

# Balance365 Episode 199 Transcript

ANNIE BREES (INTRO)

Welcome to Balance365 Life Radio, a podcast that delivers honest conversations about food, fitness, weight, and wellness. I'm your host Annie Brees along with co-founder Jennifer Campbell. Together we have a team of personal trainers and nutritionists who coach 1000s of women daily and are on a mission to help women feel happy, healthy, and confident in their bodies on their own terms. Join us here every week as we discuss hot topics pertaining to our physical, mental, and emotional well-being with amazing guests. Enjoy.

ANNIE

Hello, my friends, I hope wherever you are in the world, you're having an amazing December and if you celebrate Christmas, an amazing Christmas season. We are right around the corner from the New Year, which we all know what that means. Bring on the New Year's resolutions, the surge in gym memberships, the rise of the diet bandwagon. And if that sounds like you just hold on a minute, we all know we're jumping on bandwagon leads. Instead of starting your 2022 out with a restrictive diet, we have got four alternatives for you to consider. And if you are done with that diet life and want to start losing weight healthily and sustainably like our members are, get your name on our waitlist. The doors to Balance365 are opening in January. But you'll only be offered a spot if you're on that waitlist. You don't want to miss this. Enjoy my friends.

ANNIE

Jen, what would you say the common emotional state is for people who come off the holidays. And they've maybe had some experiences where they've indulged consistently. What are they feeling? What are they thinking right now?

JEN CAMPBELL

Despair.

ANNIE

[Laughs] Tell me more. What does it sound like?

JEN

I don't want to put words in anybody's mouth. But I have been there. Many many, many, many times. Everything is wrong, like catastrophizing even a bit. Everything's wrong. Nothing will do. Except something dramatic. I need to get this weight off right now.

ANNIE

I have done nothing but eat for the last three months.

JEN

Yes, I'm just eating...Vegetables and water is all I'm eating for the next three months.

ANNIE

Yeah, yeah. So they're often feeling panicked, despair, overwhelm, right? And a strong desire to do something about it.

JEN

Do something about it. Yes. Then burst of motivation. And cleanse, detox, only three smoothies a day. That's it. That's all I'm having. No more carbs.

ANNIE

I'm going to clean up my pantry and my fridge.

JEN

[Laughs]

ANNIE

Yes, exactly.

JEN

I've been there.

ANNIE

Although you might have a strong desire impulse to do this. You don't have to. And we've got some alternatives.

JEN

That's what we're going to be talking about today is, for alternatives to crash dieting after the holidays. Because you have other options. And you've probably been here before Annie and I certainly have been there before. So we understand. The urge is strong.

ANNIE

Yes, yes. Okay. So what is the first alternative? Or the first step?

JEN

Number one, just say no to crash diets. [Laughs]

ANNIE

What was that, was that Nancy Reagan, just say no to drugs was that her -

JEN

I'm not sure.

ANNIE

- her slogan? But we're talking about to dieting.

JEN

We're saying, just say no to crash diets. And a couple of months ago, I remember the story so clearly, because it was very impactful, but a member of ours posted that a couple colleagues tried to recruit her into a new diet that they were all starting together. And she had done other diets with them. So it wasn't, you know, new that they would all just like jumpstart these diets together. But of course, you know, they've done all these other diets together. And here they were again wanting to do, you know, right back where they always find themselves, wanting to do another one. And the difference being that this member is now in Balance365. But she said she felt that old, familiar urge. And she felt that burst of motivation coming right? Like yes, we can. We'll all do it together. And then she paused and she reconnected with herself. She reconnected with the work she's doing with us and why it's important to her and she said no. No, thank you. I think she, actually her words were she said, "Nah, I'm good."

ANNIE

Nah, I'm good. [Laughs] No thanks.

JEN

So this is an example of how you can feel the urge to do something and, pause and say, "Nah, I'm good." Yeah. And I also want to mention that this member, when she went to share that story, she said, "I want to share this story. And it might not seem like a big deal to some, but it kind of feels like a big deal to me." And I was like, this is a huge deal. Because behavior change comes from often big decisions, but then small actions, right? And on anyone's journey with us in Balance365, they're going to come to different forks in the road. And where they once went left and chose, you know, what they always do, they choose right. And that will be uncomfortable. Right? That urge, when you have an urge to do what you always done, and you don't do it, and you instead, turn right. That is very uncomfortable. But that is change. Right? That is doing something different.

ANNIE

Yeah. That is you going off a well-beaten path to cover some new territory, and it's going to be overgrown. It's going to be muddy. It's going to be, you know, it's going to be uncomfortable, right?

JEN

Yes. But that is change. So yes, saying no. Just saying no to crash dieting, when you've always said yes. When you've started January 1st with a cleanse, a detox, cutting carbs. 1200 calories a day. It's a huge deal. So let's celebrate that.

ANNIE

Yeah. And really, like anything else, we say, after this can't apply if you don't do that first, right? Like you, this is step one, say no.

JEN

Step one, just say no.

ANNIE

Okay, so then what's step two?

JEN

Step two is you don't have to do nothing. That's what I want people to understand. You can channel that motivation into positive behavior change rather than a crash diet. And that's a way better investment of your time.

ANNIE

So what does that mean? What instead? So okay, I say no to dieting, but like, we hear this from so often, I'm playing devil's advocate - "Okay, I'm not going to diet. But then what? So like, what do I do?"

JEN

Let's drill down into the desire of it, okay? Because the craving for nutritious food is real, right? Or that craving for movement is real, the craving to feel more comfortable in your body. That's real. And we are not saying to ignore that. Let's validate it. And then let's take action towards those desires in a way that is more likely to be like healthy, positive and lasting for you. Right? So like, get yourself a vegetable, and a glass of water for God's sake.

BOTH

[Laugh]

JEN

Ditch the box of wine, turn out the lights at 10. Take a freaking walk.

ANNIE

Yeah.

JEN

Yeah, I'm kidding, kind of. But we're grown ass women, and we know what's healthy for us. And we would never put our kids or our parents or our pets through what we put ourselves through on January 1st, or anytime of year, right? And we'd never, we'd never put our kids on a diet for their beach vacation coming up. We would never tell them to take a lap after they eat a piece of cake at a birthday party. So we know what's healthy, we know what's good for us. And we've got to start trusting that what's healthy for us, is what's healthy for us.

ANNIE

Yeah. That's mind-blowing. [Laughs]

JEN

Yes. So imagine what would happen if we started channeling our energy into healthy habit changes, not diets. For anyone who's new here and is wondering what a diet is. That's a great question. And I would say, any eating philosophy that has rules around what you can eat, when you can eat, and how much you can eat.

ANNIE

Say it again, one more time.

JEN

Any eating philosophy that has rules around what you can eat, when you can eat, and how much you can eat. And of course, there's various, different levels of extremes here. But the more extreme the diet rules, the more likely you are to be rebounding in you know, two weeks, three weeks, five weeks down the road.

ANNIE

Yep.

JEN

Yeah. Yeah! And a great litmus test really is, if you've tried it before, and it worked for a little while, or only works while you're on it, then it's a diet.

ANNIE

Right, that's like one half of the pie there, you gotta look at the whole cycle start to finish. Yeah, usually people regain the weight. They feel shame, self-loathing, which leads them to start another diet. Unless, of course you take our advice and say no.

JEN

Yeah. So if you want to, you know, channel that motivation into positive behavior change, think about, you know, what are healthy habits, like what are healthy habits that you would recommend for your kids? For a friend, right? And so you could kick off the new year by saying you're going to increase your fruits and vegetables. Right? You're going to commit to having a serving of fruits and or vegetables at each meal. How about that? What if we just started there this year?

ANNIE

Yeah. That sounds kind of fun.

JEN

Or if you're feeling particularly motivated. A new workout routine?

ANNIE

Beautiful.

JEN

Try it.

BOTH  
[Laugh]

ANNIE

It's like, the most underwhelming advice that people consistently ignore. [Laughs]

JEN

Okay. Well, my next point, I think, is a very interesting one. So we're not stopping there. The third alternative to dieting after the holidays is some emotional/mental work. And that is, I would love if people could start getting curious about their cycles. Right? Like, zoom out a bit and look at yourself. Look at yourself, like you're watching a movie of another person.

ANNIE

Spectating, yeah.

JEN

Yes, you're spectating. And you're watching that person make the same mistakes over and over and over, or even get the same result over and over and over. And as you're watching that person, you can go, "Because you keep making those same choices here, and then here, and then here. So then, of course, you can keep getting the same result." And I think that people get these urges to do something extreme, because they are riding what we call the pendulum swing of eating. And if you're new here, learning about this pendulum swing can change your life, you'll start seeing it in yourself and people around you. It is literally everywhere. And most people with chaotic eating habits, they describe it as feeling like they are riding a roller coaster, or they're on the wagon, off the wagon, they're being good or they're being bad. And some people even describe feeling obsessed or even addicted to certain foods, because they're eating them all the time, or none of the time. And this is what we call the pendulum swing of eating right? You're always in motion, like a pendulum swinging back and forth. And our goal is to help people steady that pendulum. So it can gently settle at center. So no more on and off, just living life, feeling calm around food, in control of their eating habits. Indulging, of course, in moderation, you know, that elusive balance that everybody talks about, but seems to struggle to find. But we know why they don't find it, don't we?

ANNIE

Yeah.

JEN

On one end of the pendulum, we have restrictive eating, and this is you being on the wagon. And the higher you pull that back, the harder and faster it's going to swing in the opposite direction. So on the other end of the pendulum, we've got that chaotic eating, or bingeing, overeating.

ANNIE

This is like Newton's physics, right? For every action, there's an equal and opposite reaction.

JEN

Right. So back and forth, back and forth, that pendulum swings, and a lot of people will spend decades there, their lives. So the problem is that most people, they do want out of the cycle, we talk to those people every single day. But they keep trying to stop that cycle at their restriction phase. Not understanding that restriction phase is what's driving the cycle. Right? So when they are going to get back on the wagon, when they're going to be good, when they're going to cut out the carbs, like, it's this time for good. Right? And they think they can just stop it there. But you can't. And the truth is, if you want to settle at center, you're going to have to make the decision not to swing from a binge back into a restriction at some point. You can't pull that ball back, right?

ANNIE

So far.

JEN

You can't. Yeah, so circling back to number two, you know what's healthy for you and instead of restriction, choose a healthy habit. Get it going. And as that starts to feel more natural, add in something else, and we've got plenty of podcasts that talk about how to build healthy habits sustainably.

ANNIE

Yep.

JEN

Yeah.

ANNIE

Good advice. Okay, what's the fourth and final tip you've got for an alternative to dieting after the holidays?

JEN

So number four is to start planning ahead for the next holiday and start practicing. So understanding why you do what you do is powerful, understanding your cycles. And then getting out of them is also very powerful. But you've got to learn how to do that before the next holiday hits. Right? So don't wait until you're in the most triggering situation available to you to start getting out of that cycle. Try to start practicing in environments where you feel safest, where you have the most control.

ANNIE

We've seen this experience echoed in, I think in the pandemic, we've had a lot of members establish some really great habits and routines and structure around their eating behaviors. And

now as some of the restrictions lifted and they're able to order takeout or go to a restaurant, they're now practicing those same skills in a different environment.

JEN

Yeah, and that's a perfect example.

ANNIE

And there is a little like, "Can I do this? I've done this at home, can I do this in a new environment?" And like 9 times out of 10, members are like, "I did the thing. Like, same guidelines, same habits still exist, I learned them in a low stakes environment. And now I'm taking them with me elsewhere."

JEN

Yeah, so we'll, or I'll talk to a woman about, she feels that say dinner is her most chaotic meal. So it's, she finds that to be the most challenging time of her day to listen to her hunger and satiety cues. So we'll start somewhere that's a little bit more low pressure, like we'll start listening to that hunger and satiety at breakfast and at lunch, which might be meals that she, you know, eats alone or just has more mental energy for. So start there, you build up some momentum, and then you start bridging it into dinner. Right? But there's lots of different situations, you know, where, I guess for lack of a better word, they're going to be triggering for you. So you have made these different commitments, and then life throws you a curveball. And at one time of your life, you might have dropped all your habits to catch that curveball. I would recommend start practicing. Not completely abandoning those habits. Catch the curveball and have some kind of, keep some kind of semblance of your habits. Yeah.

ANNIE

Look at you with a sports analogy.

JEN

[Laughs] Hey, and I barely played sports growing up. So that's pretty good.

ANNIE

[Laughs] I know, that's why I'm impressed.

JEN

Thank you.

ANNIE

You did great.

JEN

Thank you.

ANNIE

You did great. Okay, so anything else to add about the plan ahead for the next holiday?

JEN

I think that understanding that, getting curious about your cycles will help you plan ahead for the next holiday. And just working on habits rather than crash diets is really what's going to help you prepare for your next holiday. And I know that we had one member who we've had on the podcast before, Nicole, talk about how the first holiday she...Holiday season that she went through well with us, she just, she decided...She was nervous. She was very nervous, to - for her - she would always diet before the holidays. She dieted in anticipation of them. And then of course, during the holidays, she would put on weight, 10 pounds. And then you know, January 1st, she was trying to lose it. And that was her cycle. That's what she identified as her cycle. So as a Balance365 member, she made the decision not to diet going into the holidays, to practice her skills going through the holidays, even imperfectly. She was going to just try it. And she said to her astonishment, she didn't put on a pound. But also, she also realized that she was in a stage of her journey where she couldn't have a goal to like, lose weight over the holidays. That wasn't realistic. [Laughs] Wasn't going to happen. So it was just, stay the course, my circumstances changing here is realistically something I might be able to expect. Let's see what's happening.

ANNIE

Well, and if you are someone that has notoriously put on weight during the holidays, to maintain your weight during the holidays, like, that's a hell of a win.

JEN

That's a hell of a win. Yeah.

ANNIE

Yeah. That's awesome. Yeah. Okay, so you don't have to diet after the holiday. We've got some great alternatives for you. But it has to be in with just saying no.

JEN

Yeah. Number one, just say no to dieting.

ANNIE

Yep. And then what?

JEN

Number two, channel that motivation, because it's real. And we all know what it feels like when you're just craving a salad after the holidays. Channel, that motivation into positive behavior change, not a crash diet. Bring habits on board that are important to you that aren't from a place of punishment, that are from a place of you know, self-love and health, and that you believe that you can sustain.

ANNIE

Yep.

JEN

Number three, get curious about your cycles, right? Start asking yourself throughout the year, like zoom out, watch yourself like you're watching a movie. What's happening here? What cycles are you in that keep driving you back to this place?

ANNIE

Yeah. And just to be clear, we're talking about like food cycles, behavior cycles.

JEN

[Laughs]

ANNIE

You've said that twice now and I can just keep thinking menstrual cycles. [Laughs]

JEN

Oh. [Laughs] Maybe that, too! You never know. Maybe it's helpful information, I don't know.

ANNIE

And then what was the fourth and final, Jen?

JEN

And then number four, start planning ahead for the next holiday. And just start practicing all of this stuff, the mindset stuff, the habit stuff, the patient stuff.

ANNIE

You can have some really amazing foundations going into the next holiday if you start sooner rather than later.

JEN

Absolutely.

ANNIE

Yeah. All right. Great ideas. Thank you, Jen.

JEN

Thank you, Annie.

ANNIE

Bye-bye.

ANNIE (OUTRO)

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