

Balance365 Episode 78 Transcript

Annie: 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 Jennifer Campbell and Lauren Koski. We are personal trainers, nutritionists and founders of Balance365. Together we coach thousands of women each day and are on a mission to help them feel healthy, happy, 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 wellbeing with amazing guests. Enjoy.

Welcome back to another episode of Balance365 Life Radio. Before we dive into today's juicy topic, I want to share a review from clo1217 and she left for us on iTunes. She says that this is an excellent podcast, completely different and important content regarding health and wellness. "All women need to hear this type of messaging."

Annie: Of course, we would agree, but we can't thank you enough for that review and thank you to everyone else who has left us a review. We would love to share them on the air if you want to leave us one. Okay, today's topic. Have you ever stepped on the scale and notice that your weight is up and been curious as to why or maybe you've even panicked over it? I've been there myself and I've heard that story a thousand times and more often than not an upward swing and weight has been known to catapult women straight into another diet, but this isn't necessary. Not only because your weight doesn't have to determine your habits, your worth or your confidence, but also because weight fluctuations are normal.

On today's episode, Lauren and I discuss common explanations for weight fluctuations and what you can do about them and spoiler alert, it usually entails just chilling out about it. Enjoy. I start the podcast out the same way every time I was going to say, "Lauren, it's me and you today." I need to give some thought about how to open up the podcast instead of just yelling your name. How are you?

Lauren: I am great. How are you?

Annie: I am sweaty. I just got home from the gym and I feel like I have dried sweat. It wasn't that the workout was that strenuous. It was tough, but it wasn't that it was that strenuous. It's just that hot out.

Lauren: Yeah, it's super hot.

Annie: Yeah. It's like 90 some here.

Lauren: Yeah. My family is all at the zoo today and I was like, "You guys go have fun. I have podcast episodes to record."

Annie: That's fun. Maybe they'll come home and they'll be so tired that they just sit on the couch and chill.

Lauren: Elliot will. Benny does not do that yet.

Annie: Oh, that's the incentive for running my kids ragged all over town is like maybe if we go to the zoo, if we go to the pool, if we go hiking and if we go splash in the creek, that that will buy me some peace and quiet later or more restful sleep. I would take either one. I don't even, I don't need both. Just either one. Anyways, okay. What our topic is today is why you're heavier Monday morning, which I really feel like it could just be why you're heavier on any given day, not just Monday morning, but we do commonly hear, like, Monday morning, it's like, "Oh my gosh, I stepped on the scale this morning and my weight is up and it's, like, panic time." Right?

Lauren: Yeah.

Annie: Have you ever had that experience?

Lauren: Yes.

Annie: And I hope not now, but like have you had that experience where you step on the scale and it's shocked you and it's like, "Oh my gosh"?

Lauren: Yeah. And it is often Mondays because we start things on Mondays, right? And then when I was really, like, in my dieting days too, I would move that to Friday because I was like, "Oh, I've been good all week, I'm going to weigh myself on Fridays." Right?

Annie: That is exactly what I did when I was a Weight Watchers fanatic. I moved my, I actually did both. I moved my weigh in day to Friday because I thought I was good Monday through Friday and then Friday what happened then as I would weigh in late on Friday morning, but then Friday, Saturday, Sunday was like a free for all. And then I would start over Monday and then, you know, and sometimes I could maintain enough of a deficit to continue to, to weigh in lighter and lighter every Friday.

Annie: But I've also done it where I moved my weigh in to Monday thinking that would hold me accountable on the weekend, which I suppose we can just get right into the reasons why you might weigh heavier on Monday or any given day. And the first one is specifically Mondays that you less let loose over the weekend. Right. Which is exactly what I was doing right when I was weighing in on Friday morning, it was like, "Yay, I did it! Now time to celebrate. Now I can eat all the foods that I was restricting during the week and overeat them." And then Monday morning would come and I'd be like, Whoa, where'd that weight loss go? I'm heavier now.

Lauren: Yeah. And also too, another thing, I think we've talked about this on the podcast before, is like we know that a trick that diets use is they cut carbs, right? And so what happens, like, if you are dieting through the week and you're lowering your carbs and then on the weekend you go crazy, right? You retained water. And so it's not that it's fat, it's not that it's all fat, it's, like, it's the food, it's that you're retaining water, it's that your glycogen stores are replenished. And all that stuff

Annie: Right, which is a really important to note that what is scale weight? It's not just a measurement of fat in the body, it's also the weight of your bones, your organs, your muscles, your fluid, your waste, the clothes if you're wearing any, of the shoes if you're wearing any. And I mean, essentially the point of this podcast is this episode is to explain some possible reasons why the scale is up and that it's not necessarily reflective of true weight gain or fat gain.

Lauren: Right.

Annie: And it's usually just a temporary and that fluctuations are normal.

Lauren: Yeah. Like, yeah, we don't weigh the same from hour to hour even.

Annie: Right, right. Yeah. Okay. So letting loose over the weekend, going back to that. Circling back to that, some studies have shown that people weigh heavier on Mondays. And like I said, it's been my personal experience that my weight is lower during the week and then goes over the weekend, which can be normal, but like I said, more often than not when we see this, it's because people are white knuckling it through the week and then come weekend time they have parties, they have events, or they just can't hang on any longer to whatever changes they're trying to make. And it's really easy to negate any deficits you've created Monday through Thursday, Monday through Friday, in a three day period. It's, I could do that in an hour if I want to, give me some Chipotle, some Chinese buffet, like I'll go to town, like, that would not be hard for me to do to negate any caloric deficits. So-

Lauren: That's why, I think, that's why people get so frustrated, right? Because they're trying so hard Monday to Thursday, they can't just, they can't continue it over the weekend and then all that hard work, it's, like, gone, right?

Annie: Right. Which our Balance365 solution would be that maybe you don't need to white knuckle it through the week. If, you have a really quick, I think it was your quote, "If you need to take a break from your diet, then your diet is too restrictive."

Lauren: Right.

Annie: Was that you?

Lauren: It was my quote. Yes.

Annie: You're so smart. Lauren, Thank you so much. I knew I would did a smart thing when I entered into a business with you. But I think that's how people use the weekends or that's how I see people using the weekends. It's like, it's a break. Like, oh, I just, and, and we've talked about this before on other podcasts episodes that people, it can feel like you're holding your breath when you're going like Monday through Thursday or Monday through Friday, you're like, hold, hold, hold on. Just hold on, hold on, hold on, hold on and then comes the weekend. You're like, *gasp* and you want to eat, like, all the food. Right?

Lauren: Right.

Annie: And that's a normal response when you're restricting that hard.

Lauren: Yeah.

Annie: So that's no fault of you. It's not because you need more willpower or discipline or you just need to, like, tighten up the belt on your weekends. We would say that maybe you need to loosen up during the week.

Lauren: Yeah. Like, so what happens is we always talk and like, I feel like everything we say is about a pendulum, but when you restrict during the week, your pendulum swings to the other end of the spectrum on the weekend. When you don't restrict during the week, oftentimes you'll find just by not restricting over throughout the week, you won't feel that need to go all in on the weekend.

Annie: Yeah. But so often, I mean, this is just that bend restrict cycle in general that so often people are trying to regain control when they're bingeing, like, you know, they, they finish the weekend and they're like, "Oh my gosh, I cannot do that again. I need to get back on the wagon. I need to get back on track. Monday morning I'm waking up bright and early, I'm, you know, doing all the things" and it's like this cycle that just perpetuates itself, which I feel like we always come back to on every single podcast episode. So, you know, sometimes people need to hear the message more than once.

Lauren: Which I need to keep reminding myself because I feel like I, people get annoyed of me saying the same thing over and over and over again. But-

Annie: I don't.

Lauren: It's the, oh, thank you. Thank you. Just feed me more compliments please.

Annie: It's like, we've gotta be each other's hype woman, you know?

Lauren: Yes. Like I said, Annie, small side note, I can do push ups now for the first time in 30 years.

Annie: How many? How many can you do, Lauren?

Lauren: Well, I can do four.

Annie: That's so awesome.

Lauren: And every time I add a new one on, I text Annie, just the number and she, like, congratulates me and celebrates me and I'm like, "You are the best hype woman."

Annie: The last text message just said four and I knew exactly what you were talking about. I was like, "Yes!" I'm still waiting for a video. But that's fine.

Lauren: Well, they're not the prettiest yet.

Annie: Baby steps.

Lauren: I'm still working on them.

Annie: Baby steps. Okay. Another reason you might be heavier on Monday morning or just the morning in general is that your menstruating or you're about to, which this is me. And that's just because a shift in hormones right before you start your period can make you retain water, but also it can affect your cravings. And more often than not, at least for me, the stuff that I'm craving is not like broccoli and carrots. It's like chips and brownies, pastas. And sometimes people can feel so crummy if they're PMSing or when they start their period that they might even be likely to skip the gym, which, the gym, I'm not saying skip the gym as a means of burning calories, but more it can help with excessive water retention. And so if you are retaining water because of your period and you skip the gym, which would normally help you alleviate some of that, it might cause you to be a little bit heavier. And I know this is me and it's like I'm 36, I've been getting my period for, I don't know, how many decades? And every month I'm like, "Why do I feel like this?" And then, and then three days later I'm like, "Oh, that's why."

Lauren: Yeah. So we have, you are naturally bloated, right? Like you're naturally retaining more water and like fuller, right? Right. And then you're craving sweets that are foods that make you retain water. Right? Salt. And then you're maybe skipping the gym cause you feel like crap. And also to add on top of that, this is completely anecdotal, but we have found that we seem to have kind of crummy body image days, right? Like leading up to your period. And I think it's like hormones mostly. Plus all that other stuff. But so that's like a quite the recipe for needing, feeling like you need to pull back, right?

Annie: This has nothing to do with weight, but I don't know if I've ever told you about, I've called it this. It's a March 20th face. Did I tell you about this?

Lauren: No.

Annie: I started noticing a trend that I would go through a day or two period where, you know I love selfies. I will take a selfie anytime, anywhere, but there's a couple of days out of the month where I just don't like my selfies. I'm like, "I don't know what is wrong with my face. Why does my face look like that? Why am I making that face?" And it was happening pretty regularly, every, the same time of month. And I was like, I wonder if this is connected to my period, my cycle, my hormones. And I don't know if it is, I have no scientific evidence to back this up. But every time it happens now I'm like, "Oh it's my March 20 face" cause that's the day I noticed it last. So it's my March 20th face. But it's like there's just something off about it that it's like all the elements combined just put me in this kind of like, ugh, you know, like, not my style.

Lauren: I find that too, a few days before I'll look in the mirror and be like, "Well, this isn't right. Something's wrong here."

Annie: Who's that girl?

Lauren: Yeah. And then I get my period and I'm like, "Okay, everything's fine." Like it was just, it's fine.

Annie: Yes.

Lauren: Right?

Annie: Yes. But I think it's important to note though that especially if you're working through some of this, that it's like it's going to ebb and flow, especially as a woman who gets their period or you know, and I'm not an Amanda feed the podcast with Amanda Thebe about menopause and perimenopause because you, me and Jen are not that far off from the age where we could start potentially experiencing some perimenopause symptoms.

Annie: Which is quite the next chapter isn't it? But the podcast with Amanda Thebe was really informative about how that can all affect your mental and physical state. So check that if you haven't, another reason that you're heavier in the morning is because you just had a heavy meal and this is, like, pretty self

explanatory, but food carries weight unless you've digested it and processed it and let it go, it's going to sit in your body or maybe also that too that you can add, our next one is you drink a lot of water because plain and simple hydrated bodies weigh more than dehydrated bodies. So, and this is like, this is college Annie. We're just going to, we're just full of all the TMI stuff on this podcast. But, I remember I would weigh myself the morning after drinking and thinking like, "Wow, I didn't do that much damage, those late night Doritos," but now I know it was just because I was severely dehydrated from all the alcohol I consumed. So, you do weigh lighter when you're dehydrated, but I think it's important to note that that's not the state that you should strive for.

Lauren: Right? Let's not try to be dehydrated. It doesn't mean you have lost any fat-

Annie: Yes.

Lauren: Or anything is different at all except you are dehydrated.

Annie: Exactly. Another reason is your diet and the previous days were high in sodium, which Lauren kind of touched in already. Sodium makes you retain water and if you cut back on salt or if you return to your normal diet, if you don't normally have a high sodium diet, it's likely that the excess water will just naturally flush out from your body. So you don't, don't usually need to do anything to address that. So if you found your hand in the chip bag or a pizza, pizza always leaves me parched too for some reason.

Lauren: You know what leaves me parched is like Chinese food or Thai.

Annie: Yeah.

Lauren: I always guzzle water after that.

Annie: I'll wake up in the middle of the night, like so thirsty and yeah. Anyways, again with the side notes, another reason is you have to poop again, pretty self explanatory, but you could just be a little backed up. That's pretty common too, same reason that food carries weight. You know, it's, you're still holding on into your body. The other reason too is that you lifted some weights, and I want to be real clear on this because you're likely not heavier because you gained muscle. That's something that I see a lot in like general public forums that it's like "I

started lifting weights this week and I'm up three pounds. What happened?" And people are like, "Oh, you probably gained muscle."

Annie: And it's like, it doesn't happen that fast. A more likely explanation is that muscle, resistance training, strength training can cause temporary inflammation in your muscles. When we lift weights, we break down our muscles in these little micro tears, which is exactly what we want to rebuild stronger muscles. But that can bring on temporary inflammation. And with that your body can retain water to help recover. So it's not, it's not, likely not muscle gain, especially if we're talking about a matter of the day, couple of days, a couple of weeks. Muscle gain usually takes weeks, weeks, weeks of consistent strength training. So, but if that's you, if you found that you lifted some weights in the days prior, the day before, and you're maybe even a little bit sore, you can, might be retaining water.

Lauren: Good stuff.

Annie: Yeah, those were all of the most common reasons to explain weight fluctuations. And I just want to reiterate that these are normal, that they don't need to be the reason why you try to cut water, why you jump on a diet, why you up your exercise efforts, that weight fluctuations even up to, like, five pounds in, you know, from a day to day is quite common. And that's, you know, depending on your weight, obviously my weight fluctuations are probably a little bit bigger swing than Lauren's weight fluctuations because I'm just heavier, right? Lauren's lighter. But that they're normal and they don't need to be the reason why you make any changes to your habits in the short term.

Lauren: Right? And you don't, and you're really gonna see this if you weigh yourself daily, right? Or even at different times during the day, you should not expect your weight to stay the exact same. If you are going to use, like weight is fine, it's just a number, right? Like weighing yourself is fine if you feel comfortable doing that, if seeing these numbers triggers you, like if seeing a higher number one day triggers you, it could be a sign that maybe you have some stuff to unpack there with somebody. Or maybe you want to put the scale away for a little while. But weight of itself is just, it's just a number.

Annie: Right. And if weight loss is a goal you're working towards, zooming out over the course of a month, a couple months, three months, is really more

important that you see a trend, the direction you're going versus these little peaks and valleys because that's exactly what we would expect. Whether you're-

Lauren: And it's not going to be, it's not going to be always downhill, right? It's going to be up, down, down, down, up, up, down, up, down, like, you know what I mean? And it's just that overall point is going down eventually.

Annie: Yes.

Lauren: Over months.

Annie: Yeah. If that's your goal otherwise, but either way, regardless of your goal, know that weight fluctuations are normal and you know, even scales, the time of day, you know, you weigh on one scale at home, you weigh on a different scale at the gym, you weigh in the morning, weigh in the evening. Like, these are all going to be account for normal weight fluctuations and not necessarily an indicator of true weight gain or fat gain. And it's not a cause to panic or adjust your habits. Right.

Lauren: Right, right.

Annie: Alright, quick and simple. We did it.

Lauren: Yeah.

Annie: Alright, thanks, Lauren.

Lauren: Bye.

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