

Balance365 Episode 198 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, we are halfway through the month of December, which means we are just a couple of weeks away from opening enrollment to the Balance365 program, but only for those on the waitlist. This week we're sharing Stephanie's story. Steph is a mom of three who has an extensive dieting history that kept her from living a joy-filled life. She finally found peace, freedom, and weight loss with Balance365. And as you'll hear today, she now enjoys all that life has to offer, regardless of the size of body she's living in. If the things that she shares today resonate with you get your name on our waitlist, my friends, the link is in the show notes and we will see you in a few weeks. Enjoy.

ANNIE

Steph, welcome to the podcast. How are you?

STEPHANIE

I'm good. How are you?

ANNIE

So good. So happy to have you. Jen, are you so excited to interview her?

JEN CAMPBELL

I am very excited. And fun fact, Steph is practically neighbors with my parents we found out. [Laughs] She lives that not too far from them, which is kind of neat.

ANNIE

I feel like that's happened before on the podcast, where we've established some close Canadian connections.

JEN

Well, Canada is not the most populous place on the planet. So it's instead of seven degrees of separation, it's more like three degrees here.

STEPHANIE

Yes, it's a small world here.

JEN

It really is.

ANNIE

[Laughs] Steph, before we dive into your experience in Balance365 and your results and all your takeaways. Can you tell us a little bit about yourself?

STEPHANIE

Yeah, I'm 29 years old, and I live in Saskatchewan, Canada. I'm married. And I have three kids who are 15, seven, and three. And my job is daycare provider. So yeah, that's...

JEN

[Laughs] That's you.

ANNIE

What brought you to Balance365? Like how did you even find us?

STEPHANIE

I found you guys a long time ago. I looked this up. I first found you through Jen's Victoria's Secret post.

JEN

Oh my god, that thing is gonna haunt me the rest of my life. [Laughs]

STEPHANIE

[Laughs] It was my birthday that day. I remember it well. You posted it. And I had been at Midtown for my birthday. And Victoria's Secret had these ads like everywhere, the food court. Like, anywhere you were. The bathroom, I swear. And I remember commenting to my friend like, "Why is there a teenage girl covering her chest with a sweater? Or a teenager store? Like, why are we doing this?" And I left that mall just grouchy, and then your post was on Facebook the same day.

JEN

Wow, that's interesting. I would have done that differently in hindsight, but that is not, this is not my day. It's not my podcast episode. [Laughs] But that's so interesting. And it's been interesting over the years to find out a lot of people felt the same way as me that day. And I will say, that that was years ago. And now Victoria's Secret is called out constantly for the objectification that they do have young girls. And yeah, and I love it. Love sitting back watching that.

STEPHANIE

It kind of blew up I think for you.

JEN

Yeah. worst week of my life. Yes. [Laughs]

STEPHANIE

Oh, no. [Laughs]

JEN

Annie can't stop laughing over there.

ANNIE

It's the pros and cons of going viral. Which I didn't have the experience that Jen does, but I can tell you, I think everyone thinks it's like this amazing experience that what you have created or written, being shared across the globe, and I think Jen has maybe a little bit different of experience because there's it's not all praise.

JEN

Oh no, people take your words, and they interpret them the way they want to interpret them. And the point you're trying to make gets filtered through their belief system. So there were religious groups reaching out to me and making a making it about, like nudity. Like, you know, making it about...Yeah...I was. It was. Yeah. So anyways, I don't know, I don't like write like that anymore. I don't enjoy that type of attention. But I did reach the people who were, who had similar thoughts as me. And that would be, you would be one of them.

STEPHANIE

Yeah, so that's how I found you. And then you had your Healthy Habits, Happy Moms Facebook group. So when I joined it, there were like, 2000 people, 1000 maybe.

JEN

Oh, boy. You're an OG.

STEPHANIE

And yeah, so then you guys shut that group down, which was probably a good choice. And then I think that's about when I joined.

JEN

That's awesome. I didn't realize you've been around for so long.

STEPHANIE

Yeah, I just lurked though. [Laughs]

JEN

Steph, you must have been a baby back then if you're 29 now.

STEPHANIE

I know. I was. It's sad. That I was like that deep into it at that age.

JEN

Yeah.

ANNIE

What was going on at, in your life before Balance365? Like, what...Were you dieting? Did you have a past history of struggling with body image or your relationship with food?

STEPHANIE

So I remember, like, early on, my parents didn't diet or anything. They were actually like, the total opposite. They were the people who you'd come over and they'd be like, "Eat more, eat more, have more." And so there was no, never any dieting at home. But then I remember around eight, maybe nine, a family member said, "You need to put that girl on a diet." I just like clearly, I can clearly remember it. And I didn't really know what that was. And somehow I found out in probably a magazine. You know, we didn't, I don't think we had internet. But I started just like, I started out just knowing that I was bigger. And then around, I'd say 13 or 14, I decided to say I was going vegetarian. Like, quote, vegetarian, unquote. But really, I was just trying to lose weight. And then I did lose weight. I probably lost 40 or 50 pounds, which is super sad for a -

JEN

Such a young...Yeah.

STEPHANIE

And then from there, I started to, like, hide my food. Like, I'd throw it out at school. So I didn't have to eat as much. And then my friend noticed and she said, "You need to stop and you need to start eating what you bring. Or I'm telling your parents what's going on." And like, I was so obsessed with being like a good kid. So I stopped, I just, and I went like the complete other way. So from like 14 to like, 18, I didn't really diet. I just like, did what everyone else, ate what other people were eating and, which is, you know, now we know that it's kind of from the same mindset, like, "Oh, that girl that I know is so skinny. So, and she's eating this so I'm going to eat this." So that's what I did through high school. And then at 19 is when I really got into it. I was out a bra store, and the owner of it, I was trying on a bra and they come into the room with you. And she was helping me and she offered me these diet pills while I was standing there naked, like and so I bought them.

JEN

You bought [laughs] diet pills on the sly from a, in a store from -

STEPHANIE

A store owner.

JEN

Like a drug deal.

STEPHANIE

Who does that to an 18-year-old girl? And I remember her saying to me, "You better lose the weight now before you're over 23, or you're never going to be able to lose that weight, honey."

JEN

Oh my goodness.

STEPHANIE

Yeah. So that was fun. So then I did container -

JEN

Right, the container system.

STEPHANIE

- diet. It also had workouts for a while. And that was horrible for me. You're supposed to go by your weight, and eat that much food. And I couldn't eat it all. And then I, and then, because I wasn't eating all of this food, I felt awful. Like I was failing.

JEN

How did you feel during these...Like, these are the things you did. How did you feel? How did you feel when the woman offered you diet pills? How did you feel when you were trying to do this container system diet?

STEPHANIE

Okay, well, when she offered me the pills, I felt shame. Like, my body must be so bad that you would sell these to me while I'm just trying to buy a bra, you know? But now looking back, like, I knew that's her. She probably did that to everybody. Right? Gross. And then that container one, I felt horrible. The whole time I would turn down going out for supper with friends because I can't bring my containers to the restaurant. It was terrible. And then I did some of the other diets that like, they are, they seem to change their name. But they do the same thing.

JEN

They're just repackaged.

ANNIE

Mm-hm.

STEPHANIE

Yeah. So yeah, all of those. And then I counted my macros, and I used calorie counting, which I still use now. But in a much healthier way. Like, I love My Fitness Pal. I love it. Because I'm in the right place. Five years ago, it was not good for me.

JEN

Like an obsessive...

STEPHANIE

Mm-hmm. And then I took more diet pills after, in between my seven-year-old and my three-year-old. Nothing happened. Like in all of these diets I did, nothing happened.

JEN

Can I ask where you got diet pills from? Like, were you like, from your doctor? Do you buy them in a store?

STEPHANIE

No, I think it was like a multi-level marketing thing.

JEN

Oh, okay.

STEPHANIE

A friend. Yeah.

JEN

Yeah. Okay.

STEPHANIE

Like, a friend who's still a friend, and we just didn't know better. Right?

JEN

Yeah. And what are the claims? Like that it'll reduce your appetite? It'll -

STEPHANIE

Yeah, it'll burn fat.

JEN

Oh. [Laughs] Okay. [Laughs]

STEPHANIE

[Laughs] I know.

ANNIE

Steph, what were the results that you were trying to get? Like, was it you...Did you want to change how you look? What you weighed? How you felt?

STEPHANIE

What I weighed, I think, yeah.

ANNIE

Say you lost the weight. How were you hoping...Or how did you anticipate feeling once you reach that goal?

STEPHANIE

Yeah, that's screwed up. When I didn't feel like I deserved to like, live my best life or enjoy moments that were happening while they were happening, because I wasn't a size three or four, or whatever the size might have been at the time. You know, that was me for a long time. I think I am only just figuring that out, actually. So...Well, not just. Within the last couple of years. But yeah, I just kept doing them and thinking, "Well, I'll do this diet, and I'll lose weight. And then like, everything will be great. You'll be able to live your best life and you'll be what everyone else wants you to be," you know?

JEN

Did you get attention and praise and all those things when you were doing these things?

STEPHANIE

No, I did them secretly. I think.

JEN

Oh, okay.

STEPHANIE

I didn't want people to know. It was kind of like, I don't want them to know because what if it doesn't work and nothing changes? Which I think in my brain, I knew this isn't going to work. Like, eating out of these containers that makes you way too full. This isn't going to help you lose any weight. [Laughs] So, yeah.

ANNIE

Okay, so it sounds like it's fair to say that you had an extensive history of dieting. What appealed to you about Balance365?

STEPHANIE

Like everything. Okay, well, I remember when I, I think it was when I joined or slightly before, it might have been Healthy Habits, Happy Moms. There was that lady. She had a meme. And she had like, eight kids -

ANNIE

Maria. [Laughs]

STEPHANIE

And abs, and she's like, "No excuses. I have these kids. And I'm super hot. And what are your excuses?" You know? And you guys were like, "Well, just wait. We do have a few excuses, like,

kids, life." And I love that because I was like, "Oh my God. Like, I can either shower, workout, feed my kid, cook supper, but I'm not going to do them all," you know. So that was really nice to see that you guys were like, "No, hang on. Like, we all have things going on. And you can be healthy and still have things going on in your life." You know, like I loved that about you guys.

JEN

Balance.

STEPHANIE

Mm-hmm, exactly. That was awesome. And you guys are so funny. That was the number one thing, you guys are hilarious. Just, I'll just stand in my kitchen and listen to the podcast and just laughs at myself. My kids are like, "Crazy lady." And you were all like moms. And I was a new mom. And you were just doing it. I thought it was awesome. That's why.

ANNIE

[Laughs] So those are some blast from the past stuff. [Laughs] What, looking back at that, at that time in your life, what are some of the beliefs that you started to shift that you think allowed you to have a successful journey with us?

STEPHANIE

Well, I noticed that what I was doing was emotional eating a lot of the time. I remember listening to a podcast with Josh Hillis and I was like, "Oh my goodness, I'm doing that. That's me." That might have been right before I joined actually. Like that was one of the big ones, was realizing my emotional hunger. And my real hunger feel a little bit, or quite a bit different in my body. That was big.

JEN

So maybe realizing it's not exactly a nutritional issue you're dealing with. It's an emotional issue.

STEPHANIE

Yeah. Like anything, just stress snacking throughout my day. Like that was an issue. And like realizing that things don't all have to be perfect. That was a huge one. Like, I can just do one thing if I want today. Like, if I'm not feeling up to it, the most that I can do today is like drink water. And I'm gonna be okay with that.

JEN

Yeah.

STEPHANIE

Right? That was a really big one for me, was realizing that it didn't all have to be perfect. I think you guys call it like, good, better, best, which I would try to take into like, every situation I went into like, "Okay, we're eating in the food court. So, kids, what do you want? Okay, Mom's gonna have this, and this will be my better," or whatever it is.

JEN

Oh, I love that.

STEPHANIE

Just whatever. Just like through it all, I didn't stop living, which is the main thing.

JEN

Yeah.

STEPHANIE

Because I wouldn't have brought my containers to the food court. [Laughs]

ANNIE

Steph, did it surprise you that you could integrate change with your life versus change your life to like, accommodate changing?

STEPHANIE

Yeah! Okay, it did. And it's crazy that it surprised me so much. Because it should just be common sense, right?

JEN

I'm sure it feels simple now, now that in hindsight, hindsight is 20/20 as they say. But when you're in it, it's like, it's just interesting, I think, to look at how what's common sense to you now, back then as a dieter is just like, it's mind-blowing.

STEPHANIE

I know. Right? Like it's just insane how, like this...I remember this...Well, my husband was like, "Why do we keep having pizza and raw veggies?" And I was like, "Because I didn't let myself have pizza for so long. So we're eating this pizza and we're putting the veggies with it because I said so." [Laughs]

JEN

I'm eatin' pizza!

STEPHANIE

And now we have started putting some super awesome vegetables on our pizza, like broccoli and carrots. It's so good. You should try it. [Laughs]

JEN

We actually, we do that, we put broccoli on our pizza too. I love it.

STEPHANIE

So good, hey?

ANNIE

He was upset about raw veggies and pizza and you're like, "Hey, hold my beer. Like, we'll put the veggies on the pizza."

JEN

[Laughs] Just you wait.

ANNIE

"I can do even better than that." Aside from veggies and pizza, what's your favorite habit that you picked up from Balance365?

STEPHANIE

Well, my favorite thing is the balanced plate that you guys have, you have a picture of your balanced plate. And I think that was my like, my most favorite thing in like on my journey, like, so far maybe?

JEN

Did it simplify things for you? Like, what was the balanced plate for you? It's a helpful guideline for sure.

STEPHANIE

Yeah, because I grew up with my plate looking a lot different. Like we would put protein and like half the plate would be carbs, a lot of carbs. That's similar to the container system. Carbs, which for me is just way too many. Right? And so then this new balanced plate was like, "Oh, cool, I can do this. And like, I feel good after I eat this. And I can go for a walk," and it was so easy. Like, I put it on my cupboard door. Like I taped it up. And I looked at it while I was planning my meals. And I said, "This is all I'm going to do right now." Because life got so busy as soon as I joined coaching. So that's all I did. And it started to work. And yeah, that was my favorite one. Definitely.

JEN

Awesome. I think when you've done multiple different diets, I don't know about you, Steph, but I remember you know, feeling frozen around like what to feed myself or how to feed myself, like not knowing what is a nutritious balanced meal. I don't know. I've done keto, I've done macro counting. I've done clean eating, like I didn't even know what a portion of vegetables should look like. I had no concept of, yeah.

STEPHANIE

I used to use the same plate as my daughter. So that I would eat less before Balance365.

JEN

[Laughs]

STEPHANIE

In my diet days.

JEN
Before.

STEPHANIE
Yes.

STEPHANIE
Note, I would not do that now. Because I'm not seven. And I need more food. But I used to do that. And so I had no idea like, how much food am I supposed to be feeding myself?

JEN
Are you able to look at nutrition information without feeling any type of way about it? Like, it's just information?

STEPHANIE
Yeah, so we like these burgers from a store here. And I looked at it, and I was like, "Okay, well, this is gonna be like our protein for this meal." And then I looked at the thing and it was like 18 grams of fat and eight grams of protein. And I was like -

JEN
You're like, "Oh, this isn't so, this isn't quite a protein." [Laughs]

STEPHANIE
Well, we're still eating it. [Laughs]

ANNIE
[Laughs]

STEPHANIE
Now we know.

JEN
Now you know, that's exactly right. You don't, it informs your eating. It doesn't have to dictate your eating. It can just inform your eating.

STEPHANIE
Yeah, well, exactly. I'm just trying to be more aware now, where growing up, like, I remember so many conflicting things that I would read like, low fat isn't good for you, or high fat is so good for you, or you shouldn't buy low fat, things that say low fat on them because you're going to get cancer. I don't know where I learned that. But...And now it's just, it is. It's just information.

ANNIE

Steph, what results have you seen since implementing these changes?

STEPHANIE

Well, I've lost 38 pounds now. That's cool.

JEN

[Laughs]

ANNIE

That's cool. [Laughs]

STEPHANIE

[Laughs]

JEN

Well, here's one. Yeah. [Laughs]

STEPHANIE

I just like, it feels so much like there's been other changes though. Like besides.

JEN

Do you feel healthy, Steph?

STEPHANIE

I do. I feel capable and healthy, strong, and I'm super strong, which is cool. I didn't know that before. Right? Like I never took the time to lift a weight before and realize, "Holy smokes, I'm good at this."

ANNIE & JEN

[Laugh]

JEN

Annie just loves this part.

ANNIE

Yeah, my heart is so happy right now.

STEPHANIE

Like, I'm like, I have a good body for this. I should keep doing this. Maybe. We'll see. But before I couldn't even find the brain space to pick up a weight because I was so worried about food.

JEN

Yeah. I also, I don't know if you found this, Steph, when you're really stuck in diet culture, your movement choices often revolve around what's going to burn the most calories. What's going to

make me thinner? How is this gonna change my body rather than an empowering mindset towards it of, "Oh, I'm gonna get strong," right?

STEPHANIE

Yeah, you're right, like running, that's a good one.

JEN

That's everyone's - [laughs] All women have a running story in their past. Yeah.

STEPHANIE

If I remember, I used to make myself do push-ups and crunches if I ate like ice cream or something. [Laughs] Oh my gosh. Oh, Stephanie. But now like, I'm doing yoga. And guess what? I don't think I'm really burning calories. Right? I don't know. But it's so relaxing. Like, stretching...

JEN

Yeah. Feels healthy.

STEPHANIE

Yeah, it feels good for me. And yeah, I'm doing Zumba with my friend. It's good. It's hard. Like, I go out of there out of breath. But it's so much fun. And like, I'd probably go by myself if I had to. It's that fun.

JEN

That's awesome.

STEPHANIE

Yeah, I would have never, ever, ever done that before. Ever.

ANNIE

I, of course, love hearing about all the movement additions. We know you joined for weight loss, and you've lost 30 pounds, which is cool. [Laughs] As you said.

STEPHANIE

Yeah, I joined coaching for weight loss. I didn't join Balance365 for weight loss.

ANNIE

What else have you learned?

STEPHANIE

Well, I've learned patience. Like, it's not going to happen in three weeks. Although they tell you it will. And I learned to give myself grace. I really had to do that. At the start of when I joined coaching, I joined coaching last September. And I, our life like fell apart. And I was like, "Stephanie, you're supposed to be doing this." And then I was like, "No, Stephanie. That isn't

the point. Figure it out. Like, get through life and just do one thing today for yourself. And like when you get over this hill of terrible things, you can come up with some awesome habits." And I did.

JEN

You integrated it.

STEPHANIE

Yeah, yeah. So I joined Balance365 because I didn't want my own daughter doing this. Like, I can remember the exact moment. I was on the keto diet, and I was eating watermelon. But you're not allowed to eat watermelon on keto. And I said, "Oh, well, I shouldn't be doing this. I'm not allowed to eat this." And my five-year-old was like, "Why aren't you allowed to eat watermelon?" Like, all sassy. [Laughs] And I was like, "I don't know." And that was it. And I was like, I don't want her to ever sit there and feel shame for eating two pieces of watermelon, ever. So that's that's why I joined Balanced365, was just like to be free from that.

JEN

So your daughter's free from it, too, well, we hope.

STEPHANIE

I think she is, she's super awesome at like realizing we all have different bodies. Everyone in school has a different body. And she will tell me that. She'll say so and so is bigger than the rest of us. But they're also so much stronger than the rest of us, too, or like, so and so...Like she's noticing, you know, that they all have different bodies. But then it's like she's also noticing that they're all different. They all have different strengths, too. But yeah, I really hope that it goes over to her, too.

JEN

It will for sure.

STEPHANIE

Yeah, good. Like a ripple effect. I'm hoping, and so far she just loves herself. So I hope she can continue that.

ANNIE

I think that's a beautiful answer, and also something that we hear often from women in our community. They don't want their children to go through what they went through.

STEPHANIE

Yeah, and so that's why I joined 100%. So I joined the Healthy Habits program, or group I mean, not program, the Healthy Habits Happy Moms free group like seven years ago or six years ago. And then I still dieted a little. But I knew that it was wrong. And then I did keto. After I had my baby, my last baby, three and a half years ago. And it was, it was awful. So I quit, and the watermelon night was right around your Mother's Day opening to get in, and I just, I kept saying

to my husband, "I need to join this. Like, I'm not doing good things for us. Like this is going over on to you and the kids." And then he bought it for me.

JEN

That's so sweet.

STEPHANIE

Because he knew I wouldn't.

JEN

Yeah.

STEPHANIE

And that was it.

ANNIE

I love that.

STEPHANIE

Yeah. So there's been like a complete mindset shift. I can't even really remember the way I thought before. Unless I really think hard. Like, I really have to try hard to remember how I used to think, which is so awesome. So, the 38 pounds is awesome. But it's just the tip of the iceberg. Really,

ANNIE

I'm so happy to hear that. Because as you know, a lot of women come to us for weight loss, and then they end up losing the weight. And the story in so many of these member spotlights sounds something similar to yours. Like, "Yeah, I lost the weight, but there's so much more I want to tell you about." [Laughs]

STEPHANIE

Yeah, there's so much. You can't even put it all into words, really.

ANNIE

Yeah. Steph, what would you tell someone if you knew someone was listening, and they were thinking about joining Balance365? What would you tell them?

STEPHANIE

I would just say just do it. Like if you can afford it, treat yourself. Right? You would have no problem buying it for your kid or your husband, or your wife. And so just do it. And even if you don't come out with weight loss, you will come out with a lot of other things. So many other things. Yeah, like it will be probably your best choice you've ever made.

ANNIE

Do you feel that way?

STEPHANIE

Yeah, I do. Totally. 100%.

ANNIE

Good. Well, anything else you want us to know, Steph, before we wrap up?

STEPHANIE

I'm so happy that I'm not wasting my time dieting anymore. Because since I quit dieting, I am like living my best life. Walking, running, biking, swimming, hiking. And I wouldn't let myself do that before because my body was not a size small. We are having a great time now. And like my body's doing it. So yeah. And it's not a size small. That's what I would add.

ANNIE

I love that. Living your best life.

STEPHANIE

I am. It's awesome. Living my best life. Even though I'm not a size small, because we all deserve to live our best life.

ANNIE

Beautiful. Well, thank you so much for your time today. It's good to talk with you.

STEPHANIE

Yeah, thank you guys.

JEN

Bye-bye.

ANNIE

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 to join coaching.