

# Balance365 Episode 211 Transcript

ANNIE BREES (INTRO)

Welcome to Balanced365 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

Hi, everyone, welcome back to our three-part series, the things that we see in our successful members. In the last two weeks, we've covered part one, the mindset shifts we see in our successful members, and part two, weight loss strategy shifts that we see in our successful members. This week, we are getting granular with the habit changes we see in our successful members. These are the actual day-to-day changes and behaviors that we see in so many of our successful members. And they are healthy and sustainable for them because of the shifts we talked about in part one and part two of this series. On that note, this episode is going to make the most sense if you've already listened to those first two episodes. So if you haven't, please do. We hope you've enjoyed this series as much as we've enjoyed making it. If you have any comments or questions, feel free to reach out on Instagram or Facebook. And if you want to make the changes our successful members have, make sure you get on the waitlist for our next enrollment period in May. Head to the link in our profile for the details. Enjoy.

ANNIE

Jen, this is the third part of our three-part series about successful members. And we're talking about habit changes. I suspect that people have been eagerly awaiting this because they want to know the what - like what are they actually changing?

JEN CAMPBELL

Yeah.

ANNIE

And we were chatting before we hit record that we felt like we needed to give a little bit of a disclaimer to note that we're going to share five seemingly simple things. But each of these five things can take quite a bit of effort and energy and intention to change on their own.

JEN

Yes. So saying them is quick, doing them is a process.

ANNIE

Yes. And we're talking like, potentially months of continued effort, to do some of these things.

JEN

And maybe learning more about the habits than we are able to share in a short podcast.

ANNIE

Yeah, so we're not going to get too detailed and granular on each of these. But we are going to share the five habit changes that we see in successful members.

JEN

Yes. And we actually, for each point here, we actually probably do have specific podcast episodes on each of these topics that do a deeper dive for members who are interested.

ANNIE

Yeah, so these are changes that members maybe weren't doing or seeing the value in and through our program have shifted to value and the first one is sleep.

JEN

Yes

ANNIE

Tell me more.

JEN

So sleep makes everything better. As much as I think people are in denial about this, or they just don't, they're not fully acknowledging how impactful better sleep can be. But specifically, sleep has a huge impact on your nutrition choices. And our successful members have all had the same epiphany. Sleep is foundational to health, well-being, and their ability to manage their nutrition and exercise commitments. So those struggling with sleep are also going to experience changes to the hormones that control hunger and fullness, which means they really do experience more hunger, cravings for high-energy foods. They'll be experiencing low energy, right? Like those low energy, those mid-afternoon energy slumps. They'll likely find themselves late-night snacking, and they'll just be dysregulated. Right? So if you think of a tired toddler, we aren't that different. [Laughs] We also have sleep requirements and we get very dysregulated when we are tired, which also, which leads to like, you're just more likely to be emotional eating.

ANNIE

Yeah. Full disclosure. We were both talking about that before we hit record as well. [Laughs]

JEN

We're both a little tired right now.

ANNIE

Yeah, and both sharing similar experiences, just kind of sluggish and blah and my interest in movement or walking the dog, the quality of my workout, like all of this just is [groans].

JEN

Like brain fog, like you're just blah. Yeah.

ANNIE

I don't wanna.

JEN

And it's just a spiral right? So then it's like instead of my usual two cups of coffee I might have four, kind of thing.

ANNIE

Oh, yeah, I'm already thinking about like, what I can DoorDash for lunch and maybe, you know, some yummy carbs as sides.

JEN

[Laughs] I thought this morning, I was so tired when I got up, made my coffee, and then my thought was "just have Rice Krispies for breakfast."

ANNIE

[Laughs]

JEN

Like sorry, Rice Krispie cake. I don't know what you call it down there. I don't know if you call it Rice Krispie cake. Do you know what Rice Krispie cake is?

ANNIE

Well, I know what a Rice Krispie bar is. But Rice Krispie cake...

JEN

Yeah, it is a Rice Krispie bar. I think it just, I think it's just different depending on where you are in the world, what you call it. We call it Rice Krispie cake.

ANNIE

Rice Krispies with butter and marshmallows?

JEN

Yeah, we have some right now and they're, and they're delicious. But like normally, I wouldn't start my day with a coffee and Rice Krispie cake. Like, you know, that doesn't... It's not a breakfast that sets me up for success. But this morning, I got up and I was pouring my coffee. And I was just miserable. And my brain was like, Rice -

ANNIE

Just do it.

JEN

- Krispie cake. Sure would be good right now. Yeah. And so this is the whole thing with being tired, right? So, and you know, we can't, we won't do a deep dive into sleep, we actually have podcasts that dive a bit deeper into sleep. But we've really got to look at what we can control and what we can't control with sleep, because there are lots of different reasons for sleep disruptions that are beyond our control. And then there's a lot within our control that we need to take accountability for like staying up and watching TV for two and a half hours type thing. You may be able to tell in my voice that I'm a little sick right now. And that's why I have, I'm so tired. I got a little cough. But I also, the other thing is like you can have the thought to have that Rice Krispie cake and not eat it. It's just a thought.

ANNIE

Did you?

JEN

I didn't, but you know what? I'm totally having some later, there's gonna be some emotional eating today. [Laughs]

ANNIE

Well, you know what, save that for, I think it's point number three or four?

JEN

We will. Yes, we will, we will, we will.

ANNIE

We can talk more about your Rice Krispie experience. Tell me what happens when they value, when our members start to value sleep, what happens, what are the changes?

JEN

Once they learn to value sleep, which can be like big mindset work that you have to do to get there. But you will experience number one, better-regulated hunger and satiety cues, two, lower cravings, three, more energy, four, less late-night snacking because you're actually in bed sleeping instead of up eating, five, better emotional regulation, which means you're better able to handle stress and you'll have less emotional eating going on. And who doesn't want that? That's literally what our members claim that they want all those things, right? Like here, if you want to talk about magic bullets, if you want to talk about quick fixes. Here's one for you: sleep.

ANNIE

Yeah, it's definitely a big, potentially snowball type of habit that just keeps you spiraling up and up and up and up.

JEN

Yeah, absolutely.

ANNIE

Yeah. Okay, habit change number two, what is it?

JEN

Focus on satiating foods, which is primarily going to come from increasing your lean protein and your fibrous fruit and vegetable intake. So protein and fiber, I'm not saying to cut everything else out. I'm just saying that our members learn to value those two components and they are more mindful, aware, and intentional about making sure they are getting those satiating foods.

ANNIE

Yeah, say that one more time. I'm not saying cut everything else out. [Laughs]

JEN

I'm not saying cut everything out except for protein and fiber. Do not get it twisted. Yeah, it is...It's just, yes. It's just an awareness and focus of bringing those components in because protein and fiber are the high volume, satiating components of a meal. The change we see in those successful members is they learn to balance a meal, that's the skill they learn. And there's an emphasis on lower energy, nutrient-dense foods in those meals that are high in fiber and include lean protein.

ANNIE

Yeah, and we, and when we talk about honoring your hunger and satiety, that's a word that we use often. We're just talking about, like the fullness of a meal, of food. How that leaves you feeling after you eat it.

JEN

Yeah. And so eating in a satiating way that prioritizes fiber and protein one, reduces hunger and cravings between meals, two, as a result, that means you think about food a lot less. That's one of the, I think, amazing things about learning to eat in a more satiating way is a lot of people don't understand fully how much time and energy they spend thinking about food until they're not thinking about it anymore. And for me, that's actually one of the elements I love, that when I eat in this kind of full satiating way, I'm physically satisfied, and I'm psychologically satisfied. And so I'm not thinking about food between meals.

ANNIE

Yeah, I remember interviewing a member who described an experience where she was struggling, she was so consumed with food, that she was struggling to actually like, be present with her girlfriends when they were out, or out to dinner. And the shift that she had experienced as a result of thinking less about food was like, "Oh, I can actually participate in the conversation, or I can enjoy this hobby, or I can read this book," and, you know, whatever. It's amazing.

JEN

It's totally amazing. Yeah. Three, you can, eating in a more satiating way can totally eliminate nighttime cravings. I just had a member have this light bulb moment yesterday. So it's with the understanding that you may not even be aware of this, but so many people have been trained to eat as little as possible, that eating fuller meals is uncomfortable for them. And they resist it, right? Like their brain is like, "Hey, you have weight loss goals, like this can't be the way, to eat more food at each meal, it's to eat less." So this member of ours was struggling with sort of chaotic eating habits from like the afternoon on. And of course, our process in coaching is to like, "Hey, let's, you know, we have to look at your diet as a whole before we start trying to get granular in these little moments." And so she went away from that with the intention of eating a more voluminous, well-rounded, balanced breakfast and lunch. Anyways, lo and behold, she comes back two days later, completely zero afternoon cravings anymore. And if I had \$1 for every time, but it is - and then she expressed that to me. She said, "I am so trained to eat as little as possible." But you know, of course, all that leads to is you just bingeing or overeating later, right? When we were just trying to give ourselves the least amount of food possible.

ANNIE

Yeah.

JEN

So anyways, it was, that was a lot of fun for that to happen for her. Eating in a satiating way can lead to more sustained energy throughout the day, it can lead to better digestion and bowel movements, supports recovery from workouts, will help you if you're getting enough protein in, it will help you retain muscle while you're in a calorie deficit, while you're losing weight, and can prevent or delay type two diabetes, if that's a risk factor for you.

ANNIE

So many benefits.

JEN

So many benefits.

ANNIE

I love it. Okay, we've talked about this one a lot on various episodes. But the third habit change we see in our successful members, is they start valuing internal cues.

JEN

Yeah, so the goal in Balance365 is to help people shift from using external cues dictating their eating habits. So that might be time of day, macro counting, their emotional eating urges driving all of their eating decisions, to internal cues. So that would be your hunger and satiety cues.

ANNIE

This was personally a very mind-blowing shift for me, because all I had known was points, macros, calories, things like numbers to count, lists of good foods and bad foods. So this shift was quite the change for me. But this has been so beneficial for me and our members, because it allows you to start distinguishing between physical hunger and emotional hunger.

JEN

Yeah.

ANNIE

A lot of people don't even have that awareness. Yet. What physical hunger feels like... What is emotional hunger? How do I know the difference? It helps you to develop an understanding of how food choices that we just talked about in point number two, fiber and protein, can affect your hunger and satiety, like, maybe we're getting hungry between meals a little too soon or a little too early, because of the composition of our last meal. You can really use these to rely solely on yourself versus numbers, plans, lists of foods to make your choices, which I think is just in general, a really empowering experience for women to know that like, "Hey, I don't need anything else but me, to make decisions in this situation." It's also really beneficial because your internal cues are always with you, as coach Holea says, they travel well. So you don't have to worry or stress about what you're going to do on vacation or summer break, or at your kid's birthday party or Christmas, family Christmas, like they are applicable in a variety of situations.

JEN

This was also mind-blowing for me. I guess similar reasons to you. But one of my most difficult and challenging dieting periods was when I was macro counting. And that will be hard for some of our listeners to hear, because macro counting is all the rage, especially, you know, for like even fitness professionals that might be listening. And I had done many different diets. You know, I'd done the keto, I'd done the clean eating, I had done them all. But macro counting was a level of granular detail that almost sent me over the edge. And I would get anxious about traveling. I mean, unless you're willing to pack a scale in your purse and weigh all your food, which I clearly wasn't, which I saw as something that would decrease, significantly decrease the quality of my life, I would feel quite panicked about eating out and not knowing what was in my food, which ultimately led me to like, essentially just bingeing, like, just, well screw it then if I don't know. I'm going to go all out, start again tomorrow type thing.

ANNIE

Yeah, but it's possible even for - [laughs]

JEN

Yeah, if I had only known that whole time that I can just eat when I'm hungry and stop when I'm satisfied and the macros can all take care of themselves.

ANNIE

Yes, I remember the first time I heard that concept. I was like, "I don't get it. This is not a thing." But it absolutely is a thing. And like we said at the beginning of the show, we have other

podcasts that dive deeper into that concept if that piques your interest, but keeping it going, the fourth habit change we see in our successful members. What is it Jen?

JEN

They reduce their emotional eating by learning non-food coping mechanisms. And I didn't - notice I didn't say eliminate, just reduce. I really want people to understand that we are here to speak and talk and coach humans, not robots. And nobody is ever going to eliminate emotional eating from their life, but they can definitely overcome what feels like it has a hold on them, like emotional eating controls them. But yeah, it'll still happen from time to time. As mentioned earlier in this podcast. I've got a session coming. [Laughs]

ANNIE

You can see it coming like a train.

JEN

I can see it coming. You can tell my whole vibe today is like, "I'm sick."

ANNIE

[Laughs]

JEN

Rice Krispie cake, coffee. Yeah.

ANNIE

[Laughs] Jokes aside, though, it's not uncommon for our members to come to us with food as their only strategy for managing their emotions. Like that's the only thing they know. And while yes, it can help manage emotions, it also often doesn't support their health and weight loss goals that they have. It is happening at a frequency that is keeping them from living the life that they want to live. Right?

JEN

Yeah, absolutely.

ANNIE

So unlike the advice I was given many years ago, which was just, "Stop," like...Wow, super helpful.

JEN

"You just need more willpower."

ANNIE

Yes. [Laughs] If it was that easy, I would have done it already. Our successful members learn to manage their emotions with things other than food. And this is one of those things where it's difficult to get too granular or detailed because what they use instead of food is so highly

individual, right? But they often discover what that is, what those strategies are through awareness, which can look like identifying that you even have feelings and what those feelings are, or that you have needs and what those needs are, what needs are you trying to get met through acceptance of emotions? Which is huge, because I think we'd like to think that if we're feeling anything other than happy, joyful, excited that we're doing something wrong, but truly, life is a spectrum of emotions, even sad, sadness, loneliness, boredom, frustration. That's all part of the human experience, right? And then also mindset work, learning to challenge your thoughts and beliefs. Sit with the discomfort of having an impulse or an urge to eat emotionally eat or chaotically and not doing the thing can take some thought work.

JEN

Would you say that this habit change, Annie, would you say that it is, what would be the right word? I don't want to say biggest mountain to climb because that sounds really hard. But like one of the bigger rocks for many of our members.

ANNIE

Yes, yes, absolutely. I remember having a conversation with my girlfriend about emotional eating. And she's like, "I don't emotionally eat, I just eat because I'm bored." And I'm like, "That's emotional eating."

JEN

That's you trying to move away from an uncomfortable feeling, towards a more comfortable one, which is entertained.

ANNIE

Yeah.

JEN

Pleasure.

ANNIE

Yeah, it really, it really is something so many women struggle with. And it can take a lot of practice and trial and error to work through it.

JEN

Yeah.

ANNIE

Or to learn to manage it. Yeah.

JEN

Okay.

ANNIE

Okay. The fifth and final one. The fifth habit change we see in our successful members is they commit to some kind of movement, but not for weight loss.

JEN

Yeah, I love this one. I think it's powerful. I want everybody to know, I want to shout this from a mountaintop, that exercise is not a reliable weight loss strategy/habit. It really has a very small, tiny, minuscule impact on your overall I guess energy expenditure, like, you know, energy balance. But it is a phenomenal habit, for health, for your mindset, and even for your body awareness. And what I mean by that is, I've observed that our members who find a form of movement that they enjoy, start feeling more connected to their bodies, which can spiral actually into, like, you know, feeling more connected to how food makes them feel, feeling more connected to what their internal cues are. So movement, and you know, whatever, I'm not talking about slinging weight around, I'm not talking about going for a 10-kilometer run, whatever movement feels good for you in a day, whatever that is. It is just an amazing trajectory-changing habit that we see our successful members participate in. I think someone I'm thinking about right now is Tasha, who I'm trying to get on the podcast, but she feels really nervous. [Laughs] Hers, it was nothing extreme. Like she started a walking habit. And she just built that walking into her day. So I think what she's doing is, instead of driving to work, she's parking at her kids school in the morning and walking to work, and then walking to pick them up at the end of the day, something like that is going on, like she's built it into her day. And it's been trajectory-changing for her to do that. And it's like she didn't have to commit to anything that didn't feel right for her, extreme, or not appropriate for the season of life she's in. And she's getting moving. And she said, she's telling me the other day that it is one of the most enjoyable parts of her day. Now she gets her kids into the school, she puts on a podcast and she's walking.

ANNIE

And I want to clarify in case you are one of our listeners that are hearing this and thinking, "I don't find any type of movement enjoyable, that's like not applicable to me." I would argue that maybe not all of our successful members who have committed to some kind of movement find it enjoyable, but that they at least have seen the value in why they're doing it and pick something that they could tolerate. It's not like they're necessarily like, super jazzed about every workout.

JEN

I think actually Tasha is a good example, too, for people who aren't jazzed about working out, and my dad and I were talking about this the other day because he's kind of trying to get into some exercise right now, but him and - we were talking about how him and I both have kind of a resistance to just exercising for the sake of exercise. But if we are doing purposeful movement, we can go all day. So my dad's a farmer, like he's no stranger to moving his body, right? Lots of manual labor, you know, involved with that, slinging bales, and five-gallon buckets of wheat and you know, all the different things that he does. And I'm the same way, like I actually, the time of my life when I was moving around the most was when we lived, we lived in Australia, so the weather was great all year round, unlike Canada. And we lived in what's called a self-contained neighborhood, like I could walk, everything I needed was in walking distance. And so...

ANNIE

Oh, sounds heavenly.

JEN

It was heavenly. I walked all the time. And so it's like that thing where it's like, and you don't feel like you're exercising, like, it's just, you're just moving around in your day. And I would connect this back to environment, right? Like my environment became very supportive of moving my body. And so that's what I love about Tasha is I think she has similar feelings as I might, or other people might, about structured exercise, but when she can build it into her day like that, and she had to intentionally do it, make the intentional decision to park her car, you know, further away from work. But now she's consistently moving her body for one of the first times in her life right and this has been she's been very consistent, very, very consistent.

ANNIE

Yeah, that's great. I love that.

JEN

Yeah, but other people might find, you know, intentional, structured, exercise that they either like or can accept, like, see the value in like weightlifting. Zumba. What else. Swimming. We had a member who just started a swimming habit. Shout out to Carly.

ANNIE

Running, pilates, yoga. I mean, it could be -

JEN

Rock climbing. We had a member, she's not with us anymore, but she took up bowling, she joined a bowling league. And like, fantastic, you know.

ANNIE

We have members on our team that are doing, what's the thing on ice?

JEN

Skating? [Laughs]

ANNIE

Where you put the, you put the puck, and you try to get it -

JEN

Hockey?

ANNIE

No.

ANNIE

Those are all very reasonable -

JEN

I cannot right now.

ANNIE

[Laughs] Yes, those are all very reasonable answers. And you're not wrong, but I'm thinking you got like, you got teams on either side and you're trying to get the puck to like land. It's kind of like darts. I want to say like shuffleboard but it's on ice.

JEN

Curling. Oh, boy.

ANNIE

Curling.

JEN

Yes.

ANNIE

Curling, that's what [laughs] -

JEN

That's so funny. [Laughs] Yes, they're curling. Julie is, in a curling league. Yeah, and also you know what else Julie is doing right now? She just started taking archery lessons. She's really exploring her movement options right now.

ANNIE

Yeah, or like hiking or, you know, whatever, whatever. Like some sort of dance.

JEN

We have a member who just told me, she loves how we have called that section of our program, movement and not exercise. Because she has a lot of beliefs and resistance around just the word exercise. And she just feels very safe calling it movement. It's allowed her to really explore. So yeah, so some little food for thought here for our listeners.

ANNIE

I love it. Okay, those were the five. Should we do a quick recap?

JEN

Yes.

ANNIE

Okay. Number one. These are the five habit changes we see in our successful members. First of all, they value sleep, they know that changes everything. They focus on satiating foods,

particularly protein and fiber. They shift from external cues dictating their eating habits to internal cues, their hunger and satiety cues. They reduce emotional eating by learning non food coping mechanisms, and they commit to some kind of movement, but not for weight loss.

JEN

Yes.

ANNIE

Beautiful. That wraps it up. We did it. We nailed it.

JEN

Yeah, we did. Thanks for listening to our three-part series everybody.

ANNIE

I hope you enjoy your Rice Krispie cake.

JEN

Thank you. I'm going to get it right now.

ANNIE

[Laughs] Okay, enjoy. We'll talk soon.

JEN

Bye, everyone.

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.