

Balance365 Episode 50 Transcript

Annie: Can self-love and a desire to change your physical being co-exist or are they a contradiction of one another? The answer to that question is debatable depending on who you're asking. On one hand of the body positive camp say body love and weight loss can not co-mingle while it seems as if the rest of the diet industry requires a certain amount of body dissatisfaction as a prerequisite to change. There is no doubt in our minds that the push for body acceptance of all shapes and sizes is a much needed message but what about those individuals who want self-acceptance and still desire to change their bodies? This is a quite complex and messy topic and on today's episode Jen, Lauren and I share Balance365's stance on how you can strive for change that's rooted in self-love and acceptance and joy. Ladies, welcome back to another episode how are you?

Lauren: Good.

Annie: Why? Why can't you just answer the question?

Jen: I feel like you need to address us individually because what happens is, what people can't see behind the scenes is we are actually on a video conference call looking at each other so then you are like "Ladies, how are you?" and then Lauren and I stare at each other waiting for the other ones to answer first.

Lauren: Who's going to go first?

Annie: Quit being so polite and just answer the question. Lauren, how are you doing?

Lauren: I am so wonderful, how are you?

Annie: I am golden, thank you. Jen, how are you?

Jen: Also wonderful.

Annie: I feel like that was just so surface-level answers but we'll go with it.

Jen: Well, if you want to do a deep dive in my problems lately.

Annie: Would you like to schedule a coaching call with one of the Balance365 coaches.

Jen: Well, I need a new podcast called the Jen show. And I'll just get all weeps and vent.

Annie: I do feel like you've used some of our podcast episodes to kind of sort through some of your own issues about exercise.

Jen: Yeah, but you know what? It's helpful for people because my problems are their problems. That's the narcissist in me. I struggle with things a lot of women struggle with. It can be helpful to go through it with a coach. I actually have a really good idea for a podcast series and that's to bring on Balance365ers on to the podcast and coach them through whatever block they're struggling with and sending that out to all of our listeners. Don't you think that's a good idea?

Annie: I do, yeah and all jokes aside, you're right, you do have a problems.

Jen: I am your average busy working mom that struggles to make time for self care and yeah, that's why I think our podcast resonates with so many women because we all have surpassed 200,000 downloads I'll just add that in too. We are not standing on our high horses telling everybody what to do, we struggle with all the same things, have struggled in the past currently or we may in the future so yeah, we're all in this together. I hope everybody feels that way when they listen and talk to us.

Annie: I feel like that just got really serious, like we started out all jokey.

Lauren: It started out all good and quickly.

Annie: You can always count on Jen-

Lauren: To make it an intense counselling session.

Annie: To turn it into a serious, sentimental intense conversation.

Jen: I'm an INFJ. I like intense conversations.

Lauren: I don't remember what my letters are but they're the opposite of Jen.

Jen: Yeah, we could have called that without you going through the test.

Annie: OK. All jokes aside, we do have a kind of a heavy topic today, it's something, it's a question that comes up so frequently in our community, so frequently in the diet and fitness world and something that we've addressed inside our community but not on the podcast yet and that is "Can you love your body and still want to change it?" and by changing it we mean address your body composition, gain weight, lose weight, change your appearance of some sort and that's a pretty big snowball to tackle, right? And depending on who you ask you're likely to get a variety of answers.

Extreme body positive activists will tell you that body love and weight loss cannot co-exist, do not co-exist and on the flip-side many professionals in our industry or the diet industry in general as a whole that support weight loss believe that self loathing and body dissatisfaction is a prerequisite to changing a body and here we are as the 3 co-founders of Balance365 yet again in the messy middle, right?

Lauren: Yup.

Jen: Yup:

Annie: And so we're, you know, again, the answer to that question is going to depend on what camp you're asking, right? So we're going to answer this question or discuss some of the talking points that we consider when helping our community members evaluate "Can you love your body and still want to change it? Can they co-exist?" and I think we can all agree that this body acceptance movement or accepting yourself at every shape and size is a much needed message for our culture.

But what we're experiencing is that those who still want to make changes are kind of like, "Well, what about me? What do I do? What, like, how, where do I fall into?" and sadly, it feels like in some ways the pendulum has swung a bit too far in one direction, especially when members of our community are feeling shamed for wanting to change their body still or they're keeping it a secret or they're afraid to tell anyone.

And that, to us, isn't neutral or an expression of body autonomy which we are super supportive and this is tricky because on some levels what we do in Balance365 is give women the tools and support they need to reach their goals, which can include weight loss, while simultaneously encouraging them to love and accept themselves and there are people out there who believe that these

two concepts contradict one another, which is kind of the debate of the moment, right? Now in our industry "Can you love yourself and want to change it?" Does that mean that you don't ultimately love yourself if you still want to change yourself? Do you have any thoughts, Jen?

Jen: Well, newsflash, almost any change, lifestyle change you make in your life and do consistently is going to change your body because our bodies are always in flux and although they are a representation of our genetics and our environment, they are also a representation of our habits.

So I recently changed my mode of exercise. I have gone a couple years of just doing like shorter more intense workouts and now I'm back into a phase where I have the time and opportunity and support to do some heavy lifting. I'm actually going through the Arms Like Annie program that a lot of women in our community are which is a strength training program, full body strength training program, heavy weights and guess what? My body is going to change because that's what bodies do, they adapt to the stresses you put them under.

So this I really see as a big mindset block for a lot of people, whether it's trying to hate their body to change or resisting change because they've learned to love their bodies. I got some really good advice this last spring. I was struggling with a certain mindset around business and money. I was at a conference and I was talking to a man who has built multiple companies and sold them and is a multi multi millionaire. He told me he lives on a street in San Francisco and sometimes he walks out and looks down the street and can't believe that he could buy every house on the block if he wanted to.

But he grew up extremely poor and so why we connected is because I grew up without a lot of financial privilege and I find that affects me today but the advice he gave me that I now see is so universal, he said "You are so busy fighting battles in your head that you are never going to be able to get out there and fight the war" and I honestly see this as one of those mindset blocks, one of those blocks that women run into like and makes them freeze and then they expend this time and energy on it.

Do I want to change my body? Don't I want to change my body? Why do I want to change my body? And then they're just missing the whole thing that change needs to come from a place of self care and if you are taking action on something that feels like you are caring for yourself, nurturing yourself, mothering

yourself, then who cares what the outcome is? Maybe your body will get smaller, maybe it will get bigger, I don't know.

Annie: You just ran through my 3 bullet points in like five minutes.

Jen: I'm sorry. I did not read the outline.

Annie: So Jen summarized that so well and so concisely we can just end the podcast now. I'm just kidding but you're spot on. You're, it's such a good point that you're so busy, what did you say? You're so busy fighting battles-

Jen: You're so busy fighting battles in your head you're never going to get out there and fight the war and this is what we deal with in an ongoing basis in Balance365, any of our Balance365ers listening will say, "Yeah, she's right. I mean there are so many women posting daily working through these mindset blocks" and it's really those different programmings that we have that keep us from actually taking action and doing the things that we want to do or need to do in our lives to feel our best, like our best selves.

Lauren: Yeah I was writing something earlier about this kind of exact thing, like the mindset piece that we put first is so important because when you get through that the nutrition habits and exercise habits are so simple, like they're simple. What trips us up is like these mindset blocks like you're talking about.

Annie: And you know, I just want to back up too and I hope this is inferred and I hope that you can just sense this about us by the way we carry ourselves and the way our program is written and laid out but we absolutely believe in body autonomy and we believe that the individual has control over who and what they use their body for and for what and how long and that means that we respect to variety of goals women may have for their bodies and women come to our program with goals of building self-love and healthy habits and some come with a clear goal of weight loss and we don't place moral value on either goal over the other. We believe that they're all worthy and we're here to help women achieve their goals, whatever they are.

Jen: We have women share with us in Balance365 that once they really get that self acceptance piece and love their bodies they're so afraid of losing it because nobody wants to go back there once you're not there anymore you don't ever want to go back in that space. So then they start the habit building process and

they start losing weight and that puts them into a negative space almost of self sabotage because weight loss then becomes triggering to them as in "Wait a sec. I worked so hard to love that body and now it's changing again" and the other thing like, newsflash, our bodies are always going to change every single day we are getting older so our hormones are changing, we're getting wrinkles, we're, you know, our hair color is changing. I mean, our bodies are always changing and I think that is the biggest acceptance piece that needs to happen is your body is always changing so stop this hypervigilance on trying to control it.

Annie: Right and I think that getting clear on the why behind your desire to change your body can help answer some of those questions and so often we see women wanting to change their bodies and it's rooted in self hate or this misconception that if you fix your body you'll love your life and your life will be perfect and you'll have the perfect body or ultimately that you want to feel worthy and you want to feel free of shame and you want to have this loving and belonging and it's our experience that you can't hate your body into loving yourself and nor can you hate your body into being healthy and if that had worked I think we would have a heck of a lot more "success stories" in our lives than we really do, right?

Jen: The greatest act of self love is loving yourself when you think nobody else will, so when you aren't fitting into society's mold of what is lovable, right, so it's, you know, so if you do have a larger body there is a lot of good and value there of learning to love and accept yourself at a larger size before, you know, before the weight loss journey comes, if it ever comes, you know, whatever your choice but you know, it's like only loving your kids when they're well behaved, right, like, when, you can just love your body when it's doing what you want it to be doing and you can't just love yourself when your behaviors are on point, right, your nutrition's on point, your exercise is on point, your rockin' life, you love yourself but then as soon as your behaviors are off track you're filled with these self loathing thoughts. That's not love, that's just like surface level approval.

Annie: That's conditioned. That's conditioned love. That's not and ultimately I think what a lot of us would really like and are striving for is to love ourselves unconditionally. Meaning our body can look a variety of ways, our behaviors can look a variety of ways and we still can treat ourselves with compassion that we would so many other people in our lives.

Jen: Yeah, another good analogy I use sometimes with women is I moved into a house, a new house about a year and a half ago and it's an older house and there was people that lived here before us that decorated, painted, designed to this house in a way that suited them but is not to my tastes at all. So, for example, my bathroom is lime green and I hate it, I hate it but I still love my home. I am still grateful to live in this home. This is the nicest home I've ever lived in.

Growing up as a little girl my mother couldn't have dreamed of providing this kind of house for me as a kid so every day I wake up I feel like I'm living in my dream home but my bathroom is lime green. Yes, I do want to change that color eventually. I haven't yet, it just, I haven't had time, it has been the right time but eventually I will paint the bathroom, I will do some renovations around this house to change it but that doesn't, that doesn't take away from the unconditional love and gratitude I have for this home and I wish that people could feel that way about their bodies.

Sometimes there are changes that you want to make and as long as those are realistic and within your realm of control the problem is there is just such polarizing views. There's this whole view that you mentioned at the start, Annie, there's this whole idea that you have complete control over what your body looks like and then there's the other end of the spectrum people saying "You actually have no control over what your body looks like so don't even bother thinking about it" but I think it was Dr Tracy Mann, we're interviewing her on our podcast pretty soon here which is really exciting but she has in her books that studies in her book *Secrets From The Eating Lab*, studies show that it's in the middle, you know, as usual, we actually do-

Lauren: That messy middle.

Jen: Yes, like you can't change your genetics, of course, but there are certain behaviors we have in our life that will affect the way our bodies look and feel and I think her stats are we have about a 30 percent, 30 percent of the way we look is we're able to manipulate, which is probably a lot less than some people think and a lot more than other people think and so it's OK. It's OK. You can have total love for your body. You can have gratitude for the body that you were given. You can have acceptance of the genes that you have and you can still say, "You know what, I would love to reduce my abdominal body fat and I am going to step

forward making change in a way that will reduce the fat I have on my body and that is coming from a place of self-love and self care and also being realistic."

Annie: And I think the important distinction there, Jen, that you're, in terms of your bathroom, is striving for change doesn't mean that there's anything wrong with it, it's just different. It's not good or bad-

Jen: Yeah.

Annie: I mean I mean to you the lime green might be bad but-

Jen: Yeah, I mean, but how some people behave about their bodies is that, taking it back to the house, they would just throw gas around this house and light it on fire like that because they don't like the way the bathroom looks and here's the thing, it's also knowing that there's a time to address that and not right, like, I have recognized over the last 18 months that trying to make any changes to the interior of my home were just not realistic. I just haven't had the time or the resources or the money to pay somebody so we haven't done it and there's a time to change and then there's a time to hold the line and just, but you can still wake up every morning and be grateful, right, like it doesn't have to be something urgent in, like, you know, you can't love yourself or respect yourself until you have this but I mean, we talk about it in terms of bodies but I mean there's a lot of people that get hysteria over their house as well because it's where they live in.

Annie: Yeah or you love your job, you enjoy your job but you want to improve in a particular skill set or -

Jen: Yes.

Annie: You enjoy your marriage, you love your spouse, your partner, your significant other but you wish you could spend more time on date nights or as you noted you love your children but you wish they would listen better at bedtime but you can, we believe wholeheartedly, that you can want to change an aspect or an element of yourself, your appearance, your being, whatever it is and that come from self love, that come from a place of love and care and admiration for yourself, versus-

Jen: It's not that you are more or less worthy with these changes, which is really that key component, right, like I go in and color my hair, I get blonde highlights every 3 or 4 months or so or 10 months. And it's like, I just like it and I don't see

myself as the less worth, if I, you know, for whatever reason, if I had to go back to my, you know, grow it all out and have it just have my natural hair color, I wouldn't be like, you know, feeling awful about myself, it would just be "Oh, like, I love coloring my hair. I wear makeup, you know." There's all these things, right but like-

Lauren: Our outward appearance can be an expression right we are and people have different preferences, people like different hair colors and different hair styles and different makeup styles, that's OK. It doesn't mean like we don't love ourselves if we're not wearing makeup and that's how we can use that analogy when we're talking about our bodies. Like, you don't have to, we say this all the time, you don't have to love every little tiny part to love the whole, right?

Annie: That's exactly how I feel about muscles, to me they're like an accessory, like they're like my favorite accessory. It is honestly, it's an act of self-expression for me to have visible muscles. Now if for whatever reason I didn't have the visible muscles, you know, it might be an adjustment but I ultimately know that I am a human of value, of worth, just innately, not because I look a certain way, not because I can do certain things in the gym with my muscles that look a certain way. I just have value because I'm a human, as do all all women, and I mean and it's so easy for us to see as mothers and all, we could say the same thing about our kids, like, why do our kids have value? Just because they are, just because they're beings, they're living, breathing humans but to give ourselves that same sense of value and worth seems so difficult.

Jen: Yeah I think what happens is people, they just, they overthink this and it gets people in a tizzy on both ends whether it's from believing you can't love yourself until you look a certain way or believing that if you're making changes you don't love yourself, you know, there's just way too much overthinking going on.

Annie: So what with the approach that we've already kind of touched on that we take in our program is we encourage our members to adopt a self-love approach to change and if weight loss is the way in which you want to change your body, it can be a by-product of your habits and a way that you care for yourself.

Jen: Yeah and it's always a byproduct of your habits, always, right? So when you are, like, we've covered this in previous podcasts, but you can't just say, snap your fingers and lose 10 pounds. Annie didn't snap her fingers and grow muscles. All changes are a byproduct of our habits and so once you start looking

at changes as a byproduct of your habits then you can look at the habits required and or the skills you need to develop in order to see that change and you can decide if that is self love and self care for you, right?

Annie: And you posed a really great question, a thread came up in Balance365 last week and the question you posed in response to her is "Is this goal about health and love and self-care or is this about achievement and ideal?"

Jen: Right.

Annie: And that can maybe help you distinguish the why behind this. Is this coming from a place of love or is this coming from some other place that really isn't worth perpetuating.

Jen: Right, like I could be leaner than I am right now, I am quite comfortable in my body with my body weight but I have been 20 to 25 pounds leaner than I am now. I can go back to that life but there is a point where the extreme that I would have to take goes from a place of self-love and self care into self harm, right, so I, you know, I eat really balanced meals, I pay attention to my nutrition, eat when I'm hungry, stop when I'm satisfied, exercise regularly, take care of my mental health. If I wanted to lose 20 pounds at this point I would have to pay very, very close attention to my nutrition and to me that takes me into a place of self harm and it doesn't feel well and that's sort of my guiding compass as far as is this coming from a place of self care or is this coming from a place of self harm?

Lauren: I really like that, like, how does it feel?

Jen: How does this feel for you? Yeah.

Annie: Yes And unfortunately there are people in our industry that would encourage you to power through that feeling.

Jen: They do all the time in the fitness industry. All the freaking time.

Annie: They would say "This is a prerequisite. This is a requirement that you regulate this negative self talk or pushing yourself past this comfort zone is something that's required to achieve these goals that are ultimately of high value, right?"

Jen: They describe it as a plateau, right, that you have to push through, which sometimes it, like, I mean, that's the thing about, you've really got to know yourself, right, because sometimes there's value in pushing through, right, like sometimes you don't, every time it gets hard you don't want to give up and walk away. Sometimes there's hard things that you have to work through but the self harm piece is like "Is this sustainable for you? Are you willing? Are you going to do this forever?"

And there's been different times in my life, like for example, right now I get up at 5:30 in the morning to work out and start my workout at 6 and yeah, there are some days that I don't want to do that but I push through and I'm always happy afterwards. Right now that behavior comes from a place of self care. When I had a newborn, if I would have insisted on that behavior with a newborn baby when I wasn't sleeping all night and I was pushing myself to get up at 5:30 to work out at 6, that becomes self harm, right, because it means I am going with less and less and less sleep. I'm not even getting enough sleep to recover from my workouts. So those are really self assessment questions that you need to ask yourself and that nobody can answer except for you.

Annie: And that's exactly why we don't prescribe weight loss or have weight loss goals or goals in general for our community members because no one knows your body better than you do, not even us who work with thousands of women on a daily basis, like, we don't know you as well as you do and so we really just want to encourage you to pull that reflection inward and say like, "What is this about? Like, can I love my body and want to change it at the same time?" and maybe for you the answer is like "No, I can't right now. First I have to work on loving myself, you know.

Jen: So we recently had a community member share that she thought she had fat loss goals and she was ready to dig in on those fat loss goals but after some self assessment she's realized that that actually is not a healthy space for her to be in right now and she loves the idea of just focusing on habits and letting her body be what it's going to be and that is the ultimate form of acceptance for her and that's where she's at right now and we are like "A round of applause, girlfriend" because really, all we want for people is to own their life

Annie: Yeah, and, you know, just some of these concepts we talk about are kind of heavy and they're philosophical but, you know, so often what we hear, what this change looks like, this shift which can be so subtle and so small and

sometimes you don't even realize that it's happening to people around you is that all of a sudden, you know, we're exercising because, as Jen said, "It leaves me feeling better. I feel more confident. I have more energy throughout the day" versus "I'm getting up at 530 to punish myself because I want to change my body because I hate my body so much and I just can't stand another day living in my own skin." I mean, the behavior looks the same on the outside but on the inside, Jen knows this is coming from a place of self-love and self care.

Jen: Yeah we often say and I think we've said in the podcast before, "it's not about the what the people are doing it's about the why and how they go about it." That's where the dysfunction and disorder, that's where it can be found.

Annie: Yeah, and I mean, the same can be true for how you feed your body, how you speak to your body and you know, are you feeding yourself balanced meals because your body deserves to be nourished and again, you feel better when you have balanced meals or are you starving or removing whole food groups or eating foods you don't like because, again, you loathe your body and you want to change it and if you change your body, you change your life and if you change your life then you have less problems."

Jen: Right, the thing I love and I'll let Lauren elaborate on this but somebody posted in our group in the last, I don't know, year sometime, she asked about protein bars and she said "But aren't protein bars diety?" and then you replied, Lauren, do you want to share that?

Lauren: Yes, I don't remember exactly what I replied but I'll say what I think about it now. So there's no, like, diet food or not diet food, right? Like you walk into a restaurant and like two women are eating the exact same thing, they're both eating a salad and one person restricted themselves and they're punishing themselves for what they ate yesterday or they're punishing themselves because they hate their body and the other person is eating to nourish their body and it makes them feel good so that's why they're eating their salad, right, like just like Jen said, it's not always about the what, it's about the why.

Jen: Does it come from a place of deprivation or does it come from a place of abundance and self care?

Annie: Exactly and again, they can look the same on the outside.

Jen: Exactly.

Annie: On the surface. You might not be able to tell, you might not be able to distinguish and that's why it's so important that you get really in tune with yourself and what you're doing and why you're doing it and that can help you discern, is this self-love or is this self-hate are these behaviors rooted in?

And you know, I just, we say this all the time and it can't be said enough, we have a saying that "We take great care of things we love and your body is no exception" and I think about all the things that I take care of in my life, between relationships with girlfriends, my children, even my house plants, for heaven's sakes and I want them to feel comfortable and safe and confident and thrive and grow and expand and live this vibrant life, I'm not degrading them, I'm not starving them, I'm not depriving them. I'm actually treating them really sweetly and kindly and with love and encouragement and sometimes that looks like-

Jen: Sometimes there's tough love built into that.

Annie: Yes, like, "Jen, do you want to stay in bed because your bed is warm and cozy and it's cold outside and it's dark but I know ultimately this is the goal I committed to and I'm going to feel good" Like, it's not all rainbows and unicorns.

Jen: Absolutely. Actually, my mantra, you know, these days I've been struggling a bit. And my mantra is "Mother. I'm mothering myself right now." Like I have just needed, I have needed some tough love lately and it's not that I'm, like, being a drill sergeant to myself it's that "Would my mother let would let me stay up and watch Netflix to 1:30 AM when I have to be up at 6 you know 5 nights in a row?" Like, no, and so that's sometimes where the tough love has to come in but a mother, well, a mother knows.

A mother knows when to push and a mother knows when to pull back, right, we do it for our kids every single day but yet for ourselves it's like we want to put ourselves into like one box and just like stay there either because we see pendulum swing with self-compassion to, right, we see all the time women are like "Oh I've watched Netflix for 3 days but self care, right? and it's like, "I don't know. I'm not you so I don't know if that was self care for you or not but I know for a lot of people you have moved from self care to like numbing and avoiding." And like you know, like, my mother, if I was sick I might watch T.V. for 3 days but if I

wasn't sick my mother, you know, there's not a lot of mothers out there who would be letting their kids just sit and watch T.V. for 3 days.

Annie: After a day she would be like, "OK get off the couch."

Jen: Get outside, right? My parents used to do that all the time, like, "Get your butts outside now," right, and so you bring it back to that and go like mother yourself. Have you gotten some fresh air today? Have you gotten some movement in? Are you eating balanced meals? You know, eating, you know, high sugar treats all day long, no that's not self care day after day after day and that's certainly not balance.

Annie: So, you know, I think, this is just my own personal experience but I've heard it echoed in the stories of women we've worked with in the past is that they kind of are like, "Yeah, OK, I get that some women love themselves and they're treating themselves well because they love themselves that much. That's great for them, however for me I'm used to fueling my workouts and my food and fitness choices from self-hate and I'm worried that if I love myself that I'm just going to become lazy and I'm going to eat all the foods and I'm just going to lose all my motivation and I'm going to get complacent, right?"

Jen: That's how it feels when you've been in a place of control for so long, I mean what happens to the teenagers who move out of their family home at 18 that have been living under very rigid controlling rules. They go to college and they go nuts, right? Like we will always rebel against these rules.

Annie: Lauren and I are like "Yep."

Jen: Yes, so it's sort of like, you know, it's just, it's human nature, right it's just human nature and so a lot of people might see their pending swing but eventually you need to like sit up and go and you just need to mother yourself, that's what you have to do and I find that quite effective in knowing when I need a little tough love and when I need some compassion, right. So if my kids were really emotional, you know, school ends, they're super emotional, they're fighting, they're just not doing well, I can look at them and have some self compassion and go like "These kids are tired, like, we're going to turn the T.V. on a little early today because they they need some downtime, they need to skip their chores today, they've got no energy, you know, or emotional regulation skills like this."

Because you you look at your kids and you just assess, right, you're always assessing what they need and that changes day to day and I think we can do that for ourselves too. We can do a much better job of it than women traditionally have been doing. We've just, we live under so many rules, right, like I just think women actually live under so, not just for ourselves but in our society there are so many rules and a societal construct that women always are living around that I think when we do find ourselves in that space of having free time, we may find ourselves in a rebellious space a lot because we actually have no idea how much unconscious time and energy we spend on, like, subscribing to these rules.

Lauren: Preach.

Annie: Word. So the anti-climatic answer to our question that I posed at the beginning of this podcast is "Can you love your body and want to change it?" is, I mean, Yes/It really depends and that's something that you have to answer on an individual level. I personally can sit here and say with great confidence that I have changed my body as a complete act of self-love. Or self-love has resulted in a body change is maybe a better way to put it. But not everyone that changes their body is acting out of self love and vice versa and again our bodies are meant to change they're fluid. They're ever changing, they're always changing, especially as women of childbearing age, I mean, my body looks so different than it did a year ago and I'm 2 plus years postpartum, like, it's still changing from pregnancy I feel like, I mean, my hair for heaven sakes is still changing.

But I think, you know, we're, as usual, we feel like the truth to that question is somewhere in the middle. We are not on either side of one extreme camp or the other and we really want to help put women in the driver seat to answer that question on their own terms, in a way that serves them and feels good to them and anything we can help women, any way that we can help women come across that answer is good for us.

Jen: Yes.

Annie: All right, good one.

Jen: Lauren will go zip in in the background go " Preach." We should get you a t-shirt that says "What she said."

Annie: OK, well, yet another great topic with yet another awkward ending in the bag but this is good. This is a good conversation that I think needed to be addressed on our podcast because again, we've discussed it so many times in our community, which again, if you're aren't in there and you want to join it's Healthy Habits Happy Moms on Facebook. The three of us are in there, we've got some awesome moderators and a great community system if you want to continue the discussion on loving your body and still changing it or how you can begin making changes from a place of self-love. It will be a great place to learn so I hope to see you inside and ladies we will chat soon, OK.

Lauren: Bye.

Jen: Bye.