it was fine. I like, I did shake diets and you know the container diets and they were all a ton of work and there was not really much community, it was very like before and after pictures and the way I would mentally psych myself up for these would be like to look at pictures of women before and after losing weight and be like, "I can do this because of all these other women and maybe I'll be happy and worthy and beautiful when I'm an after." And in this community, I felt that it was a lot more like working on appreciating what our bodies do for us, seeing other women expressing that they were finding contentment in their bodies, and also finding joy in

meeting their physical needs. Movement, nutrition, in a way that wasn't restrictive. And that not restrictive thing was just like mind-blowing for me, to have somebody say, "Oh, don't not have the things you love." Whereas what I had been in before would be like, "You can have the thing you love after you deserve it, 30 pounds from now, when you're in those skinny jeans, then you can have the thing you love once, or maybe you can eat as much as you want," but as though that's sustainable, I don't know.

JEN

Once. [Laughs]

JASMINE

Once. [Laughs] But then like it was, I was always like, I would be successful in this way. And then I would be done my diet and then I would gain weight back because of course I did. That wasn't sustainable.

ANNIE

Did it occur to you then when you were doing it that this wasn't sustainable, this is faulty, this is a system that doesn't work? Or did you blame yourself?

JASMINE

I blamed myself but I also was like, "I always had been very successful. So I'll just deal with it in the future." And then I would, I went back and forth like that a few times, it didn't really strike me as a huge problem until I was pregnant with my second. So when I was pregnant with my first, I gained a ton of weight. Some comments about that from people that felt shamey, but it wasn't the end of the world. Then when I was pregnant with my second I had severe vomiting. And I got so many compliments on my second pregnancy being so skinny, and how I looked so good. And I was not going to have to lose the weight after. And I would respond like, "I'm sick. I am losing weight because I'm throwing up all my meals. I don't feel good. This doesn't feel happy. I feel like I am ill or dying. This feels bad." And people would not hear me, they would respond like, "Well, you look great. Or at least you won't have to lose the weight after," or, you know?

JEN

Very weight-centric culture we live in rather than health-centric, where really what you needed was probably some support and empathy.

JASMINE

Yeah, I needed like a, "That sounds awful. I am so sorry. Like, yeah, hopefully that will end eventually. And maybe this is what helped me with nausea," or something. Not, you know, "I am so happy to see you starving and fearing for your child's wellness while you're vomiting for seven months." I vomited for seven months. It was a long time, it was enough that it completely changed my relationship with food and with myself. And then I ended up kind of conflating that experience of starving with the starving or depriving that I did while I was dieting and I was like, "I can't do this again. I can't withhold from myself again." And then after I had my second baby I started to find immense comfort in feeling full because it had been months and months before I

felt physically satisfied. So I gained a bunch of weight, then contrary to everybody's cheers for me while I was pregnant, I gained a bunch of weight then because I was recovering from truly a famine in my body was the experience, and just like anybody in a famine, if you would then have food and keep it in, your body would want to do that.

JEN

For sure.

JASMINE

So I gained a bunch of weight then. And yeah, so, I actually was gaining weight quite a lot initially when I met you guys, but that was okay. It was kind of lifesaving.

JEN

Yeah. Did you feel okay about it? Did you feel okay about it in those moments? I mean, I know you feel okay about it now.

JASMINE

I did. I was already in your group. So I wasn't hating my body. I was just, and I was also like, pretty depressed. I had some pretty scary experiences after my little one. I almost died of preeclampsia. So I don't know, I was going through a lot and the way my body looked was kind of the least of my concerns, but I did feel some protection from that, from being in the group. Like, I was worried about if I was dying, but I wasn't mad about being heavy. [Laughs]

ANNIE

That's, I'm sorry that you went through that, but it's like, I think it's a testament to your overall resiliency, right? And I know, so, okay, so you join the power bowl recipe, you went through all this, you join the power bowl recipe, you join the program. And I know a lot of women are focused on your results. But the reality is you started where a lot of our listeners are right now. And do you remember your first post in Balance365?

JASMINE

I don't think I remember my first post, no.

ANNIE

About a walking habit?

JASMINE

No.

JEN

So, I went back through all your posts. [Laughs]

ANNIE

Like a creeper.

JASMINE

[Laughs] That's fantastic.

JEN

I think it's so fun to watch the journey of people though, right? And you can forget where you started, you know, and I also love going through people's journey with us because there are a lot of women who joined Balance365 who are at where you were when you started, and, or even not even with the body resiliency you have developed, with a lot less body resiliency. And so I think it's very difficult to imagine when you're in that space of just a lot of shame and negativity around your body, I think it's hard to imagine that you could ever be anywhere else. And when I look back through our members' posts, and I go back right to the very beginning, you start to see the journey. And I like showing people that so they can see, no, you might not feel this way in three weeks from now. But look at how, you know, these members have evolved who stuck with us right?

JASMINE

Very cool.

JEN CAMPBELL

Yeah. So you started with a walking habit. And that was your very first post with us. And I think a lot of people would struggle with some resistance around making a walking habit because they would feel like they, I mean, we always feel like walking is not enough if we've come from diet culture. What was your experience with a walking habit and getting a movement habit going?

JASMINE

I don't think I did it because -

JEN

[Laughs].

JASMINE

I like, I remember doing it a couple times. And I know now that my relationship with exercise goes well when it's also a relationship with others. So I think at that point, I was like, I will leave my house with my two small children in any weather and go for a walk. And I would almost never enjoy that unless it's with somebody else. So around that time, I know like, I was going to Zumba classes shortly after that all the time with my friends, dancing -

JEN

Right on.

JASMINE

- with my friends. But so, it didn't, I don't know, it didn't take me long to find something that married my values, but walking by myself does not reflect my values.

JEN

Okay, so moving right along to your next post. [Laughs]

JASMINE

I didn't do that. [Laughs]

ANNIE

But that's still value. But that's still valuable, right? Like even if it didn't pan out the way you maybe had anticipated or intended for it to, there's still value in realizing that, "Okay, actually, I'm way more likely to be successful and have consistency when I pair it with connection."

JASMINE

Right. Totally. And I'm still learning that.

JEN

And I actually love that you I guess quote unquote, failed at that. But you learned from it right? And it sounds like you learned Zumba was going to be a more sustainable commitment for you. Because it included other things you love, like connection.

JASMINE

Yeah.

JEN

Yeah. I feel the exact same way, Jasmine. I feel it's very difficult for me to get moving alone. I quite like pairing it with something else I enjoy, where Annie here is so self-motivated to exercise. I mean, you exercise mostly alone, don't you Annie?

ANNIE

Well, now I do.

JEN

These days. [Laughs]

ANNIE

Yeah. Now I do. That's not my preference. But yeah, I enjoy it.

JEN

I would say I get excited to exercise when I know I'm meeting somebody to do it. Yeah. Yeah. So the next post we got from you, the next couple of posts, you shaved your head. You got some tattoos. [Laughs] You wore a super cute black bikini in Vegas. Like, it escalated pretty quickly.

JASMINE

There had been some time in between there. A little bit, hey?

JEN

Yeah, there was definitely some time but it was like, "I'm going to start a walking habit. I shaved my head. I got some tattoos. I got a new black bikini. I'm in Vegas enjoying myself." So we have to talk about this. What was this a sign of, what was happening?

ANNIE

I need to call out that. do you remember messaging me Jasmine about the tattoo?

JASMINE

Yes, yes. I was like, "Annie. Your tattoo is the most," I don't know if I'm allowed to swear, "The most effing kick butt thing I've ever seen. I love it." [Laughs]

ANNIE

Yeah. And then you like went on about, "This is my plan for my tattoo and here's some pictures and here's some ideas. But..."

JASMINE

[Laughs] "When my arms are toned enough."

ANNIE

Yeah, and I was like, "Huh, that's interesting." [Laughs] And, okay, so that like, there's where you were at one point. And then all of a sudden, it's like tattoos, the head, the bikini, like, what was that?

JEN

All of a sudden you stopped waiting. So it sounds like you thought, "I'll do these things when."

JASMINE

Yeah, when my shoulders are toned enough was the thing I said. And then Annie was like, "I think you should do it now. Like, why wait?" And I was like, "This is something I've never thought about before. It should be a reward for when my body's perfect, obviously." And like, I thought on it and thought on it and I didn't jump into it quite right away, because I still had some more work to do in my brain. But all of these changes were a sign of my unraveling a lot. A lot. So when I was in the program, the thing I started with that was really kind of scales fell off my eyes, you could say, I did the diet deprogramming, which you go through questions about your history with dieting, and your relationship with dieting, and what kind of effects that those have had and what you learned and where some of those messages come from. And there was also some other books and documentaries to go along with that that kind of talked about some of why we as women tend to think we need to be a certain way. Or we owe the world around us a certain version of ourselves. And as I picked that apart, I rejected and got angry with diet culture and the harms that I experienced because of it, and then rejected that fully. Moving on, I started to recognize other pieces of culture that I had kind of shaped my life around. Patriarchal culture,

norms, the culture of the conservative area that I live. And like, a perfectionism that comes with going through nursing school, the women in media culture, where women all look kind of a certain similar way. And you kind of have three options of how you can look and all of the messaging about what we have to be. And, as the diet culture thing, for me was just a thread on the edge of like, a huge, massive, ugly sweater that I pulled, and pulled and pulled and pulled. And as all of that unraveled, I started to reject this version of myself, that was made to meet other people's goals for me. And I was quite good at that. So there was a lot to unravel. And started to recognize who I wanted to be. And that came with a lot of physical changes in experimenting, like, getting tattoos, and piercings, and completely changing the way my style is a lot of the time to dress differently. I don't dress to always look skinnier. I dress in things that make me happy, because I realized now that dressing is for me. It's not because I owe my surroundings an image, right? And I started to explore a different picture of what sexuality meant to me, and how I wanted to experience that, and that was pretty big for me too. I shaved my head, like not completely just the sides, and then I had like this sweet like Mohawk and I loved it. And like now I have completely teal hair like root to tip teal. And I just dove into this like relentless self-love and self-exploration, I completely love my body the way it was then, which throughout that time I lost about 10 pounds. So there was a little bit of change then, but certainly, I was not in the body that I felt like I would have owed the world before, but I loved it. I appreciated my body. I knew that it kept me alive through horrible things. It kept me alive through trauma, and it kept me alive through my unnecessary attempts to change it. And I fell in love with it then and I still love it now even though it's changed. because I've just changed the way I've supported my physical health as well.

JEN

I love that. And we talk a lot about learning to love your now body, or at least just learning to respect and appreciate your now body. And there's resistance there from a lot of women that Annie and I coach, because they just can't, you know, really wrap their heads around appreciating, accepting, loving a body that is maybe the heaviest body they've ever lived in. Do you have any specific advice there for anyone listening that's going, "Nope, I can't, I absolutely can't accept this larger version of myself."

JASMINE

Yeah, I think, for me, there was like a whole funny lineup of circumstances that left me with a ton of gratitude for being alive. And you don't necessarily need to go through that in order to recognize it, but it helps. [Laughs] So, gratitude for my trauma, but maybe, you know, there was this the self-love journal that you had, I think it's still in there.

JEN

Yeah.

JASMINE

But if you could sit yourself down each night and write, I appreciate, even if you don't have a whole list, but say, like, I appreciate that when I eat, I get to stay alive. And I appreciate that when I hold my breath, my body stops me and I take another breath and stay alive. And I

appreciate that when I want to go somewhere, my legs can get me there, not everybody has that privilege. And maybe not every listener has that privilege, but every listener who would be alive has something about their body that's an absolute miracle. So see that thing and recognize not everybody has all of these things. And your body supports you in a way that nobody else ever has, nobody else ever will. And if you could just take a little step to explore that every night, it might be your best friend, instead of somebody that you would imagine to be in your way, or imagine to be your enemy. Like, every single person's body does more for them than anybody else ever will.

JEN

And what you water will grow, right? So if we continue to look in the mirror, and start listing out all the things we hate about ourselves, all the things that are unworthy, that's what's gonna grow in our life, that's the plant that's gonna grow.

JASMINE

Oh, and maybe change the people around you, if the people around you are talking about talking about themselves like they're garbage, that's gonna grow, too. If you have a friend group or a social group that you'll start to talk down about yourself, and they accept that or join in, rather than maybe remind you about the goodness of your body, like that's a pretty hard place to come out of. So like your groups, your podcasts. That's good. Fill your ears with Jen and Annie.

JEN

Social media feed.

JASMINE

Totally.

JEN

Yeah, I mean, I've been that woman. I've been part of the social groups who just did that. And I know how difficult it is. And then to be in those social groups, to continue and to be the only one that doesn't think that way anymore. It's very tricky, but they're people you love. Right? And so I understand that's a very difficult place to navigate.

JASMINE

I still have that, too. But I have started to set some boundaries about what kinds of conversations I want to have with those people. And some of my relationships with people that think differently about their bodies. Those relationships have just really flourished in the last couple of years. So I don't know, maybe you don't need to see it between like having friends or not having friends. Because what you put out into the world, it does come back to you.

JEN

Yeah. Also, for anyone listening, who's on this journey, you can be that change for other women, like you can be their first exposure of a woman who loves herself and doesn't say negative things about her body. And you can be someone else's turning point for information -

JASMINE

What an incredible privilege.

JEN

Yeah, right?

JASMINE

That's a really cool, really cool opportunity.

JEN

Yeah, so -

ANNIE

Jasmine, I love all these changes that you experienced, maybe both how you presented yourself externally and some of the internal changes and shifts that were going on with you. But then you seem to start really experiencing some weight loss. What was the shift there for you, what caused that tide to change?

JASMINE

For sure. So, you know, I had at that point built some relationships in Balance365 and coaching, I felt more at home. And I just, I saw other people having results when they were focusing on the habits that were more to do with nutrition and more physical things. So prior to that, I was working completely on my mental, emotional, spiritual life, I was learning about habits, but I wasn't necessarily implementing them. So it was a lot of mental work. But then I decided, I am interested in actually putting in some work to make my love for myself reflect into the way I care for my body, too, I started to recognize that caring for my body could include some changes to my nutrition, some changes to my movement, and that that could further support my health, and my quality of life. So I started to explore that. And with a lot more frequency in my connecting and coaching, I went to coaching for different kinds of support, more habit-based, we kind of would spend a month at a time wanting different habits, so changing the balance in my food, adding, I mean, it's not a secret, adding protein, adding veggies.

JEN

[Laughs] Yeah, that's not a secret.

ALL

[Laugh]

JASMINE

And then the real change happened for me when like little changes happened when I bumped the veggies and the protein up, of course. But then when I started to practice very intentionally practice noticing what my levels of fullness felt like in my body, hungry to satisfied, full, over full, and to be able to consciously stop when I was ready to stop at satisfied instead of full or over

full. And yeah, then I lost a good amount of weight around that time, like 20 pounds. And yeah, all it really took was some small shifts. But there was a lot of consistency and a lot of support. I was having conversations about that with coaches and peers, you know, at least once a week and writing down my intentions and celebrating the changes and recognizing how I felt differently and my body.

JEN

You really committed to it and committed to troubleshooting and you still are committed, I still see you troubleshooting when things come up for you whether it's mindset, whether it's habit based, whether it's circumstance based, getting the support you need to care for yourself where you're at.

ANNIE

Did these, you call them small shifts, did the results that you were getting from these small shifts surprise you?

JASMINE

I think at that point in time, I had seen enough other women to see results that I wasn't like, shocked, but I was kind of like, it did seem like a big contrast to the ways that I've lost weight in the past. So it didn't feel like a surprise as much as it felt like a little bit too good to be true. Or like when is the other shoe gonna drop? And then I kind of felt like it did last March, there was this like pandemic that most of us have been impacted by. [Laughs] And that was at the same time that I took a bit of a break from coaching, which makes a ton of sense personally, with my career, I was just in that, and through a whole lot of like, red zone kind of crisis living, complete change to my routines and circumstances and emotional world. I thought I was gaining tons of weight. I thought like for sure this is gonna be like when you stop a diet and then you gain all of it back plus 10 more. And I can ignore the scale for half a year. I just was surviving and trying to manage a pandemic for the whole world. Because that's how I felt.

JEN

Yeah, and also you're just, so everybody listening understands, you're a public health nurse. So you're really like a frontline worker and yeah, impacted greatly by it.

JASMINE

Yeah, so I really was doing a lot of that work during overtime. It completely changed the type of work I was doing at work and all that jazz. So then in the summer, I was like, you know what, I think my energy is not what I want it to be. I'm feeling uncomfortable in my body again. I know that I have a resource to manage, so let's recommit to coaching and being in there. Got on the scale and lo and behold, I had gained seven whole pounds over six months of, I don't know, I never lost weight in the restrictive way. So I didn't gain it back like that, because it was really different. I had actually changed some habits, I had some better skills, like...

JEN

Perception is strong. And we've talked about this in previous podcasts, but weight is never going to be just, you hit a pound, and you stay there forever. But what Annie and I are trying to introduce people to the concept of, is, dieters, their weight is like a tsunami, it's going out or it's coming in, and they feel like it's out of control, and they have no way to manage it. In our world, we talk about it as a gentle tide, it's gonna be coming in and out. And that's what life is, period.

JASMINE

I was genuinely shocked to experience that.

JEN

Right. And so your tide comes in, and your tide can go back out. And my weight fluctuates throughout the year, I find I'm on the heavier end of my healthy range in the winter, when summer comes, I come down to the lower end of my range. And it's just, it's like a tide, and I don't fight it, it's just I found a range that I can sustain very comfortably. And probably even through periods of stress, right? And so, but perception is a very strong thing. And I think you probably went through a period where you kind of needed to see it and experience it. Now you have the evidence. And you can see that your weight isn't going to spiral out of control because you have totally different habits and approaches to self-care now.

JASMINE

Totally.

ANNIE

And even listening to you talk about it, Jasmine, you seem as though it's very much like this, "Okay, I can sense that maybe my habits have shifted, and I'm not feeling as good as I'd like, I am going to reassess, take inventory of my current habits and make changes as needed," versus this panic, like, "Oh my gosh, I gotta do something about it right now."

JASMINE

Totally.

ANNIE

Diet, diet diet, the experience that a lot of women have when they experience some weight gain.

JASMINE

Mm-hmm. And yeah, it made a whole lot of sense, when I came back to that focus, too, because my crisis mode was a little bit of a reprieve then. So I had learned, like, when you're in a red zone, that's not the time to like, try and make huge changes to your body. Like, it's okay to do your best with what you have, and just get get through that time.

JEN

So even after, you know, looking and seeing that you'd gained seven pounds, you weren't panicking.

JASMINE

No, I was like, "Oh, I didn't gain it all back. Okay." And then I was like, "Okay, well, let's look at the reality here. Like, am I wearing the clothes that I did 30 pounds ago? No. I'm wearing the clothes that I did after the 30-pound weight loss. And they feel a little snug. So like, yes, I have some information here. But the information is clearly not saying all hope is lost and then some. It's saying like, 'You can shift back towards something more comfortable when when you have the capacity to do that.'"

JEN

Yeah.

JASMINE

Yeah. So then I, yeah, I got back into coaching. And it was great. I got the support I needed to make some more changes. And at that point, I got really mixed up between what is a dieting behavior? And what is a dieting mindset? So I was at the point where I was like, "I do want to lose some more weight. But I don't know if I want to use egg whites or I don't know if I want to use, I don't know if I want to stop when I still feel like I could eat more." Or, like any of those behaviors that I've ever done ever while I'm dieting. I was like, "I don't know if I can do that without considering it to be self-harm." And I think I was on a call with you, Jen, when I realized like my most harmful time with being very hungry wasn't actually something I did to myself. It was because I was throwing up for seven months when I was pregnant. And I've never hurt myself in that way, and I could trust myself, and then that freed me up to explore different behaviors without experiencing them as dieting.

JEN

Self-trust is huge in this journey. And so just for anyone listening who might not understand, we deal with this constantly, is that people ask, "Yeah, but how do I lose weight without restriction? I don't get it." Right? And it's, we talk about, restriction is not an action, it's a mindset. And when you have self-trust, when you don't have a panicked mindset around weight, when you are calm and reasonable, you can make different choices, see how that feels for you, see how that works for you, and adjust and decide if that's going to be right for you or not. And so that rebellion urge, that's probably one of the most common things we deal with in Balance365 is, it's just a lot of fear around making any changes, women very afraid that they're going back to dieting or restriction or, you know, what does this action say about me or that kind of thing? So it sounds like you really unpacked that and realized you are in charge.

JASMINE

Yeah, I would say that my self-trust is about five or six months old. It's my newest superpower from Balance365. And it's amazing. And I'm hyping it up to my friends just like I was, you know, diet deprogramming back in the day. Like, "You seem sick, like, could you take a day off? Like that would be a really good way for you to actually show yourself in an action that you're worth self-care and that you have your back. Like, how can you show yourself that you have your back? It sort of seems like that might be a way."

ANNIE

I love that. You say that to our our community all the time. Like, you've even said it to me, like, you've got your back. And like, what a great feeling to know that if all else fails, like, I know I'm doing what's best for me. I've got my own back.

JASMINE

Yeah, a whole lot can crumble and your body is still there for you and you can still have your back.

ANNIE

And I think this, I think what's beautiful about your story, Jasmine, is your self-trust didn't just pertain to food and fitness. It's how you wear your hair, how you dress yourself, who you're spending time with, like, boundaries that you set with friends, family, workmates like it's spilled out what it sounds like into a lot of different areas.

JASMINE

Totally. Yeah, it's been nice. [Laughs]

ANNIE

[Laughs] "It's been nice." So I know, I do know I want to call back a few circumstances where I remember you feeling uncomfortable with people talking about your changing body and working through that, because I know that can be an experience that makes women uncomfortable.

JEN

You were having, I think it was just sort of people in your community, co-workers maybe commenting on your weight loss?

JASMINE

Yeah.

JEN

And it was very uncomfortable for you. Can you explain to our listeners why that was uncomfortable, too, because it's a real switch where a lot of dieters are like chasing that validation at all times. And now you didn't you were -

JASMINE

I hated it. So when I was dieting back in the day before kids, all that, I like lapped that up, I loved it when people praised and noticed my weight loss. So I totally was conditioned to want that. But then, when I was pregnant and not losing weight, it's like, that's when I realized how toxic it can be to give unsolicited commentary on other people's bodies. And it really hurt me then to receive all of this unsolicited commentary on my body. And I realized the only reason people felt so welcomed to just spew their thoughts about my body to me was because of diet culture. And because I had wanted that in the past. But I was going through a change. I didn't want that anymore. And I wanted to make decisions for my body that were about what I wanted for my

comfort, for my energy, for my wellness, for the way I present in the world as a whole person, not just for the physical image that I present to others. So when I am getting comments on my physical presentation, I'm like, "What does that even matter to you? I'm not dieting, so don't get excited about that. It's not the most important thing about me. Why do you even care? And no, I don't have an exciting diet to tell you about." If it was like somebody closer, I might have a more gentle approach, I'm sort of spewing my internal dialogue. To people's faces. I would say things like, "I don't really want to talk about that." Or, "Yeah, okay," or, "I didn't notice," even if I did obviously, but just dismissive.

JEN

Were you angry?

JASMINE

I was angry, but not usually at those people. I was angry at though the culture that we live in that makes it acceptable to comment on bodies every time we want to or we change.

JEN

Yeah, I mean it's our physical bodies and the reality is we're visual people and people are going to notice when bodies are changing or faces or changing, but the culture we live in has made it okay to then verbalize to that person how much you've noticed their change right? So of course humans are going to notice change.

JASMINE

As a praise.

JEN

Yeah.

JASMINE

So if somebody would say, like a close loved person would say to me like, "Hey, I noticed some changes in your body, like what's going on? Like do you want to talk about it," that would be very different than, "Your butt looks so good, you're really losing it, you must be running," or, that was another one I got, "You look like you've been running a lot." - "Oh I haven't been." - "But you really look like you've been running, like, great job."

ANNIE

Okay, but how much are you running? [Laughs]

JASMINE

I actually haven't really run for a year, like that's an interesting comment, like why do you think I look like I've been running?

ANNIE

I had a similar experience, Jasmine, all my life I wanted to be told I was pretty right? Like that was because I believed that my, that's how I got my worth by looking a certain way and then once I realized that my worth was all these other things, being called pretty just wasn't satisfying anymore. It was like, "Okay yeah, and I'm funny and I'm smart and I'm a good mom and a good friend," you know, it was like, this just doesn't rev my engine like it used to.

JEN

When you don't hang your hat on that compliment, then it, you know.

JASMINE

Yeah.

ANNIE

Yeah.

JEN

Do you, how would you how would you respond now, Jasmine, to someone commenting on your weight loss? Do you have any standard back pocket replies that you keep handy?

JASMINE

If it's like a casual kind of workplace encounter, I have said things like, "Yeah I've made some small changes," and if they ask some more about it then I can tell them about it or if it's like a love person and we have the space, like I have verbally diarrhea'd my entire Balance365 story to a number of people and then shared some links. [Laughs] "If you want this for yourself here's the podcast that is the freest version to get these thoughts in your brain." [Laughs]

JEN

And do you ever communicate to people that you have had these results because you quit dieting?

JASMINE

Oh yeah. Yeah. Totally.

JEN

And is that, that's always kind of probably a shocking like, "Oh."

JASMINE

You know what? I think especially in this last year, it's a funny year and a funny environment for everybody, so I literally don't have anybody in the commentary space who hasn't been close to me for a long time because of COVID, so my coworkers, they have seen me make slow changes for a long time. My family members, too, so yeah, it's kind of probably unique that I haven't really gotten any of those comments for some time. I don't think I'm shocking a lot of people because I'm just not physically around them and I also kind of left social media. I might get more that if I was on social media but I had to take a break from that for COVID reasons.

ANNIE

Boundaries. Good boundaries for you

JASMINE

Totally. It's been helpful.

ANNIE

Jasmine, weight loss results aside, I think it's pretty clear to us and maybe even people listening that you seem really content and at ease in your habits, your journey, your life. Are you happy with where you find yourself today?

JASMINE

Yeah, I don't necessarily see myself at the end of the journey and I think there's a difference between that and being happy, but I feel safe in my body. I feel like I have the tools that I need to make changes when I do. I feel like when I go through crisis I'm safe to go through a crisis without also feeling like it's a crisis in my body, like, that's there for me, I know that, and if it's changing then I can go back and care for it at any other point. I no longer have hypertension, which is great, I'm happy about that. I don't know if that was related to my weight change but I think it must have to do with my general health improving. Yeah, I feel like I have a lot of power, confidence, safety in my own body and also that that's influenced my relationships. So I feel safe, confident, loved, in my body and in my surroundings.

JEN

I love that. And the only thing that matters for any weight loss journey is that the changes you've made feel sustainable for life. So Jasmine, is what you are doing, does that feel sustainable?

JASMINE

Again, like yes and no. Like, it will be sustainable for me to do like one version of that when I'm in a green zone and a different version of that when I'm in a red zone, and I trust my ability to shift through those things. I'm not always going to do my best and I don't have to. That's okay.

JEN

Awesome. So you can you feel confident, you can scale your habits to meet yourself where you're at.

JASMINE

I have the skills. So is everything always going to look the same? No. And I wouldn't choose that. But I have skills. Yeah.

JEN

Awesome.

ANNIE

That's a great answer. Jasmine, we always ask this. If there was a woman listening, who is on the fence about joining Balance365, what would you tell her?

JASMINE

So, from my experience, I have often like, jumped too quickly into things and spent money. And then like, "I'm going to do this thing." And to me that has not been sustainable. So I would say like, there's this beautiful loving community. Here's the free bits, like, get yourself in the podcast. Jen and Annie are doing this workshop, you can join that. But if that connects with you, if you'll feel safe there, if you'd like this conversation that I'm having with you, like it probably will be great. And if there's a sale coming up, maybe get on that, but it probably will be good for you. And I'll be here too, and talk to me. And you're absolutely worth it, every penny. Yeah.

JEN

Thank you.

ANNIE

Yeah, thank you, Jasmine, this was so great to chat with you. It's been such a fun experience, watching your evolution.

JASMINE

Thank you so much to you, too, also, like, it's very clear to see that I have completely changed my relationship with myself and the way I go through my world since being in your program and I am so, so grateful. So so grateful.

ANNIE

We are grateful for you and the support you offer to women in our community, too, is like second to none. So I think it's such, you're such an important element in our community. I'm so appreciative of you.

JASMINE

Thank you. It's an honor to be there.

ANNIE

Okay, my friends. Well, I can't wait to see what color your hair is next time we have you on the podcast.

ALL

[Laugh]

ANNIE

This was fun. I cannot wait for our listeners to enjoy this and we'll talk soon my friends.

JEN

Bye.

JASMINE

Thanks. Have a good day.

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