

Balance365 Episode 189 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, everyone. Welcome back to another member spotlight. Today we are interviewing Balance365 member Muryn from Canada. Muryn embodies exactly what we love to see in our members' success stories, a dramatic shift in mindset, a commitment to self-care, curiosity, and patience, and a journey towards becoming the woman she wants to be rather than hyper focusing on the weight she wants to be. We hope you enjoy hearing each step in Muryn's journey and maybe you'll even see a little of yourself in her. I know I did. If you want to have the results Muryn did, we have the link to our waitlist right in the show notes. We normally have more people on our waitlist than we have spots for so make sure to get in the know about when we are opening for enrollment again. Enjoy.

ANNIE

Muryn, welcome to the podcast. How are you?

MURYN

I'm good. How are you?

ANNIE

I'm good. I'm so happy to have you today. Jen, are you so excited to have her on the show?

JEN CAMPBELL

Very excited.

ANNIE

I knew you were going to say that. But she's been around awhile, we've talked about a variety of topics, behind the scenes about hair and dogs and all the things totally unrelated. So I'm excited to have you on the show today talking about program related stuff. Can you tell us a little bit about yourself?

MURYN

Sure. I'm a single mom, I've got two little kids. They're six and four. And I'm a teacher. I teach Middle School, which most people tend to go, "Oh, why do you teach middle school?" But I love it. I love that age, and where I live that's grade six to eight. And really, that's my life. I'm a mom and I'm a teacher. Right now I don't have a lot of other things going on to talk about.

JEN

Aren't you also working on your masters or something?

MURYN

Yeah, I'm a teacher and a student. I'm doing my Master's in education. And I just got a new dog.

JEN

So you're busy.

MURYN

I'm busy. And because of the puppy stage, I'm really tired right now.

ANNIE

And here she was like, "Not a whole lot going on right now." [Laughs]

MURYN

I think I'm a little bit of an overachiever in life busyness, which isn't always a good thing.

ANNIE

Well, I appreciate you making time for us today. How did you find Balance 365?

MURYN

I don't actually know. I've been around the Balance365 world for coming up on five years. Back when it was Healthy Habits, Happy Moms. And I don't know how I stumbled into that group. I just did. I don't know if it was a Facebook ad or someone I knew was in there. And so I've just been around for a long time.

JEN

A lot of people found us through that group. And I want to clarify to everybody listening, don't go looking for that group because it's now closed. [Laughs] And we actually closed it several years ago because it had grown to about 40,000 women and it was kind of out of control. Like, we didn't, we couldn't manage it anymore. And we had to shut it down. But good times in there back in the day before things got chaotic.

MURYN

And now you have Balance365.

JEN

For sure.

ANNIE

I know, Muryn, Jen has done some sleuthing. Some digging up of old posts of yours and your experience. But can we talk about where you started? Like, what was your life like before joining Balance365?

MURYN

I'll just do a general life because I think especially as women and moms there's so many different seasons we go through. So when I was single with no kids, I was working out all the time and not for the right reasons. But in that punishing, I need to burn calories kind of way. Lots of, always thinking about food, think about what I'm going to eating, what I'm not going to be eating, what am I going to eat better, and all of that kind of stuff. And then after I had kids, it's just, you're just dealing with the chaos of infants and pregnancy and toddlers and just doing the best you can. But it was just, always there in the back of my mind that I needed to be smaller. I think my whole life, I've had this belief that I just need to be smaller. I'm very, I'm 6'1", I'm very tall. And I'm not like a willowy 6'1", I'm a substantial 6'1". I'm a big, I'm a big girl. And so I've just always embodied that belief that I'm not, I'm not the way I'm supposed to be. I'm not the way - correction, I'm not the way society wants me to be. And I didn't know how to just be me, because I always felt like I was wrong somehow. And that followed me into every aspect and corner of my life.

ANNIE

I love that you say I'm a big girl, because that's something I also, that resonates with me. Is that statement something you would have said years ago with ownership?

MURYN

I would have said it, but not with ownership. I would have said it with that underlying sort of shame. But also, I need to say it before someone else can make fun of me for it. That kind of that self-deprecating, if I don't acknowledge the elephant in the room, then someone can use it against me.

ANNIE

Yeah, like, I just need you to know that I know I'm a big girl. [Laughs]

MURYN

Yeah, and I'm acknowledging that I know it because I know it's not a good thing. Now I can say it with ownership.

ANNIE

Yeah, I was just gonna say, how do you feel about saying that now?

MURYN

It's all good. It's awesome.

ANNIE

In front of like, 10,000 people -

MURYN

Yeah.

ANNIE

- a week. [Laughs]

MURYN

I'm big girl.

ANNIE

[Laughs]

MURYN

And I mean, 100% my journey in Balance365 helped me get here. Having a little girl who's going to be a big girl, she already is. And realizing that my experience living in my body is going to help her live in hers. That's been huge, and helping me to just own it. And honestly, being over 40 I think, I don't know, I don't want to swear on your podcast, but I think -

JEN

[Laughs]

MURYN

- just learn to like, own your stuff, right?

ANNIE

I love that. Because, you know, we're not gonna, we're not going to change your height anymore than we would your shoe size or the color of your eyes. Right? Or even, you know, our body types, which is something we've talked about on the podcast so often, like this acceptance of like, this is how I'm built.

MURYN

And I think it's so hard, especially as younger girls and women to truly accept that I can't change this about myself. This is who I am. And I need to just accept it. And one of my personal mottos is to just go through life with acceptance, to just accept what I have, where I'm at, what I'm given, the season I'm in, the struggles I'm in, all of it, just accept it. And then I think it's easier to find gratitude and be thankful when you are coming from a place of acceptance.

JEN

Did you ever, you know, in all your dieting days and the different diets you did, looking back, do you feel like you were trying to overcome your genetics, like you're trying to become the willowy 6'1" -

MURYN

Totally

JEN

- girl? Yeah.

MURYN

Totally. I remember, as a kid, I don't remember how young I was. But I've always been aware of my size. But it used to bother me when I would see families with the boys way taller than the girls, like sisters shorter than the brothers because that didn't happen to my family. My brothers are older than me. And we're all the same height within about half an inch to an inch of each other. And I remember in my brain lamenting that and going, why did my genetic code not distribute this height a little more justly? Why did they get a couple extra inches, so I could be a little bit smaller. Just didn't work that way.

ANNIE

Fascinating. But as we were talking about before we hit record, there's all these experiences that we probably thought we were so experiencing alone. And once you start talking about it, you're like, "Oh, I felt like that, too. I remember that too. I had that same experience, maybe in a different way, but it felt similar to what you're describing." And we're also much more alike than I think we realize when we're growing up.

MURYN

Absolutely.

ANNIE

Yeah. So can we get into your journey with us? I know Jen and I might just hand the mic over to you because I know when I say sleuthing, I think I really mean stalking in the most loving way. [Laughs]

JEN

I want to, before we dive right into that, I just want everybody to have a good idea where Mauryn was coming from before she came to Balance365. You have a pretty extensive dieting history, don't you, Muryn?

MURYN

Yes, I do.

JEN

You've tried like everything. [Laughs]

MURYN

Weight Watchers multiple times. I can't, I don't actually know how many times I tried the eating for your blood type.

JEN
Ooh.

MURYN
And that introduced me to a whole world of fake sugar that I didn't know existed. I tried Isagenix. And that was brutal. I kind of consider My Fitness Pal a diet if you're using it to purposefully count calories and restrict. Like, in how you -

JEN
Yeah, like a very tedious -

MURYN
- approach food. Yeah. So for me, that was a diet, lots of cutting out food groups. I did the blood test allergy thing to find out what I was allergic to, which made me cut out a whole bunch of food groups, which looking back was coming from a place of diet mentality. So I'm including it. And for me, I think the, I have a history of a few years of bingeing and purging. And so bingeing has always been a huge part of of me, and even before I started the purging aspect of it. And so I tended to be someone who worked out a lot to burn the calories and to be better and, to try to offset what I was eating. So it was never working out from the right mindset. Lots of starting a new thing on Monday.

JEN
Right.

MURYN
And lots of guilt around everything I ate, shaming myself for my choices, and then finding reasons to buy a lot of stuff I could binge on. So, anytime a girlfriend was coming over, I had a lot of snacks available, that kind of stuff, so that I had the excuse to eat, which isn't owning what you need.

JEN
Yeah, like we say excuse which we, you know, can be a difficult word for some people. But it's like, almost looking for an escape chute at times for like, you're always looking for the exit to your commitment. Right? Where you're going -

ANNIE
Permission.

JEN
Permission.

MURYN

And I can, you can almost give up ownership of it.

JEN

Yeah.

MURYN

I'm doing it because someone was coming over. It's not me.

JEN

Yes.

MURYN

It's the thing to do.

JEN

Right. Fascinating. So when you joined, like, why did you join? What was that tipping point for you where you were like, I'm gonna join this coaching program and do this work?

MURYN

I'd wanted to previously but I didn't have the brain space, I was in school to become a teacher. Well, I'd left my husband, single mom, then I was in school to become a teacher. And I didn't have the brain space to deal with myself. And so I joined almost a year ago, and had the brain space, School was finished, I had a job starting. Everything was calm.

JEN

You were ready, and you were aware of kind of, what the work was going to be. And were ready to do that deeper work.

MURYN

My brain was in the right space to deal with it all. And I know myself well enough that if my brain is not in the right space, nothing's gonna happen. I had, my mindset had to be ready. And I was finally.

JEN

Yeah, I love that you were even just aware of that coming in. Because that, you know, it really puts you in a totally different starting space than some. But it's definitely, we do the mindset work in Balance365. But you had done a lot of the mindset work before you joined.

MURYN

Yes.

ANNIE

Well, and, I love, Muryn, what I hear you describing is acknowledging that it will take effort and work although we preach the benefits of finding what's sustainable per the individual member, right? That I say to Jen, like people either want to, you can work hard, or you can throw money at something. And people want to just hit the buy button or the join button. And then they think that's like, that's it. It's like, okay, well, there are some steps there that are needed after. And I love hearing you say that. Like it was just, it needed to be later for you.

MURYN

I knew I would deal with it. I just needed to do it at the right time.

JEN

Yeah, that's awesome.

ANNIE

Awesome.

JEN

So I pulled up your posts from our Facebook group. And I love doing this because I love walking through people's journeys, especially once you know you're coming on our podcast, I think, what I don't want people to do is think like, where you're at now is where you're started, right? Like, you started a year ago, and some of your first posts really reflect where you were at when you joined. And then as we look through the last year, it also reflects the journey you've been on. And I know you've shared with me privately, Muryn, that one of the biggest beliefs that you had that was holding you back from making change was the belief that you couldn't lose any weight, that it just wasn't for you. Do you want to expand on that at all?

MURYN

Yeah, I mean, I had lost weight when I was younger in different seasons of life, and between my kids I've managed to lose some but it was never sustainable. And I had reached a point where I felt like my stress was so high that my body was just locked down because I kind of was reading you know, the cortisol that can happen and yada yada all the woo, the woo out there got me, and I was fairly convinced that my body had just decided, nope, coping mechanism for stress. We're just going to shut down and lockdown and nothing's moving.

JEN

Right, and so I would say looking through your posts, we busted through that belief pretty early in coaching. And you posted in October 2020, about five weeks after joining, "I lost six pounds." And you said, "I haven't been able to break through a certain number for years. And now I'm almost four pounds below it. I'm so stoked." Was that a big moment for you?

MURYN

Yeah. Yeah, I'd maintained my weight for, I don't know, three years,

JEN

Which is a win. A lot of people are yo-yoing and go up and down. And you had just kind of reached a -

MURYN

Yep, that was part of my, I'll deal with it later, as long as I just stayed where I was. And I managed to, which was great, but I was not where I wanted to be.

JEN

Right.

MURYN

And so seeing that finally start to drop was, yeah, I needed an early win to keep going.

JEN

Yeah, for sure. And did you think, you know, it's kind of circling back to this, how belief systems can really dictate a lot of our actions that we take. Did you believe that you could lose weight before you set out to do it? Or did seeing that evidence was what you needed to go, "Hey, this can work?"

MURYN

I think it's a bit of both. I needed the win. I think I knew it was possible if I was willing to put in the work. But my mind had to be in the right place. It's like that domino effect, right?

JEN

Yeah.

MURYN

So everything aligned a year ago, where I was ready to battle that belief. Let's see if that's actually true. I have the brain space to do it. I had the lifetime to do it, like the time to actually sit and prepare food and do all of the things. But I knew that if I knew my brain well enough, that if I didn't get a few early wins, I would just be like, "See, it's not possible."

JEN

Yeah. It's that, and you made changes in that time, right? You didn't, you know, we talked about this, you didn't just hit join now and do nothing -

MURYN

No.

JEN

And expect the result to come, you did start working towards some intentional habit change.

MURYN

And as a lifelong academic, I pulled up my notebook, and I approached it like a course, like I went through all the material. And I made notes. And I wrote stuff. And I listened to things, and so I approached it really purposefully and intentionally. Because I didn't want it to be something that I hit by and then never did anything with.

JEN

I'm also hearing some curiosity here, like a curiosity approach where you weren't coming into it with a lot of like, pass/fail anxiety, I'm going to pass this or fail this. I hear you saying that you were coming into it saying, let's see what happens. Let's do this and see what happens.

MURYN

Yep.

JEN

Yeah, that's awesome. In December, you said, "My whole month was a win." And you said, "All of coaching has been a win, because I'm seeing such a shift in my mindset. And my actions are turning into habit. What I reach for to eat has changed, how much I eat has changed, when I eat has changed. And I don't put much conscious thought into any of it." And what I'm seeing in this post was in December, it seemed like you really realize that your mindset and your values, and your actions were all coming together.

MURYN

Absolutely.

JEN

You also said here that, "I made sure to listen to my body and mind in a different way. Sleep is a non-negotiable for me. Slip-ups, which are really just incidents that teach me more about myself and my journey, don't freak me out. And don't spiral me out of control. Because I know that I am in control." You said, "I do have moments of frustration, but they are few and far between compared to pre Balance365. me." I love the spiraling part of this post. So is that something you used to do? I messed up...Spiral.

MURYN

Totally. Totally. I'm just sitting here listening to that going, "Whoa, I didn't know I wrote that." I think it's pretty normal in our world to spiral with our thoughts when something's not going right. It's really easy to take a hit and just figure, well forget it. Things like, "I've eaten three Oreos, I might as well finish the package," or, "It's Friday. I'm just gonna let the weekend go. And I'll start again on Monday," like kind of that, let it all go if things don't go the way we want. And I think coaching has kind of taught me to take a small win, shake off anything else and just focus on the next thing that I can do well or do that will serve me better.

JEN

Was there any moment for you or lightbulb moment where you realize, "Hey, I don't have to do this. I don't have to do this all or nothing thing. I can just dust myself off and move along," or did it take some practice?

MURYN

I think I had my most all or something moments actually were around movement. Because my previous self was all about the hour to two hour really intense personal trainer, and then I'm going to go to a yoga class or I'm going to walk to the gym, that's an hour and a half walk, and I'm going to walk home, like it was really intense working out. And so for me, my all or something was, I can just do a 15-minute workout. And it doesn't have to be crazy. And that's enough. And it's better than nothing. And the minute I made it 15 minutes, I can do anything for 15 minutes, I can fit 15 minutes into my evening, I can find time to do that. And so that was huge for me to start to see that all or something is so much better than all or nothing.

JEN

And suddenly you had a consistent exercise habit.

MURYN

Yeah. And like, that's been, I've had, yeah, months of really consistent movement, which I've discovered is massive for my mental health.

ANNIE

That's amazing, you know, what I think is really great to about that post. And just I know, this is reflective of your collective experience. But when you say, I think the whole month was when you went on to describe skills, improvements, and habits, it wasn't a win because you had this like weight loss result, although you might have had that, you just didn't mention it. And that is so in alignment with the growth mindset that we really see successful members have that they know, if they put their energy and attention in goals into skills, and improvement and progress versus results and outcomes, the results and outcomes will be a byproduct of the improvement in skills, right?

MURYN

100%. The minute I had moments over the past year of, "Okay, you're this close to this weight loss goal," or, "This is coming up in two weeks, you need to," you know, the minute I shifted to, you need to lose weight faster, it all went to pot. And so I would dial it back and go, "No, that's not what you're about. It's not what you're doing. Just sit back and just keep doing the things." And then my brain settled and I carried on. So anytime throughout any of this, that I approached it as a weight loss system, like a diet plan or a meal plan or, you know, anytime I approached it that way, my brain revolted. I talk about my brain like it's its own thing, but it kind of is.

ANNIE & JEN

It is!

ALL

[Laugh]

MURYN

And so, for me focusing on the skills and the habits and the action and the doing, and the why behind all of it got me the results I wanted. But if I just focused on results, it didn't work.

JEN

The other thing I saw from this post is you didn't say it's been a perfect month.

MURYN

That doesn't exist. Perfection doesn't exist.

JEN

Yeah. It was just a month of imperfect action.

MURYN

Yep. And I think the other thing I've learned through coaching is, okay, well that didn't work, shake it off and move on. I don't have that "let it all go because I messed up now." Nope.

JEN

Yeah. I love that. The other post you did in December that I wanted to mention was you talked about kind of deepening your understanding of your own hunger and satiety cues. And you shared that you've seen others share that they say when they're satisfied. And you're learning that you also say you'd started noticing that in yourself. And what I loved about this post and why I wanted to mention it is you started in September, and you were still deepening your relationship with your internal cues by December and I think a lot of people listening or even in coaching right now they think they're going to arrive, like they think there's this perfect timeline that they need to practice this certain skill. And they arrive and they never have to think about it again. But really, it's a practice.

MURYN

I'm still practicing it. I haven't arrived anywhere.

JEN

Yeah, you just integrated it.

MURYN

Yeah, it's -

JEN

Yeah.

MURYN

I'm aware of satiety. I'm aware of my hunger cues. And I do my best to hit where I want to be on both of those every time I eat. I don't all the time.

JEN

Yes, I bet you don't always get it right.

MURYN

But I don't think, I think that's one thing that really differentiates Balance365 from other programs or diets or whatever. There is no arriving. We're not on this to reach a goal weight. We're on this to become the women we want to become and that's a forever thing. You don't suddenly just be like, "Okay, I'm here." It's a forever thing.

JEN

[Laughs] "Time to quit." Yeah.

MURYN

And I'm a huge, huge believer in personal growth. And that doesn't ever cheat. You don't just suddenly decide you're done growing. Physically, I'm done growing but every other level, you never arrive.

JEN

Right. And then April 2020, you posted about essentially weight neutrality. And I think you, I think you had already arrived, I guess now I'm saying arrived, but you had already reached a point where you were feeling quite neutral about your weight. And I think perhaps you had seen quite a few posts from women in our community who weren't feeling so neutral about their weight. So you shared this, you said, "I wanted to share about weighing myself and learning to see the information there as data with no emotional connection involved. I weigh myself every two-ish days, sometimes daily, sometimes every three to four days. Bottom line, I do it often, it took me a few months to see the pattern leading up to and during my period. I 'gain'" - quote, you have that in quotes, "I 'gain' the week after my period, I slowly drop back to my pre-period weight. If I'm on target with my habits, I start to see a drop often slowly, sometimes with a little jump downwards, then I will stall for a bit, repeat. I weighed myself on Monday or Tuesday of this week, the tail end of my period, it showed that I was more than two pounds heavier than my last lowest weigh in 10 to 12 days earlier. I weighed myself this morning, and I'm almost back to my lowest, I haven't actually lost two pounds in the past two to three days. It's just my pattern." So it sounds like in the end, learning to disconnect your emotions or examining the belief system that you had driving the emotions that you would have seeing a higher weight, really addressing that has been helpful to you?

MURYN

Yeah, absolutely. I think the coaches, you guys talk about curiosity and data all the time, like, step back from the emotional connection and just look at the data. And I do sometimes post as a way of letting newer members see you can get there. Right?

JEN
Yeah.

MURYN
This is how it works for me. And so yeah, it's even, all through the summer, which I know we're going to get to later, my stall right now, I'm not emotionally connected to the number. And I think also being really tall and being a big girl, my number is totally irrelevant in the world of social expectations of weight anyways, because of my frame -

JEN
Or even BMI, I'm sure.

MURYN
Yeah.

JEN
BMI isn't helpful for you. Because you're a 6'1" woman.

MURYN
Exactly. So like, as a kid, even hearing girls talk about, "Oh, I'm so many pounds," I'd be like, "What are you talking about?" Because for me, like, that's just my legs that weigh that much.

ANNIE & JEN
[Laugh]

MURYN
So for me, my numbers have always been kind of irrelevant in comparison to other women.

JEN
Would you say that weighing yourself more frequently was helpful in helping you unpack the beliefs?

MURYN
Yeah. And it also, and seeing the pattern with my period, especially, I noticed that in this post, I also give my uterus its own -

JEN
[Laughs]

MURYN
- self.

JEN
Entity. Yeah.

MURYN

[Laughs] But I, especially for women, because our bodies are made to change from birth to, like, we go through so many physical changes that men just don't have. They don't have -

JEN

It just never stops for women.

MURYN

No. And so, but even when you consider like being a child and puberty and kids and menopause, and all of that, then you have the month to month, week to week changes.

JEN

Yeah, absolutely.

MURYN

And so, doing it often let me see, "Okay, this I know, this is the window where if I'm going to see a weight loss, this is where it's going to show up. And the rest of the times, not gonna worry about, I'm not gonna stress about it."

JEN

Yeah, and this pattern is unique to you where other women might have different patterns. But you know, Annie and I talked about the importance of zooming out and not getting caught up in the day-to-day but being able to look at patterns. And that's actually where weighing yourself more frequently can show you the patterns instead of when you weigh in frequently, you could be weighing on a heavier day, a lighter day, and then catastrophizing it, instead of seeing it as a natural fluctuation.

MURYN

Totally. And I think, I mean, I always weigh myself at the same time, like first thing in the morning, but I can fluctuate five pounds in a day. It doesn't mean I have five pounds, it's just whatever's going on with my day. And so I think the more you do it, if it's not something that's super triggering for you, the more you do it, and looking at my weight used to be triggering. I mean, when I was pregnant, I didn't, I would not let the doctor tell me what I weighed, because I knew that it would trigger me. But I've reached a point where now I just don't care. That's just my number.

JEN

Yeah. And you said here, "I don't actually gain weight during my period, my uterus does."

[Laughs] "But me, I'm good. I now know to wait that out and to trust my habits. The scale can truly be just information." And then the last post I wanted to share, there was a few that came in kind of all in a row. So you must have been kind of excited, is that in the spring, you had some big shifts in I think what you maybe allowed yourself to wear.

MURYN

Yeah.

JEN

Which was amazing. So for one, you had sort of fitting into some old clothes, so you were really starting to see results as you transitioned to a new, probably a new, like a new wardrobe season. You also decided that you could wear lighter jeans, lighter colored jeans.

MURYN

Yeah, I didn't, I'd kind of always grown up with the idea that my jeans had to be dark-colored because dark is just, it's slimming. It hides the Cs, right, the cellulite issue, the lumps -

JEN

Dark jeans are what big girls wear.

MURYN

Exactly. And I bought a pair of light-colored denim.

JEN

Yeah, so that was -

MURYN

And they looked good.

JEN

That's awesome.

ANNIE

"And they looked good."

JEN

[Laughs] And also you wore leggings.

MURYN

I did, yeah.

JEN

How did that feel?

MURYN

I mean, I would wear leggings to work out. But I actually wore them out of the house.

JEN

Yeah.

MURYN

It was good. The only thing that was annoying, I didn't have anywhere to put my phone when I went on my walk.

JEN

[Laugh]

MURYN

But otherwise, I didn't care. It was good.

JEN

Was it kind of anti-climatic because often wearing these different clothes that women have labeled as only for small girls, or you know, they have a belief system around these certain clothes. And then when they actually do it and leave the house, sometimes it's anti-climatic like that. Was that how it was for you?

MURYN

Yeah. And they were patterned. Like they weren't black leggings. They were patterned.

JEN

"Look at me!"

ANNIE

Stop it right now. [Laughs]

JEN

[Laughs]

MURYN

I know. It's a double whammy. And I, for the first few blocks of my walk, I was kind of like, "Nobody's looking at me. Okay, we're okay here." That was that. Just -

JEN

Awesome.

MURYN

Went for my walk.

ANNIE

I remember the first time I wore black leggings. It was 2009. And I wore them to a grocery store. And look at like, look at us now. Look at it, like now leggings and light-colored jeans.

MURYN

I know.

ANNIE

Who knew? Who knew we had more options than black? [Laughs]

MURYN

Totally. Different kind of glass ceiling.

ANNIE

[Laughs]

JEN

So Muryn, where are you at now? Do you want to share with us where you're at right now?

MURYN

Well, right now -

JEN

Right now we're recording and this won't be released until October. But we're recording, kind of, we're getting to the tail end of summer here.

MURYN

Mm-hmm. So I've had an interesting summer. I'm a teacher. So, school ended where I am at the end of June. And I stalled. I hit summer and my routine went out the window and I had no structure anymore. And so that focus of making my lunches and balancing my meals and doing all the things, that just kind of went by the wayside. And so my, I haven't lost weight since the end of June, I'm down about 32 to 34 pounds since I started coaching. And I have every confidence in the world that once school goes back in and my schedule comes back and my routine comes back, I will keep going down. But for many the summer I just, I'm just on pause.

JEN

And so here's what didn't happen that I'm noticing. You didn't spiral.

MURYN

Nope.

JEN

You didn't go, "Oh my gosh, I'm failing."

MURYN

Nope.

JEN

You didn't regain all the weight that you had lost.

MURYN

Nope.

JEN

You've maintained, and how does that feel?

MURYN

It's good. I had a moment of, "Well, am I at my goal weight? Like is this where I'm supposed to be?" And I realized, "No, because I might, I haven't gained anything. But my eating isn't where I'd like it to be. And my movement has stalled." A lot of that's because of this puppy.

JEN

And you need to accept that, like, this season, there's no need to panic. It's just a season of acceptance.

MURYN

Absolutely.

JEN

And you'll circle back when you can.

MURYN

Yep. And I've never been someone that does well without being really busy and having structure and routine. And so summers to some people are bliss. And to me, they're kind of like, when -

JEN

[Laughs]

MURYN

- does school start again? And so I think this is just a normal for me. My summers will be pause, start back in September. So yeah, my habits are all still there. They're still trucking along. Everything's good.

JEN

Awesome. So you've lost 30 ish pounds.

MURYN

Yep.

JEN

Give or take. And we ask people this question anytime they come on the podcast is, are you content with your habits? And is what you're doing to lose this weight, does it feel sustainable? Like you could do it forever?

MURYN

Yeah, this is, I think the first time I've ever lost weight and not worried about going back on. Because I'm not on a diet. I'm not doing anything that's not sustainable. I mean, I eat what I want. I move when I want. And it's just, it's just the way I live now. It's not...It's not a program that I'm going to stop at some point. Just me. And so as long as I'm just doing me things, we'll just keep trucking along.

JEN

Awesome. What would you tell anyone thinking of joining Balance365?

MURYN

So much, so much that I would say. I think for me, the biggest thing, and I've mentioned this in the group a few times, that the weight loss is gravy, it's kind of like the bonus. For me, it's, I actually feel like I'm finally becoming the woman I always wanted to be, like making promises to myself and actually keeping them, following through on the things I say I'm going to do, making choices based on the life I want, and the person I want to be, not reactive to society, or how I'm feeling or whatever. And so for me, it's not primarily weight loss, it's all the other things that help us build our best life, which can include weight loss for many of us. I think women have to be willing to dig in to do the work and to confront our internal junk, because we all have it.

JEN

Absolutely.

MURYN

I think it teaches us. I mean, I know there's a huge debate about body positivity versus body neutrality. And I think, for me, body neutrality is where it's at, like, I respect my body, I appreciate it, I treat it well. I don't make choices from a place of hate or shame or anything like that. And then I think, I think what I like about the program is that it gives women an opportunity to build a system for their lives that works for them. We're not following someone else's guideline, we're not being told what to do. We're not following a plan. We get to build it. And I think there's huge amount of empowerment in that.

JEN

Yeah. Did you feel like there was enough structure in the program that it gave you a framework to work with?

MURYN

I think so. I think so. I think I also have been around long enough that a lot of the diet deprogramming and the body neutrality piece, and a lot of that came sooner. I think if you're brand new to Balance365, I think there can be an impatience. There can be a, "Okay, great, you ladies want me to read all this. But where's my weight loss?" I think because that's just what we're programmed to do. But I think if women are willing to actually sit and do the work, and learn to reprogram their brains, and learn to think differently, it's life-changing. And that's the

biggest takeaway for me is, it's completely unique to each of us. How I do the program is completely differently how each of you do your own program and how all the women do their own program, it's totally unique. And I just, I keep coming back to the word empowering, because I think as women, we tend to just follow what we're told to do. A lot of the times that's the way society is created, that kind of patriarchal misogyny just kind of is there. And so to be able to build the life that I want, the way that I want to live, in the body that I want is great. And I think the coaching program gives the tools to do that, if you're willing to put in the work.

JEN

Right. Well, thank you.

ANNIE

Muryn, can I ask you, to become the woman that you want to become, do you feel like you have all the tools, the resources, the knowledge that you need to do to continue pursuing that on your own?

MURYN

Yep.

ANNIE

Yeah. Which I think is, we've said this so many times on the podcast, we don't want to hand women a fish when we can teach them to fish. And we've joked that it's maybe not the best business model, because our goal is actually for our members to not be forever reliant on us for answering questions. When can we, how can I eat? How much to eat? How do I shift this? How do I change this? We want you to be able to do that for yourself. And it sounds like you are well on your way to doing that, which is just awesome.

MURYN

Yeah, and I appreciate that. It might not be the best business model. But from a customer standpoint, it's a great model. And I have no doubt that I will carry on on my own if I need to. I'm still in the coaching program. I'll stick around for probably another year, because I like the community. And I like to support and I like bouncing ideas off people. And if I do have questions, you guys are always there. So I'm not going anywhere. You're stuck with me for a while.

ANNIE

And your contribution to our community. Our community wouldn't be what it is without members like you, this likewise, older sister coming in and saying like, "Hey, I know what you're feeling about weight fluctuations or wearing different styles of clothing. Like it's gonna be okay. I was in your shoes, trust the process."

MURYN

It's a beautiful community of women supporting women. And I appreciate that, anywhere we can find that kind of community is super beneficial.

ANNIE

We appreciate you and we appreciate your time.

MURYN

Of course.

ANNIE

Because although you tried to tell us that you don't have a lot going on, you do, and we cannot thank you enough for being on the show with us today.

MURYN

Well, thanks for having me.

ANNIE

Thank you. Thanks, Jen.

JEN

Bye, Muryn.

MURYN

Bye.

ANNIE

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.