

# Balance365 Episode 181 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 welcome back to another episode of Balance365 Life Radio. Today we have a special guest Balance365 member, Katie McNally. Katie joined Balance365 in September of 2020 feeling excited and a little nervous about what was to come. But Katie leaned into the lessons and coaching in Balance365. And now she says, "I really can't stress how much I love the person I'm becoming and how much the mindset shifts I've had have improved my life. This is the first time in my life I feel truly settled and out of the chaos when it comes to food and my body." My friends, this is exactly the experience and freedom we want for our members and we hope hearing Katie's story can show you what's possible. And did I mention Katie has also lost 50 pounds? Which she says is more than she was ever able to lose and keep off while dieting. Are you curious about Katie's experience? Get on our waitlist to join Balance365 the next time we open. You can find the link in our show notes and join my friends.

ANNIE

Katie, welcome to the podcast. How are you?

KATIE MCNALLY

Great. How are you?

ANNIE

I am so good. And I'm so happy to have you here. Jen, are you so excited to have Katie here?

JEN CAMPBELL

Yeah, of course I am.

ANNIE

I knew you were gonna say that.

ALL

[Laugh]

JEN

Katie, where, can you share with everybody where you are tuning in from?

KATIE

I am in a tiny village in the UK. I'm about 45 minutes outside of Cambridge, the village is called Milford and it's itty bitty.

JEN

And what do you, what do you guys do there?

KATIE

Not a whole lot right now because -

JEN

[Laughs] Because the pandemic. But you're obviously not from there because you know, very North American accent. Yeah. So you're just spending some time there.

KATIE

Just spending some time there. And there's lots to go do, we've been really lucky to get out and see some of the historical sites in between lockdowns, and now that things are lifting we're able to get out and see some things again.

JEN

Yeah, so like castles like what are we talking?

KATIE

Yeah. So many castles.

JEN

That's so fun.

KATIE

And there's really pretty beaches, and we love London. I'm really excited to get back there. So just a lot of amazing things to do. I'm really lucky to have this opportunity.

JEN

I would love to come to see England one day. Annie used to live in London. So she's kind of -

ANNIE

Well, I'm one of those people that studied abroad and is going to forever talk about how she studied abroad.

ALL

[Laugh]

ANNIE

But I will say the museum scene in London is top-notch.

KATIE

Yes, I love it.

ANNIE

Very cool. Not that I don't want to talk about artwork, or studying abroad and traveling and castles, I want to talk about you, Katie, and your experience and finding Balance365. What has happened since you joined. But before we get into like all the good stuff, your juicy results and all that stuff. How did you even find us?

KATIE

It's kind of a long convoluted story, it took me about 8 years to land the plane, but I got there. And, oh gosh, I guess about 2013 because my eldest was really little. I saw a post that Jen wrote and I didn't put together that it was Jen until years later. But in response to a trainer who had kind of a no-excuses attitude. And I had a toddler, almost toddler who didn't believe in sleeping, that was against his personal creed, and was kind of exhausted and not happy. I struggled with weight all my life and had a wonderful mom's group but they were definitely... Whole 30 was a thing, all those kinds of things were popping back up. And that post was just like, one more thing. It was kind of that feeling of like, if you're not miserable, you're not doing motherhood correctly. You're not doing exercise correctly.

JEN

if you don't have six-pack abs by nine months postpartum. Blah blah blah.

KATIE

Exactly.

ANNIE

It sounds like you had some excuses, right? Like, you had some legit reasons why you weren't doing the things you maybe wanted to do.

KATIE

[Laughs] Yeah, exactly. And we were living overseas, away from family. So it was definitely a two-person show with this baby. And it all turned out okay, he sleeps now. But I saw a post by @mamalionstrong, which I didn't put together was Jen until later, about, in response to that no excuses mentality. And it started making me think maybe there's a different way to do things. But then, like you guys have said before, on other podcasts and stuff, you wind up being the last house on the block, I immediately swung back and did a Whole 30 with my moms' group. [Laughs] And it took a while longer, then a few years later, a friend of mine mentioned, "I'm in this Facebook group, Healthy Habits, Happy Moms, you should probably look at it. I think it would, there's a lot..." And I joined that and lurked for a while and bounced back and forth, doing

other things, not working, had a second child. And then we had kind of a wild...This is turning into a really long story. We had an eight-month block, six- to eight-month block where we lived back overseas with both kids. A close family member died, I turned 40, and then the pandemic hit. So it was kind of a boom, boom, boom, boom, boom. And I wanted to do something, kind of get back in control, I was not happy with how my body felt. I had very low energy. I knew I needed to make some changes, just I wasn't happy. I really had tried to embrace more body positivity but I realized I needed to just make some changes to really be living a life that I was happy with. I looked at the super restrictive program again, and then was talking to a friend and was like, "Hey, I'm thinking about doing this insane thing." And she's like, "You know, I really wanted something without shame. Have you heard of Balance365?" I was like, "Funnily enough, I've been stalking it."

JEN

That is so fulfilling for me to hear that right now, that a friend suggested us as a program you could do without shame.

KATIE

Yeah. And that's, and we both kind of say that it was just time to do it and stop messing around with all these other insane things we've done. And just go for it. And it took eight years but I got here.

JEN

I was gonna say that, I wrote a very heartfelt but also furious post eight years ago in response to this trainer shaming new moms. And I was like you, I was very early postpartum when that post came out. And I'm so thankful for it now because it also pushed me over the edge to go, "This is insane. We can't keep doing this." But it's so interesting to me that eight years ago, you saw that. And that planted a seed and maybe you didn't get on the path immediately. But it planted a seed. And then as you've gone along in your life, there's probably been different pieces of information you've taken in that have watered that seed a little bit.

KATIE

Yeah, definitely.

JEN

And watered it and it took a while to grow. But here you are.

KATIE

Yeah.

JEN

Yeah!

ANNIE

Katie, would you say you, it sounds like what I'm hearing is you've had a history of dieting. Can you tell us more about like, what you were, what kind of behaviors, what your thoughts were, what your beliefs were before joining?

KATIE

I think my beliefs were definitely, I'm also doing a larger body, I have a bigger frame, it took me a long time to just come to, like, kind of come around to the idea, like I have never wanted to be like a size two like, that is just not my frame. And that is okay, like my body has taken me amazing places, it's given me two wonderful children, like there's a lot to be grateful for. It took me a long time to get there. But in the process of getting there, that took a long time to accept, that all of that I just said, and I did a lot of points counting with someone who shall remain nameless, a lot of paleo, carbs are the enemy, sugar's the enemy, and intermittent fasting, anything that was going to be a quick fix and also anything that was kind of punishing, because I had really kind of held on to this, if you're not miserable, you're not doing it right belief. You really have to be restricting and just you're not giving it your all if you aren't doing it properly, if you're not completely immersed in it and having to just grit your teeth and get through it. But then, of course, you have to unclench eventually.

JEN

So, I imagine, you know, restricting but maybe some bingeing, restricting, bingeing. Yes. Yeah. And years of that.

KATIE

Years of that and I would always wind up and I would kind of, you get to a point where like, hit a milestone, maybe it's usually like a number divisible by 10, or pant size, perhaps, and you get to exhale. And then for me, that meant, I'm just going to relax for a day. Welcome carbs back into my life. And the next thing I know it's three weeks later and...

JEN

The weight's back on, and then you're back to taking the carbs out again.

KATIE

Yeah, and just around and around and around.

JEN

Did you feel like, at any time, did you feel like you were the only one who was doing that? Or the only one who wasn't able to find success? Or did you have your head up and look around and go, "Hey, everyone else is doing this, too?"

KATIE

To a degree, yes, I think I had some friends who were naturally, leaner, smaller bodies. And I kind of like, I like something Annie has said a lot before about, like, looking at them and being like, "What's the cheat code? What are you doing?" And just they're doing, a lot of them are doing what was right for their body. Or they were in the same diet culture loop I was in, but it felt

very difficult because their bodies looked so different than mine. But I sat back and looked like, "Oh, they were doing the same thing. It just manifested differently or looked different. Because our bodies were different sizes," if that makes sense.

JEN

Yeah, it does. Did that contribute to you deciding to join, realizing like, well, there's a lot of people in this cycle, and nobody's getting out of it.

KATIE

It did. And I think a lot of, I started listening to the podcast, probably about a year and a half before I joined. And a lot of the things that were said about, like intergenerational, really hit home with me, and then losing a family member I lost and realizing that family member had struggled with all of the issues I was struggling with, to the day she died. And I always thought it was going to get better like, and all of that, kind of realizing other people were doing it was helpful. And then also realizing that something had to change because I didn't want, I was turning 40. And I didn't want to spend my next 40 years since I had spent probably the last 30.

JEN

Yeah.

ANNIE

How did you want to spend your next 40 years? Did you have a picture of what you wanted that to look like?

KATIE

I wanted to do things because I wanted to do them. I wanted to do things. I didn't want to tell myself things were not for me. Because of my body, or that things should be done a certain way because of my body. I wanted to really do things that were for me because I knew just in my heart and soul it was for me. And that's been a big part of this program is realizing that there are a lot of things that I would be like, "Oh, it's not for me." And the back half of that sentence is, because I don't weigh X amount yet, or because I'm not in a smaller body. And I've kind of realized that, yeah, they aren't for me.

KATIE

So would you say you were waiting to do things until you were a certain weight? Definitely, or avoiding things.

JEN

And moving forward you didn't want your weight to be such a big part of your conversation with yourself?

KATIE

Yes.

JEN

Or any. Not in the conversation at all.

KATIE

I didn't want my weight to be a conversation with myself. And I really came around...My bachelor's degree is in kinesiology so I really should know this stuff. [Laughs] But like also, it's kind of like health, I've really had to dissociate. Realized it was time to dissociate. Like weight is one metric of health and that I kind of needed to look at living my healthiest life and realize that when I [unintelligible] my leanest weights, I was not living a healthy life and what I was doing to stay there was ridiculous and not supportive of wanting to be active when I'm 75 and traveling the world and playing with my grandchildren, all of those things I want for myself, so.

ANNIE

So your friend says, I want to do this without shame. And you join. Were you convinced then that change was possible? Or where you were like, I guess I'll just give this a try. I've tried everything else.

KATIE

When she first proposed it, I was kind of like, why not? We've done all the other things. It's time. [Laughs]

JEN

It's the last house on the block. [Laughs]

KATIE

But then things like that, things soon started resonate with me. I didn't have to turn off the "Yes, but" voice in my brain because there'll be a lot of times, because as I said with a bachelor's of kinesiology, there's times there's this voice in my head going, "Okay, yeah, but this doesn't," like I'd be doing my super restrictive, this voice in my head would be like, you know, "You had to read that textbook."

JEN

[Laughs]

KATIE

"You took a test on this, you know, this doesn't help." So.

JEN

I just, just to validate, just to put little quick pause to validate that we have every profession under the sun in Balance365 and I actually find those who have had training in this area, whether that's true in nutrition training and exercise, even training in mental health, they feel a lot of shame about the issues they have. And, you know, and we hear this a bit, like I should have known better, but I actually think that's very powerful to say I trained in this, and I still fell

into diet culture most of my life because it shows how strong it is. And nobody should have any shame around that. It has a hold on everybody.

KATIE

Yeah.

JEN

So. [Laughs] Carry on, just a little Jen interjection. [Laughs]

KATIE

That's a really good point, like that's a lot to think about.

JEN

Yeah, I mean, we have therapists in Balance365. We have medical doctors in Balance365, we have nurses, we have we have a couple of registered dieticians in Balance365.

ANNIE

I would say just in general, our audience is overwhelmingly a large group of ambitious, driven, motivated women who have had success in a lot of areas of their life, but weight and weight loss and health and nutrition, it's like baffling to them. Like, "I'm so smart. I'm so successful in other areas in my life, like, why isn't this clicking?" And it's like, because the industry has pulled the wool over our, over everyone's eyes, right?

JEN

And infiltrated so many different systems, right? It's if you have a dietician entrenched in diet culture, teaching nutrition at a university to a group of future dietitians, we have that passing of the torch of diet culture from one, you know, generation of professionals to another.

KATIE

And that's what I was about to say, because as I said, previously, like, I was in college, late 90s, early 2000s. And that definitely colored my coursework as well. Like, it was also kind of, definitely painted with the brush of diet culture as well.

JEN

Yeah, for sure.

ANNIE

Okay, so, back to you, Katie. [Laughs] We'll get off our soapbox.

JEN

[Laughs]

ANNIE

You said you didn't have to turn off your yes button or yes brain? What were you talking about?

KATIE

I guess the voice in my head saying "Yes, but." Like, it wasn't saying...I would do something insanely restrictive. Like give up carbs. And the voice in my head was like, "Yes, but your brain needs carbohydrates to work, you know this."

ANNIE

Ahhh.

KATIE

And then I'd go like, a couple days without carbs, I won't be able to hear you because I won't be able to function. So onward. And bring forth the eggs, please.

JEN

[Laughs]

KATIE

And the voice would come back. But, this time I started getting to things, I didn't hear that voice once. And that was when I started to go from the, "Yeah, sure. Let's give it a go" to, "This is different. And this is something that is resonating with me and could probably work and I don't feel like I'm...I feel like my brain is engaged," instead of me having to turn it off and be like, telling my better part, like my better instincts to go sit in the corner, be quiet. And we're off to go do something insane. You just kind of need to be quiet, and let me try this.

JEN

So you connected with the material?

KATIE

Yes.

JEN

Awesome.

ANNIE

And also what I'm hearing, and I've heard it echoed in other members' experience too, is, you know, when you're out of alignment when you just feel like crap, and you feel this, like internal struggle between the two sides of your brain, and it sounds like you didn't have that, like it just was more integrated wholly.

KATIE

Yeah, all of a sudden, it was like, I was just thinking about this today. And just like, everything clicked, I felt like I was using my brain like, rather than this being something passive that was happening to me like, "Okay, you're going to do this, and you're going to march, march, march, march, march." And, "Okay, I'm going to do this, this, this and this." It was, my brain was

engaged and interacting, I wasn't being passive, I was being an active participant, if that makes sense.

JEN

Yeah, yeah.

KATIE

And that made a very big difference for me.

JEN

Because you believed in it. That's the thing.

KATIE

Yeah.

JEN

When you believe in something, when you connect with it, it just fits. It's like the missing piece of a puzzle. Just, ah. There's something very satisfying about it.

ANNIE

Let's get into, I know the stuff that listeners are probably like dying to know.

ALL

[Laugh]

ANNIE

Well, because you know, I think, I don't know if this resonates with you, Katie, but I think we talk so much about mindset and beliefs and values. And I think when you are at a place of like, "I just want results. I'll deal with that stuff later." It's easy to undervalue that stuff. But I know that people want to know about the changes that happen. So like mindset, your habits, what would you say are the biggest changes you've seen since joining?

KATIE

Number one, this would have shocked me if you told me this two years ago and sat me down. I love movement now. And that was something that I was just shocked at, because I really came from a place of workouts were a tax I paid for being in a larger body. They weren't effective unless I was nearly dead by the end of the workout and miserable if I didn't move. And of course, that put me in a cycle of, you do something that vigorous and extensive and punishing, you eventually, you injure yourself or you're too sore to do it, and you don't. And then you stop, and then you get back on that train three months later and circle through. So, for me learning to love movement, and I'd have to say that it had to come with the mindset, too, because there's a lot of things I thought, it's not for me, and a lot of it came from, like, the fear of having the biggest body in the room. Or how am I going to look, if I'm doing this or this? Or I know running

burns the most calories, that must be what I'm going to do today. And I'm, like, I discovered, I really love yoga.

JEN

Beautiful.

KATIE

It was like my fourth or fifth attempt at yoga. But this time I went in with the, "My body is my body. And I am on my mat. And this is what I'm going to do." And I also got a little bit of a cheat code, because it was pandemic lockdown, so it had to be zoom yoga, but I was getting acclimated to the idea. But now it's something I look forward to every week and going to do. And it's something I can see doing for the rest of my life.

JEN

It's amazing what you can discover movement-wise, and how you can connect with your body and many different modes of movement when you aren't associating movement with weight loss or calories burned.

KATIE

Yes. It's amazing. And I still enjoy cardio workouts. Sometimes I discovered I really like strength training and the "Yes, but" part of my brain knows I need it because bone density is a thing for a moment, and I need that, too. But it can also be enjoyable. That's been a huge thing for me. And now, as I'm talking about it, I think it's linked with the mindset work. So I wouldn't have established the movement habits that I have and really enjoy and benefit so much from if I hadn't done the mindset work because it was really...It's kind of like a weaving where one's the horizontal part and one's the vertical part. And you need both to make the picture.

ANNIE

Katie, would you tell us about your experience with internal cues? I know that was another habit that you were really, you worked really hard on and you were really proud to develop.

KATIE

Yeah, that was my other big one that surprised me. It's the second, like when I think about what I like, that kind of comes second, third to movement and mindset. But it was such an amazing experience to learn to listen to my body and trust it. It's a practice. And I'm still, something I continue to work on. But it took a while trust my body. And I kind of liken it to, we moved to the UK about six months before I started this, I learned to drive on the wrong side of the road. And learning to trust my internal cues was a very similar process in my brain of like, when I first got in the car, I was like, "Oh, this is all wrong. This is backwards. This is all wrong. This is not how you drive a car. This is not how this happens." And starting internal cues, my brain kind of had the same meltdown of, "No, this isn't how can we do this. No, no, no, you need to be told that you have X number of points today, you have X number of calories to work with. Or we don't eat those foods." And it took a lot of concentration at first, just like, it took a lot of concentration to take my kids on their school run of, "We're on the wrong side of the road, we're on the wrong

side of the road, oh Lord, we are on the wrong side of the road. This is bad, this is bad. This is bad." But now I do the school run without thinking about it. And that's kind of the way I feel about internal cues, like 98% of time, I just play along and I've learned to trust that I'm going to keep the car going where it's supposed to go and the metaphorical car going where it's supposed to go and then occasionally I hit the equivalent of a four-lane roundabout with stoplights, which still terrify me. But now I'm able because I've got so much success behind me I know I can listen to my internal cues and leave a few bites on my plate, and that's fine to do, or eat some more if I'm still feeling hungry, and it's going to be okay. And it all balances out.

JEN

I think I remember when you connected to internal cues as a skill, not as something that you pass and fail because I remember you posting about the driving. And you just seemed to have this lightbulb moment where you said "Yes, I can learn this. This isn't a pass-or-fail thing. This is something you learn." And then it becomes, and it feels uncomfortable at first, but then it gets more comfortable. And I knew when I saw that post that you were, that was going to be your turning point into a huge amount of success with Balance365 because I saw you just, you connected with it. And then you were off to the races.

KATIE

It made a huge difference connecting it as a skill. And like, I didn't stop driving here, even though I was terrified, because we've got places to go, things to see. And I've got to drive. And it kind of helped with that, because there are days where it's challenging, but I know how to do it. And I just got to do it. There are places I want to go.

JEN

Yes. That's awesome. I love that.

ANNIE

Such a good analogy. Um, okay, so movement mindset, internal cues, were the biggest changes you've seen, what have your results been from those changes,

KATIE

I've had about 50 pounds' fat loss. And also my body is so much stronger than it's ever been. Because I've been able to move consistently. And I noticed, and just the mindset change and things like that, like I've got a picture I now adore, it's me from the back, which would not have been okay at any point in my life, probably from eight years old on, and I'm wearing my youngest, who's now outgrown being in the backpack because we were doing a trip to Stonehenge. And we had to walk the full three-mile loop because of quarantine rules and social distancing. And she saw my back, and I love that picture. Because I'm carrying my 30 some odd pounds of awesomeness, cranky, three-year-old, she's happy, I'm happy. And I was strong enough to do that for three miles. And then even better, my husband took the picture. And when I saw the picture, my only thought was, "I'm so glad he got this because I know I'm not gonna be able to do this with her much longer." And I was just so happy to have that picture and not...Like

that mindset cue, it's just such a huge thing. And it was just such a gift to have. And I just love that picture so much because of all those reasons. And Stonehedge was cool, too. But.

JEN

[Laughs]

ANNIE

I need a tissue. [Laughs] That's beautiful.

JEN

Yeah, amazing. Thank you for sharing. Katie. Do you feel free?

KATIE

Yes. I'd say 90...On the days I don't feel free, I still feel like I am on my way to being free.

JEN

I want to ask you because, you know, I hope that we've communicated in this podcast that this journey was a lot bigger for you than fat loss. And one of, I think one of the main hesitations and concerns out there is, well, we hear this, we hear this a lot from people thinking of joining that they are so afraid of failure. And they have lost weight so many times and put it back on so many times. What makes this different, Katie? So does this feel sustainable for you? Do you ever see yourself rebounding from this?

KATIE

This feels like a major seismic change. Like, just, it's kind of been, like I was thinking about this the other day, it's kind of been my year of quitting. But in being my year of quitting dieting, and quitting a lot of beliefs I had, it's also my year starting that I had to quit a lot of things to start new things. And that makes it feel incredibly sustainable. Because there's so many things, I have so much more mental real estate now. And that makes me feel so much more free to go do so much more. Things feel more open. Now that my beliefs have changed about myself. Like it's one of the things that like I was telling a friend and I think I've mentioned it, like in a coaching thread or something to other members, and if you told me of the other diets I'd done before that, "Okay, Katie, you're never going to lose another pound." I would have flipped the table, like, I would have lost my mind. And this time, if you told me, you're never going to lose another pound, I'd be like, "Okay. Fair enough."

JEN

Once you get that feeling, which it's hard to explain to people who are still really interested in diet culture, but once, you're not going back to like -

KATIE

Mm-mm.

JEN

It's that feeling, it's that freedom. It's that like -

KATIE

And it's so much possibility, I don't, this might be too off track, like I when I graduated my degree in kinesiology, I thought I was going to go to school to be a physiotherapist and then realized I had a major problem with wound care. And that was not going to be a good fit for me. I. [Makes disgusted noise] And I was working at a PT clinic and they said, "Well, why don't you go ahead and you've got all these classes and just go get your personal trainer certification while you're sitting like you just finished the classes and information is fresh in your mind. Go do it." I didn't do it. Because I was like, "Oh, that's not for me. No one would ever -"

JEN

How come?

KATIE

"- take me seriously."

JEN

Oh, Katie.

KATIE

No one would take me seriously in this body. It's not going to be. It's not for me. And when my youngest starts school in the fall, I went to get certified as a personal trainer. That's my plan.

ANNIE

Yay!

JEN

[Gasps] Katie! That's so exciting.

KATIE

Yeah.

JEN

I'm so excited for you.

KATIE

Yeah, I'm very excited. And it's one of those things that if you told me again, two, three years ago, okay this is what you're going to do, I'd be like, "This is hilarious. No, that's not happening." And I can't begin to articulate, just, it's sustainable, because it's, I feel like I've finally landed in a place where I'm comfortable in my skin. And like, the only regret I have now is that it took me as long to land here as it did.

ANNIE

That's awesome. Sometimes you got to what's the saying?

JEN

Kiss a few frogs? [Laughs]

ANNIE

Yeah, that's exactly what I was gonna say.

KATIE

[Laughs]

ANNIE

To really make sure you're in it. You got here. You're right on time. Katie, what would you tell others who might be listening that are thinking about joining?

KATIE

The short answer is just do it. Like, you've got nothing to lose. If you've done what I've, if you've been doing what I did, like, as I said, my only regret is I didn't do it. And I think that if you're listening and thinking, "Oh, it's not for me," or "This isn't going to work for me." Know that it's, you're not the only one having whatever struggles you're having, because that was one of the biggest shocks to me in coaching were those things where I was like, "Oh, I'm the only one that does this. I'm the only one that gets two sandwiches and pretends like it's for someone else," or does -

ANNIE

I did that. [Laughs]

KATIE

I heard you on the podcast and I was like, "This is my people." [Laughs]

ANNIE

[Laughs]

KATIE

Like, hearing that kind of thing and being like, "Okay, this isn't just me. Like, you're not the only one who feels like I can't have Cadbury Cream Eggs in the house," and stuff like that. Or, "I can't have ice cream in the house." And I guess [unintelligible], I threw out half a pint of Ben and Jerry's Fish Food that was freezer burned, because I forgot we had it. And that's just -

ANNIE

[Laughs]

KATIE

- it's possible. It's just absolutely everything is possible. And I think you have to do it. Because what do you have to lose?

ANNIE

Yeah.

JEN

A whole lot of baggage. [Laughs]

KATIE

Yes, so much baggage like, what do you have to lose besides baggage?

ANNIE

And like, and when you put that down, what possibility do you have for things to pick up and gain and add to your life? Like career changes and movement opportunities and beliefs.

KATIE

And just so much more mental real estate, I do some freelance writing on the side, too. And just having the time to sit and write.

JEN

You are the coolest. Who are we talking to here? Personal Trainer, writer. That's amazing.

KATIE

Thank you.

JEN

I'm so glad we met you, Katie, we are very lucky that you found us.

KATIE

Well, I'm just so grateful that a program like this exists. And I can't say thank you enough for putting it together. Because I know it had to have been a challenge because it's not, it goes completely against the current of what's acceptable for diets and I'm so grateful it was this year because it needs to be and it serves a huge purpose. So thank you, too.

ANNIE

I have to, before we wrap up, I just have to like, publicly hype you up, because you are in the Facebook group frequently hyping other up other women. I see you commenting, replying, liking and I just think that that's so awesome. And such a reflection of like, the support that you give to other women. That's part of what makes our communities so special and so unique, that it's not just like, "I'm here for myself, I'm going to get what's mine and get out." It's very much like, "People give to me, I give back." It's equal. It's a push to pull, I take what I need, I give what I can. And I see you giving a lot in our community. So thank you for contributing to it.

KATIE

Thank you. That's something I wish I had said on the what I would say to someone who's thinking about, is also the community is amazing. Internet communities of women get a bad rap a lot of the time. Sometimes, some communities deservedly, but it's something I've never seen, I have never seen anything snarky or like, I've seen people, the same question can be asked five times, five different ways and people will come and give answers because they know in that moment someone is truly stuck and can't see the other question. And the answer that's there, like, and I think that's just such an amazing thing about the community, too, is it's consistently positive and supportive and no one's ever snarky or mean, like people will be directed and be like, "It sounds like you might need to really think about this," but it's never, "Did you read two posts ago, where this..." I'm on several blog support groups where that happens all the time. It's like, "Oh, that person's not going to ask a question again."

JEN

Yeah, I've been in lots of Facebook groups, too, that are just like, brutal. I, you know, what I think it is, it's a community of grown-ass women. And they act like grown-ass women, and they treat each other like grown-ass women. There is a lot of respect. There's a lot of support. There is a lot of treating others the way we would want to be treated.

ANNIE

Yes. And I think there's just this shift that happens when you take the pressure and the urgency and the panic and the stress of dieting and manipulating your body and looking a certain way that it's like, you have so much compassion to give to not only yourself but others as well. And it just, it just carries out throughout the community. So thank you for contributing to that. I appreciate it.

KATIE

Thank you.

ANNIE

Yeah. Thank you, Katie. I appreciate your time today.

KATIE

Thank you.

ANNIE (OUTRO)

Hey, everyone, if your mind has been blown while listening to this podcast, just wait until you work with us. Let us help you level up your health and wellness habits and your life inside Balance365 coaching, head on over to [balance365.co](https://balance365.co) to join coaching.