

Episode 167 Transcript

ANNIE BREES (INTRO)

Welcome to Balanced365 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, Annie here. Thanks so much for joining us for another episode on Balance365 Life Radio. Today is one of my favorite topics. This episode is all about me. [Laughs] Now, many of you may already know my story. But if you don't, here is what drops most straws. I used to be a size 24, now I'm a size 10/12 depending on how much stretch is in the garment, you know what I'm saying? Now that's what people see on the outside. What they don't see is the woman that I became in the process, the identity shift that occurred in that journey. And I learned some lessons, and in that process, those lessons came with some suffering, some disappointment, some frustration. And in today's episode, I am sharing with Jen four things that would have made my weight loss journey faster and easier. Because let me be honest, if I can share anything to make your experience more sustainable, easier, quicker, more enjoyable, I am happy to do so. Now before we dive into that I do want to encourage you to get on our waitlist if you are thinking about joining Balance365 coaching. If you want to work with me, Jen amazing other coaches, and 1000s of other women pursuing weight loss sustainably from a place of self-love, get on our waitlist. The doors are currently closed but the waitlisters are the first to know about it when the doors open again. I hope you enjoy this episode. Thank you, my friends.

ANNIE

Hello, Jen, how are you?

JEN CAMPBELL

Good. How are you?

ANNIE

Good. I don't know how I feel about this episode because I feel like it's kind of like maybe you'll be more hosting.

JEN

Annie in the spotlight today.

ANNIE

Like I'm the guest of my podcast. [Laughs]

JEN

Yeah. I love this topic. And I'm really glad we are here recording it and that you are willing to share.

ANNIE

Yeah, you know, we always say we kind of come from a little bit of a different perspective or different experiences. But we both have found ourselves in this profession because we want to save women the time, the energy, the effort, the frustration, the struggle, if we can contribute to helping women avoid that, like, sign me up, I will happily offer my advice. You know, it's like watching makeup tutorials, you know, like makeup reviews.

JEN

[Laughs]

ANNIE

Like, don't waste your money on this mascara. This doesn't work. [Laughs]

JEN

Yes.

ANNIE

Just buy this one instead. So I feel like this episode is very much like girlfriend to girlfriend. I've been there. I've lost a, I think, a substantial amount of weight and I've kept it off. It now feels very integrated and effortless to live my life at this body size. And I have some takeaways that I think could help women who are where I was.

JEN

Yeah, for sure. I want to pause on that word effortless because I've heard a couple members bring that up saying that they're kind of troubled by the use of the word effortless because they feel that their habits do take effort. Do you want to expand on that a bit?

ANNIE

Yeah, I think, I've been living with the exception of a baby in there, I've been living at this body size for six years, right? So this isn't like, I'm not new to this. This isn't something I'm like still trying to try on for size sort of thing. Like I found what's worked for me. Now if you were to go back to when I was 32, 22, and I was kind of still working some of this out, it would have felt effortful, right? I've certainly had periods where it's felt effortful, and there's even times now when I fall out of the range that I'm comfortable with that I have to adjust and in those moments, it still requires more mindfulness and effort. But for the most part, I am not consumed with what I'm eating. when I'm exercising, how much I'm eating. It just feels very automatic, just very much like putting on my pants. And I know that that sounds far-fetched for people that still have to be

in that mindful stage. Right? But with enough practice, it now becomes very much like, right leg, left leg.

JEN

Yeah, I think that's a key differentiator there is habits do take effort, but it's not consuming you anymore.

ANNIE

And I would argue that if your habits are consuming you, they might not be the right habit for you at this point in time, right? Because the idea behind habits is that you're not relying on a ton of motivation or willpower to white-knuckle your way through something. In order to make it automatic. It should be the sweet spot of challenging which we've talked about on this podcast, you know, not too easy, not too difficult.

JEN

Yeah, it's sort of the difference between having a sort of a self-loving boundary of I brush my teeth in the morning and before bed versus I think about my teeth all day long. [Laughs]

ANNIE

Could you imagine?

JEN

[Laughs] No.

ANNIE

No.

JEN

I could not.

ANNIE

Thank goodness our brains are smart. And habits are a thing.

JEN

Yeah, for sure. So let's talk about what would have made, the four things that you've come up with that would have made your weight loss journey faster. Do you want to talk about first, like when you're, when you would consider your weight loss journey like started?

ANNIE

Yeah. And if you're new here, if you haven't listened to the podcast, where Jen essentially interviewed me for an hour about my experience, start to finish. I bought my first diet and exercise book when I was 16. And I spent a crap ton of time even as a teenager trying to buy supplements, exercise programs, watching what I was eating. And back then, you know, I was getting my diet advice from infomercials and Young Miss magazine, Cosmopolitan magazine,

Seventeen magazine, you know, like this, these were not quality information sources, but I had so much shame around my body that I was too nervous to ask my mom or a doctor or a trusted adult.

JEN

But do you think you would've gotten good advice back then?

ANNIE

No.

JEN

Yeah [laughs]. Who was getting good advice back then?

ANNIE

No, because I grew up in a household that dieted, and I know my mom's, you know, no longer alive, but I am confident that if I were to ask her, like, what was going on? Why were you doing that? Why were you, you know, feeding me the cabbage soup diet? She would have been like, "That's what I knew. I thought I was like, contributing to healthy behaviors." But you know, and that's what her mom did. It was just, it was just passed down. Right? Just another recipe we passed down. But anyways, you know, and I was, I think a lot of this started because I was always the bigger kid. I was 5'9" I think in like third grade, I was taller than everyone, I weighed more than everyone. I wanted to shop in stores that I could not shop at my like, I was...I remember I could shop at American Eagle, but I'd have to buy boys instead of girls, which, you know, when you're like I was that boy crazy girl. In high school. I wanted to be like, super girly, and like in with all the cool girls and into those clothes. Like, I really desired that. And so I think that was a lot of source of frustration that my body just didn't look like everyone else's. And I spent a lot of time trying to address it. And that continued on through high school, through college. And then after college, I played athletics. In college, I played softball, and after college, I continued to eat like an athlete, but I wasn't moving like an athlete. And as a result, I put on a pretty substantial amount of weight. And I moved away, I was living away from friends and family. I was very lonely. Now I know I was emotional eating. But that continued, I did the whole thing where you get married, you lose weight for the wedding. You know that typical cycle right? Then I had my first baby and I ran into what I see now is postpartum depression. And I remember having an experience where I jumped on the scale at like 9 or 10 months postpartum and I was as heavy 10 months postpartum as I was the week before I gave birth, and I remember feeling really defeated. That was clearly my largest, heaviest weight and body size. I was uncomfortable for so many reasons, I wasn't living the act of life, the quality of life at that weight for me was not what I wanted, for so many reasons. And that started this kind of return to old dieting ways, right? Like it was, as many women have experienced, that panic, that "Oh my gosh, I gotta do something right away, I gotta fix this." And I was really vulnerable to a lot of BS at that point, because I was so desperate, like, just get this weight off as fast as possible. And so that eventually evolved into a really beautiful journey, plus a couple kids, I would have been about 26 then. So I spent about five years, like screwing around, not doing anything super productive, but eventually came to my senses. And that evolved into what I've talked about now

is a beautiful way of respecting my body and caring for my body through self-love. And it turns out when I did that, I took much better care of my body than I ever did when it was shame-filled, and berating and self-loathing, driving my choices. So that's the, what would the Canadians say, Coles Notes, we say cliff notes.

JEN

[Laughs] So you were talking about spinning your wheels for five years. And I think that's kind of the topic of this podcast is that you want to share four things that would have made your weight loss journey faster. And for anyone who isn't aware of Annie's story, you went from a size 24 at your largest, I believe, and then today...

ANNIE

I'm like a 10.

JEN

Yeah. Yeah, I think these are really good points. And I'm excited for you to share. So what's number one, Annie?

ANNIE

Number one is, I wish I would have accepted the body type I had, based off of genetics, right? And stop trying to look like other women. I had, at one time, multiple pictures of cover models taped to my pantry, taped to my fridge. I thought that would make me motivated and drive me to make really great choices. It actually just made me miserable. Because it was a reminder that like no matter how much effort, even as I was losing weight, I still didn't even look anywhere close to these women, right? And what I know now is that I could diet and exercise till I was blue in the face and never look like these women, because that's their body. They have their own genetics. They have their parents, I have mine.

JEN

Yeah.

ANNIE

And as much as I would love to have these long, lean limbs, you know, that's why I bought the Pilates tapes.

BOTH

[Laugh]

ANNIE

I'm not gonna...I am thick. I am solid. I am beefy. I am muscular. I put on muscle fast. And I think that that goes for nutrition habits and exercise. I was spending a lot of time, you know, I was looking at thin women and I thought they eat salads. And they run. I need to eat salads and I need to run.

JEN

Yeah. Oh, that's so typical. Yeah.

ANNIE

Like, I hate running. And some women, some women listening might love running. Great, run, right? And I do like salads, but not for the reasons I was eating it back then.

JEN

For sure, what are the specific genetic aspects of your body that were difficult for you to accept?

ANNIE

Oh, my hips and thighs for sure. I've always just really had a war waged against my thighs. And I think it really comes down to the fact that like, they just didn't allow me to do the things that I wanted to do, like fit in Abercrombie and Fitch jeans, right? Like, side note, now, Abercrombie has extended their sizes, so I can relive my childhood dreams.

JEN

[Laughs]

ANNIE

But back then I wasn't fitting in those jeans. And they became the source of contention. Like, if my thighs were smaller, then I could fit into the jeans, and then I would fit in and I would have more friends. And then maybe the boys would like me, you know, I had this belief that if my thighs were smaller then my problems would be melted away.

JEN

Yeah, it's so interesting how we're taught to judge our bodies, right? So I have very long legs. And you and I, both teenagers not fitting into clothes, but in different ways where they would be too short for me. And your legs would be too large for the pants. You are taught to be ashamed of that and that you need to change your body. I am taught that they're just too short for me. Right? You know what I mean?

ANNIE

Yeah, right. Or, you know, I've made this comparison to before like when a pair of shoes don't fit, I grab the next size up or the next size down and it's no big deal.

JEN

Yeah, or if they're too narrow for your feet, right? It's just the style doesn't fit your foot.

ANNIE

Yeah, but when a pair of jeans don't fit a woman, you know, I worked retail for years, I've had women break down in dressing rooms, and I've been there myself. And it's like, just that, when you zoom out and you see like, "Oh my gosh, like what's going on here?" But yeah, it was definitely my thighs. I've always craved a more, I would say muscular body type body. Which

bodes well for me, that actually works with my body. And so on that note, like, really working with my body by means of lifting versus running, like leaning into stuff I liked. I've always liked lifting. Lifting was fun. For me lifting was a challenge. It was like, can I do this feat of strength? And so I would say, you know, on that point, accepting the body type I have and stop trying to look like other women and also stop trying to just copy their habits. Consider what you prefer as well.

JEN

Yeah, absolutely. And so tell us exactly why this made your journey longer or led to spinning your wheels for longer than you prefer.

ANNIE

Because I spent years opening magazines trying to copy what they were eating.

JEN

Right. Rather than getting to the point, getting to where you needed to be.

ANNIE

Yeah, or learning how to feed myself.

JEN

Yeah.

ANNIE

I don't know if these women learned how to feed themselves. But like I was, you know, I was trying to take their answers to the test, and then just copy that over and over and over again, and never really learning how to eat, never learning how to feed myself. And if I had spent my energy on, like, "What do I like? What are my preferences? What works? Well, for me, what's a good energy balance for me?" I think I would have gotten there a lot faster.

JEN

Yeah. I also think, I've heard you share this before in previous podcasts, I just want to bring it up here because I think it fits really well, that when you stopped trying to have a size 4 body, you're actually able to see weight loss that was sustainable for you. And now you're in a size 10 rather than just yo-yoing, trying to get down to the super tiny weight that's unhealthy for you, only to probably spike back up.

ANNIE

Absolutely. Because the extremes that it would take for me to get to a size four body, which I spent a lot of time trying, were not sustainable. Like, I don't, I mean, let's be honest, I could do it. You and I both know how to lose weight, right? It's like, do we want to live the life that it would take for me to live at that weight? Like, no.

JEN

Yeah. And that could be a sustainable weight for another woman. But what you're saying is, yeah. It was never going to be sustainable for you.

ANNIE

It would be a great sacrifice for me. And not one I'm willing to pay.

JEN

Awesome. So, let's get on to number two, because that's a great segue into number two.

ANNIE

It pains me to say this.

JEN

[Laughs] I know.

ANNIE

You know it pains me to say this.

JEN

I know.

ANNIE

I wish I would have spent more time on nutrition habits than ramping up exercise. And I love exercise. I'm a personal trainer. Movement, fitness is my passion. But really, I noticed the most weight loss and body composition changes when I spent most of my energy and focus on nutrition habits than exercise. Right? So, and I didn't want that to be the answer, you know, because exercise comes way more effortless to me. It's not, I don't have to like will myself into the gym like you do. [Laughs]

JEN

[Laughs] Yeah.

ANNIE

But on the flip side, you don't have to will yourself into eating vegetables.

JEN

Right. You're right. Yes.

ANNIE

But nutrition habits were where I made the most of my progress. And when I think about, when I say spend more of my time and energy, I mean, like if I had, if you could put all the time and energy I spent on losing weight in a bubble, like I would say like 70% of that was going to exercise and 30% to nutrition. And the minute I started to shift more of that percentage to

nutrition and make most of my focus on making better nutritional habits and decisions, I saw changes.

JEN

Yeah, we're not talking being restrictive here. We're not talking like the whole kind of that message that's pushed in the fitness industry, like, "Nutrition is 90% of your results."

ANNIE

Yeah.

JEN

We're talking building skills, right? Even building emotional, resilient skills to help get on top of your emotional eating. And all of that good stuff, all stuff that felt healthy, sustainable for you.

ANNIE BREES (INTRO)

Yes, absolutely. And like, when I say the time and energy, I'm talking about, like I was still spending, like a sustainable time and energy. It's just, where I was spending that time.

JEN

Yeah, I think a lot of people's habits after dieting for so long are so chaotic and out of control, they don't even know where to start with them. And so they decide to put their energy into exercise, actually hoping to just be able to negate what they're eating, because they just don't know how to get on top of those chaotic eating habits.

ANNIE

Yeah, and I'll just say, and I know that there's research to support this, but it's also very individual-based. When I ramped up exercise, I also simultaneously ramped up hunger.

JEN

Yeah, that absolutely happens all the time.

ANNIE

And especially for me, like longer cardio or steady-state cardio, yeah. Which I think is pretty common. Now, not everyone reports that experience, but it's pretty common. So it was actually like an uphill battle. I was increasing cardio as a means to support weight loss and also [laughs] increasing my hunger, and then spent the rest of the day battling hunger or the following day battling hunger.

JEN

Yeah. Yeah, that's super, it's a super common experience. I'm glad you brought it up.

ANNIE

Yeah.

JEN

Yeah. And so we typically actually say, in Balance365, just for everybody listening, to not consider exercise as something that negates calories. Or as an action that's even reliable for long-term weight loss. It's obviously a very healthy habit, we talk about it being one of the healthiest things you can do for your body is to move it. But I would say it mostly has an impact on mindset than it does on like, actually, the nuts and bolts of weight loss.

ANNIE BREES (INTRO)

I would agree. Absolutely. With stress management, sleep, mental health, wellbeing, all that stuff. But using exercise as a means to support the bulk of your weight loss was a losing battle for me. And I think that's not what we would recommend for our members.

JEN

Yeah, for sure.

ANNIE

Yeah.

JEN

Awesome. So what's number three?

ANNIE

Oh, anticipate periods of maintenance/rest, and maybe even weight gain. I had this picture that progress was linear. Once I started, I was just gonna go straight down at a steady state.

JEN

Lose two pounds a week.

ANNIE

Oh, my God. Everyone, it's two pounds a week. That's so notorious, right?

JEN

Yeah. But often it's zero pounds a week or plus two pounds a week.

ANNIE BREES (INTRO)

Yeah, yeah. And, you know, I lost...I'm not exactly sure about the number. I think it probably depends on my current body weight, which, you know, is a range, but I would say 50 pounds ish. Like I've said, I've had periods where I've loved the scale and like, hated the scale, but you're not gonna, most people that I know that have lost 50 pounds and kept it off, did not lose two pounds a week for 25 weeks.

JEN

Right. Oh, exactly.

ANNIE

Yeah, they didn't, it took me a lot longer than that. And it took me a lot longer than that because for so many reasons. Progress isn't linear. I had periods where I had body composition changes, but maybe not weight loss changes. I had seasons of my life where I was more conducive to controlling my environment and managing my nutrition habits and periods of my life where they felt a little more chaotic, and learning to just go with the flow. And, you know, I think about this, like, if we were on a road trip, there would be periods on this road trip where I was going 30 miles an hour, or whatever that is kilometers an hour. [Laughs] And there would be periods where I was going at, you know, and then and then there would be periods where I'd have to pull off and go to the bathroom and stop and rest. Right? [Laughs]

JEN

For sure. Yeah, I love that analogy.

ANNIE

Have an overnight. And that's all part of the process. Right?

JEN

Yeah, we interviewed a member who's lost 50 pounds and I loved when she said this, you've got to know when to advance and when to hold the line.

ANNIE

Yeah, and like looking at the map ahead. It's like, "Okay, that speed is reasonable for me to go at right now? Am I in a green light season of my life where you know, I've got a really good routine, nothing's on my schedule that's going to inhibit anything. We're in a good flow here. Let's go. Game on." But then there's like holiday season where it's like something new every day and whatever and then it's like, "No, I just need to maybe hold the line right now."

JEN

Yeah. And I would just, to connect this back to how this could have made your weight loss journey faster is, I think what people don't understand is that having very unrealistic expectations of a weight loss journey actually causes a lot of self-sabotage within that journey. Right? Because you get into these cycles of failure when you're not, when you believe you're not meeting what the expectation is.

ANNIE

Yeah, it's not, if your expectation is two pounds a week for 25 weeks, and maybe you start out at a pretty good clip. And then you have a week or two where you gain or you don't lose, and then you think, "This is...I'm not cut out for this. This isn't working."

JEN

"I'm failing." Yeah, F it.

ANNIE

"I need to try something else." Like, which I did many times, right? You know, when really that's just part of the process.

JEN
Yeah.

ANNIE
You're gonna start and stop over and over and over again, versus start. Road bump. Okay, keep going.

JEN
Yeah, for sure.

ANNIE
Yeah. Which I think is a good segue into my last tip. No one wants to probably hear this, but you gotta have patience. It took a lot longer than I expected. Like I just said, I anticipated 25 weeks, start, finish. And back then I very much had that finish line mentality. Like, when I get to that 25 week mark, I will have lost 50 pounds, and then it can be done. And then I can tap out.

JEN
And go back to, all my old habits.

ANNIE
Yep. I can eat my two Jimmy John's sandwiches a day -

JEN
[Laughs]

ANNIE
And my family of four feasts. And it'll be great. And in reality, that's not what happened. It took a lot longer for all the reasons that I listed, but also just because, for me, what was sustainable was a slower pace.

JEN
Yeah. And I think a lot of our members are finding this as well. And again, it's individual for every person. And we're asked this all the time, what's a healthy rate of weight loss? And the answer is a healthy rate of weight loss is the rate you are losing weight at when you are changing at a pace that is sustainable for you.

ANNIE
Yeah, and the funny thing is, I think we've hammered this point home so much in our members group, that we've had some women come to us and think "I'm losing weight too fast. I'm nervous." And we're like, "Okay, we troubleshoot. Are you hungry? Does this feel sustainable? Like, how are you feeling?" - "Nope, all good. All good." - "Okay, then you're fine."

JEN

Yeah, yeah.

ANNIE

[Laughs] You're fine. So it might be, you might have seasons or periods or you might be someone that two pounds a week is reasonable. And I'm sure I did have periods where I had two pounds a week or maybe even more, depending on what was going on.

JEN

Yeah, I'll say from our members, that a lot of times I see it come in spurts and stalls. It's like a spurt for a month and a half and then kind of a stall and then they might have another spurt. We also had another member share her graph the other day of her weight loss. She was sharing it for our community so they can see, hey, here's a realistic weight loss journey, and she's lost 35 pounds in total. But somewhere in the middle there her grandmother passed away and you can see her weight climb back up before she started losing again right? And like really acknowledging that these big, life-shattering events happen and are part of life and we have to have grace and compassion for ourselves in those times. And I'm not saying that would be everybody's experience that, their weight would come back up, but it certainly could be many people's. I just think there's not enough grace and compassion and we don't give ourselves enough leeway just to let life happen on these journeys.

ANNIE

I will also, this is maybe a little bit of a bonus/tangent to this one that kind of just came to me but I think you know, when I started this at 16, or whatever, I had a goal weight in mind and that goal weight was based off of I think a height, an age -

JEN

Like a BMI chart.

ANNIE

- scale. Yeah, in the middle of the mall, you know, outside GNC Nutrition Center, or whatever. So it was bogus for me. It was, and in fact I think I posted a picture recently of one in the past couple years and I was like, "I'm not even on the chart. My weight is not on this chart. What happens then like, do I die?"

JEN

[Laughs]

ANNIE

Clearly not, I'm still here. But I have periods, speaking of patience, I have periods where I didn't lose any weight. But looking at photos, I had noticeable changes. And when I got really clear on what my personal preference for my appearance of my body was, it really had nothing to do with weight, I wanted to look in the mirror and think like, "Damn, she's strong," right? Which on that

note, it really came down to more body composition changes. And so I can, I just realized that I didn't care as much about the scale weight as I did my physical strength and my performance in the gym, and started coming up with other ways to measure my progress. And so the scale just wasn't a valuable tool as much as when I started. And we do know that body composition changes take long as well. Right?

JEN

Yeah, I actually, I think that's a really important point, we had a member last month lose one pound on the scale. And she has never looked at her weight changes outside of the scale ever, as long as she's been coached by us. But she recently started taking measurements. And she had lost four and a half inches, but only a pound off the scale. And so she was floored. And I said, "Good thing you started using more than the scale, hey? Like to determine your success at this," because actually, she has made so many incredible healthy changes. And she's doing so well. But she found herself discouraged by not seeing the impact on the scale that she thought would be there. But actually her body composition is changing.

ANNIE BREES (INTRO)

Yeah. Which is why we encourage women to take multiple data points, if they're interested in tracking that, like, you know, let's put on some jeans, same jeans once a month or take measurements.

JEN

Yeah, it doesn't have to be measurements, it can be how your clothes fit. Or some people like using photos. Right? And comparing themselves to photos from the month before or whatever.

ANNIE

Yeah, I think I did all of them. Just because, you know, again, at this point in time, I was, I was much more neutral. But you know, towards the end of this journey, I was much more neutral about my body. It was just data, I wasn't like placing value or morals or, you know, moralizing food or my body based off of anything, it was, it almost became like a science experiment. You know?

JEN

Yeah. Hey, I have a bonus question for you.

ANNIE

Oh, gosh, what?

JEN

It just came to my mind.

ANNIE

This is not on script.

BOTH
[Laugh]

JEN

I'm, again, just being very real with everybody, Annie just said "when my journey ended," but I know she doesn't really mean that. I know she knows that journeys are just kind of forever, your habits are forever. You recently shared with our, actually our member base that you put on weight, and you'd put on weight, like a lot of people during quarantining and pandemic and homeschooling kids, life, and that you'd put on 10 pounds and you weren't comfortable with it, and you made some changes, and then you lost the 10 pounds. Do you want to talk to everybody about that? Like, just the reality of that, that that's going to happen, maybe, and how you went about dealing with it?

ANNIE

Yeah, well, yeah, I think a lot of people put on weight during quarantine. And we talked about this on the podcast, but it was simply my environment shifted. I wasn't going to the gym, my gym shut down. I wasn't going to the gym, I was at home, kids were home, I was stressed, I was drinking a lot more, I foolishly now looking back, it sounded like such a good goal at the time, but my goal was to learn to like tequila, like...[Laughs]

JEN

Oh, my. [Laughs]

ANNIE

Force yourself to like tequila. So I started making margaritas multiple times a week and I became really good at making margaritas on the rocks. But you know, that contributed to increase in calories right? As a result. And you know, combine that with lower movement, higher stress, more sedentary, I wasn't running errands, like I was right? I mean, just the cumulative effect of the habit shift that everyone experienced. I had weight gain. And I stepped on the scale one morning and I was like, "Oh, okay. That's higher than I've seen in a while." And I got off the scale and I was like, almost an inventory of habits. "Okay, alcohol's up, sleep is down." I don't know what the hell I was doing. But I thought I could stay up until like one, because I, you know, you weren't getting kids ready for school, right? First thing in the morning so it was like, I stay up late. I can sleep in a little bit. Stress was up, snacking was up. just again, due to the shift in routine, movement was down. And it was like, "Okay, which one of these do I want to tackle?" And I knew right off the bat, because I've done this enough, that I could make a pretty significant shift in my weight if I just stayed consistent with lifting, moderated my alcohol, increased sleep. That was it.

JEN

Yeah, and just so everybody listening, because some might be new to our podcast, sleep doesn't have some magical, like fat burning thing going on while you sleep. It's that sleep has an enormous impact on your habits. And sleep is one of the core habits in Balance365 when you get started, some people are very surprised to learn that sleep is one of our foundational habits.

And of course, Annie's a mom, she even has a little one still. And so we understand that it's not going to be perfect. But just focusing on better can have a huge impact.

ANNIE

Yeah, and I know that obviously, for all the common, you know, when I'm more well-rested, I'm in a better mood, I have better emotional management, my hunger is lower, all that stuff that we've talked about before. But also, if I go to bed at nine instead of you know, midnight, there's three hours that I'm probably consuming some calories in there.

JEN

Yeah, for sure.

ANNIE

Whether it's like some cookies and snackies, some you know, Goldfish, cheese, it's whatever, that I'm no longer consuming.

JEN

Yeah, for sure.

ANNIE

So just by means of sleeping I was awake less to eat less, right? [Laughs]

JEN

Yeah, for sure.

ANNIE

You know, I'm like slowly turning into my mother, that like nothing good happens after 9pm.

JEN

Yeah. [Laughs]

ANNIE

Just go just go to bed, Annie, just go to bed.

BOTH

[Laugh]

JEN

So, and to summarize all this, I'll quickly go through the points we had. Number one: accept the body you have, accept the genetics you have, and stop trying to copy what other women are doing. Number two, spend more time on nutrition habits than ramping up your exercise. In fact, sometimes ramping up your exercise can just lead to an increase in your hunger and cravings. So it becomes this vicious cycle of eating more than trying to exercise more, than eating more, than trying to exercise more. Three, anticipate periods of maintenance, rest and even weight

gain, because progress with weight loss is never linear. And four, to have patience, because it actually took Annie a lot longer than she anticipated to lose the weight. Yeah, and we hear this from clients all the time. We have clients all the time that have resistance, they have resistance to simplifying it, they have resistance to having patience, resistance to a lot of the things that you talked about today. And I would say one of the things I've identified in our clients who have been super successful with weight loss, is they tell us, I decided to trust the process. Right? And they just kind of let their wall down. They let all that resistance go. And they just started trusting the process and enjoying the journey.

ANNIE

Yeah, like, listen, if you're here and listening, you're either a member, or you're probably a woman who has struggled with food in her body. Right? Like I, the large percentage of our members have experience of dieting, body shame, troubles managing their body weight, like, what have you got to lose, right?

JEN

Yeah, you've probably done everything else, right? You've probably tried the path where you shame your body constantly and try to get it in line and -

ANNIE

White knuckle it and severely restrict and then overeat and then gain weight and then feel bad and then go back to restrict. I mean, we've seen it a million times. So maybe just try it our way. [Laughs]

JEN

Try it. What would happen if you try it?

ANNIE

Trust us. The mascara works. [Laughs]

JEN

All right, Annie. That was amazing.

ANNIE

That was fun.

JEN

Yes.

ANNIE

Nice being a guest.

JEN

Thanks for coming on as my guest today.

ANNIE

You did a great job, host. But I want my job back. [Laughs]

JEN

Yeah, you got it.

ANNIE

Okay.

JEN

I didn't love it.

ANNIE

Okay. [Laughs]

JEN

I didn't love the process. [Laughs]

ANNIE

We'll talk about you next time, okay? [Laughs]

JEN

Yes. Yay!

ANNIE

Okay, thanks, friends. We'll 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.