

Balance365 Episode 213 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

Hi, everyone, today we have a special guest one of our members, Meg from Wisconsin. Before Meg joined, she was lost. She was about to turn 50, was navigating some pretty challenging menopause symptoms, and she was about to throw thousands of dollars at a new weight loss program. And then she found us. She joined as a Mother's Day gift to herself because as she said, "What do I have to lose?" Well, as she found out, Meg had a lot to lose. Since Meg joined Balance365 she's lost a whole belief system that was rooted in diet culture and valuing her worth and her health by her size. Meg's new mindset has become the foundation for her to understand not just what she wants to change, but why she's making the changes. We are so excited for you to meet Meg today. But first if you feel inspired by her story, get your name on the waitlist to join Balance365. We are opening for enrollment in just six short weeks and we don't want you to miss out. Enjoy.

ANNIE

Jen, we have one of our favorite members. We talk about her lots in our coaching meetings because she has such a great attitude. Such a great perspective, willingness to change, which we're gonna get into today's podcast. Meg, welcome.

MEG

Thank you.

ANNIE

How are you?

MEG

I'm great. How are you?

ANNIE

Good. So happy to be here with you.

MEG

Me too. This is a treat.

ANNIE

We've talked many times on coaching calls before, but this is a little bit more of a unique Zoom experience. [Laughs] Discussion.

MEG

Definitely.

ANNIE

We're gonna be talking a lot about you and your experience inside of Balance365. But before we get into all of that, can you tell us a little bit about yourself?

MEG

Sure. I'm a mom first. I'm in education. I have nearly out-of-the-home children, teenagers, one's in college, one is on her way within about a year. I'm 50. So that was kind of a big deal this year. Well, in 2022 I turned 50, or 2021 rather. That about sums me up.

ANNIE

Was turning 50, did that have any influence in your interest in joining Balance365?

MEG

Funny you should ask that, Annie.

JEN CAMPBELL

[Laughs]

MEG

There was definitely a desire to, as I'm kind of reaching this season in life, to be healthier, the healthiest I can be, the fittest I can be. So that was definitely a motivation.

ANNIE

Yeah, we've heard that before. There seems to be some milestones throughout women's lives. And it's unique to the individual, but it's not uncommon to see turning 50 or turning 40 or 60 to be kind of this like, "Okay, I've got my legs under me and my kids are grown up. I can spend this time on myself." So that's awesome. But how did you even find us?

MEG

I found you and Jen by accident, actually, I had been in communication with a different wellness company. And I found out they were four times the cost...Four times the cost of Balance365. Being a teacher that was well out of my reach. And I have to thank Facebook -

JEN

[Laughs]

MEG

- and your cut the crap workshop for kind of piquing my curiosity and once I clicked, I never turned back.

JEN

That's awesome. So those Facebook ads we run work, is what you're saying. [Laughs]

Unknown Speaker

They do, I mean for my demographic, like, I know there's Instagram and all these other things. But, I think Facebook is kind of where it's at for me, because it's a way to stay connected socially, professionally. And I'm kind of a person who loves to learn. So when I see things come up that fit that kind of desire to grow and curiosity, I definitely investigate.

JEN

So you attended a workshop, and then you joined right away.

MEG

I did. It was around Mother's Day. And I just thought, for a lot of reasons that I'm sure we'll talk about, but I thought this - and as Annie just mentioned - this is the time, this is my time. I'm not getting younger, the stresses in my life surely aren't going away. They're increasing more than decreasing. If you know the older kids, bigger problems, kind of a thing.

JEN

Yeah.

MEG

And they're great. I have an amazing family. But I needed to do something for myself.

JEN

Yeah, I love that perspective. Because you know, what I'm hearing you say, which we talked about in coaching is that you couldn't wait for your circumstance to change for you to change, because the circumstance wasn't changing. And you needed to find a way to live and be healthy inside of that.

MEG

And I think I needed to find happiness. Being in perimenopause, I'm sure a lot of people who are listening can relate. It can be downright ugly sometimes. And just my experience, through coaching, through my own kind of process or working through your resources, and really taking the time to dig in. I've experienced, my mood swings are almost absolutely, my hot flashes reduced tremendously. And I think I'd credit that to balanced meals. And I just, I'm happier. I'm just, you've created an avenue for me to learn and grow and just be a better mom, be a better friend, be a better wife. So I thank you.

ANNIE

Well, you're welcome.

JEN & MEG

[Laugh]

ANNIE

But you did the work. I don't want to just brush over that you did the work. And it's always so sweet when members thank Jen and I and the coaches and the team. But it's like, "Hey, we just opened the door, you walked through it, you changed your thoughts, you changed your behavior." So all the credit goes to you. But as much as I want to talk about all the amazing changes you've seen, I'm curious, if we back up a little, did you have a history of dieting, any struggles with your weight, food? Like what was life like before Balance365?

MEG

I'll give you the short answer. It was basically 30 years, I started in my early 20s. One significant other told me my belly was getting a little big. And I started with SlimFast, which was awful. And I've kind of had lots of other diets, fitness, going through and I had this love-hate relationship with fitness because it was like I was punishing myself to try and lose weight. As a younger person, I was very slender. But once I started having babies and getting a little older, my body completely changed. And just all the things you've talked about with you know, we are a product of all that came before us with our genetics, with our environment, with so many things. But I didn't I think I was flying my way through life just trying to find thinness, trying to find happiness, in a size and a body image that I had perceived that successful women who care about their health and their bodies have. And it was a lot of years of just trying to find myself. So I did that through diets. I did that through exercise. Prior to joining Balance365, I had spent eight months one on one with a wellness coach. And all I learned was how to follow her recipes. And I lost the weight. But I didn't have the skills. So when I got tired of those recipes and returned, like you've often talked about, it's not a destination. This is a lifestyle. And I would do everything I was supposed to do. I'd go in every week for my weigh-ins, I'd lose the weight and as soon as I stopped, I'd gain everything back and some. So it was a painful process for me to have experienced what I experienced because I was trying to find answers that I wasn't asking the right questions.

JEN

Wow, Meg.

ANNIE

Jen's getting choked up over there. [Laughs]

MEG

Oh!

JEN

I do do that.

MEG

I am a little, too. My voice is a little quivery.

JEN

When you said claw your way through life, that really was very powerful.

ANNIE

You know, I just want to take a minute, it doesn't surprise me that you would have this perspective, Meg, that you were responsible for your results or lack of results, because you weren't asking the right questions. I think that's so honorable. And it doesn't surprise me with your growth mindset, that you would have that perspective. But I also want to share that there's some people, a lot of people in the industry that just aren't doing a great job of helping women, you know, so they're offering solutions that don't work in the long term, they're never going to work in the long term. And that's not your fault. And it's, and I don't think it's your responsibility to, like, make that solution work. Right? Like that's, that's on us as professionals to have integrity with what we're offering.

MEG

That makes sense.

ANNIE

So it's really, it's really sweet of you, but - [laughs] - we should do better.

JEN

Yeah, Meg, when you joined Balance365. I imagine with your experience, a lot of our kind of prep or preliminary material made a lot of sense to you, as far as diet rebounding and the pendulum swings of eating after being on a restrictive diet, was that, did that all, I guess hit a nerve for you?

MEG

It did. It kind of lit a fire. Because I thought, well, I appreciated having research-based scientific information. Because I really, truly, I didn't understand the whole binge and restrict piece, you know, I had done so much restricting that when I didn't decide it, it just, it wasn't sustainable. Like the total opposite happened, where I was looking for everything in sight. I spent, I would get angry. I think, Jen, I heard you talk about something similar, where I'd be like wanting to numb or just grab whatever food and it wasn't even good food, like, I wasn't enjoying it. But I was looking for some kind of release to stress, to comforting myself. And I didn't understand. I thought it was me. I thought there's got to be something wrong with me. I mean, I'm big into life coaching. And I went to my counselor, and we talked about it. And she gave me some of the strategies, like more around awareness, but I didn't understand why my body was sending me to the pantry, and not being able to find satisfaction with anything I ate. It wasn't until your prep materials, and

I did spend a lot of time in diet deprogramming because I didn't know, I just truly, I did not know that there is a reason like, physiologically why that was happening to me.

ANNIE

I'm happy that all made sense. Always happy to hear that, that it was helpful and valuable. I'm wondering once you did get started, what your experience was like? Like what that journey looked like for you. And I know, Jen, you pulled some posts that you wanted to touch on.

JEN

Yeah, I love doing this when we do our member interviews, because I think sometimes even the members can forget how far they've come, and looking at, you know, just conversations from when you start to your journey throughout the month. I think it's just incredible even how, Meg, speaking of asking the wrong questions, you started asking different questions as your time in coaching progressed. And so the first post I actually pulled was Meg's first post in the group and she shared with everybody how she had been down many diet rabbit holes, and that following those diet rabbit holes, actually got her to Balance365. And she says here, "Well, those diets were not sustainable. Some brought results. I'm working to find balance in all things. I know it'll take time and I'm at a different point in my life. 50 is just around the corner. In the past changes to my food choices and movement would cause quicker change and of course, and of course restriction. But I know I'm in this for life. For my current future self, fat reduction is a goal. So how do I know I'm on track for change when a leaner body is the desired outcome? Or do I just trust the process?" Now this was your very first post and actually when I pulled it up, as soon as I pulled it up, I even remembered it. I was like, I remember when she posted about this, you can tell us what kind of the thought process was behind here, but what I saw at that time was somebody was like, that was saying, "I get this, like, I get it in theory, but like, how do I lose weight?"

MEG

Totally.

JEN

Is that what it was?

MEG

I remember, Annie, it was one call with you. And you said something like, "Can you trust yourself?" Because I had come from, I didn't do macro counting. But I did do calorie counting. Like MyFitnessPal was with me all the time. And I had very strong feelings. Like it brought up a lot of frustration for me and discomfort. And when Annie said, "Can you learn to trust yourself?" Or something. I don't want to put words in her mouth. I was like, "What? I don't...What? Like how do you know when to stop eating? How do you know?" And I had, I mean, previously, I had been eating on a clock. Like it took me months in Balance365 to like, get my hunger and satiety cues back. Because I spent so much time trying to stave off hunger, like I don't want to be hungry. A grumbling stomach is not a cause for concern. Like, it's my body's telling me, "Okay, it's time to eat." Like, why was I - and now I eat three balanced-ish meals a day, and I don't need

to snack. But I was just waiting, like, food provided me so much comfort. And numbing, I've now realized, that I would, just I couldn't wait until like the kids went to recess so I could shove some food in my mouth. You know what I'm saying? It was just, it was all planned out in my mind. And I had no idea how to listen and trust my body.

JEN

So you thought about food a lot.

MEG

All the time. All the time. I think my initial, because I was rereading my journal for this program that I just have, I can't wait by the way to get my other one. It's on order and I'm waiting for in my mailbox.

JEN

[Laughs]

MEG

But just, Annie at that time had suggested doing the Core Four journal, just to kind of check-in with myself. And I responded to her like, "Oh, I didn't even know I was snacking at 2pm." I couldn't stop thinking about the next food I was going to consume. And I wasn't eating balanced enough to give my body time to just be satisfied. And get hungry. Yeah.

JEN

Yeah, that's a big eye-opener, isn't it?

MEG

It sure is.

JEN

So your second post was four months later. And I just love this one too. And, you can tell us what was going on for you. But when I read it, I remember like, this is a woman turning a corner, like, her mindset is totally transforming. So you said, "I'm feeling brave because this community inspires me. The first picture was just weeks after joining Balance365. The second is recent. I'm finding her. The one who wants to live her core values and vision, the one who is ready to climb the mountain and engage in the work of changing habits. I'm tired of sleeping. I have no idea if I've lost weight. When I look at myself, I don't think about and dread that number. I see that I can do it, dammit. I'm a grown-ass woman. I only wish I had found Balance365 sooner."

MEG

Totally true.

JEN

Was that a big...Was that a big turning point for you?

MEG

It was, it really was. I had forgotten when I [laughs]. I do forget, but I love to write and it's the way I process. So being able to finally say, "I'm in a fog. I'm not...I'm just going through the motions of life." And I think Jen, you had done an email or a podcast. I think it was both, but the podcast I remember about women sleeping and I'm like, "Dammit. Wake up. Like, there's, life is here for you. Take it. Don't just go through the motions." And I think about that time must have been the time I was really thinking about my wine habits. And if you would have asked me three months ago or if you would have suggested that I give up my daily wine habit, which by the way I would have said, "No, way, that is never happening, it's a non-negotiable.

JEN

That's my non - yeah, that's my non-negotiable.

MEG

That's it. I'm keeping it. I do still have cream in my coffee. I'm gonna be honest, but I try and do less. But the wine, I was holding onto for dear life like, "Please don't take this away." After long days which we have as moms and as working women, or whatever kind of passions or things you have in your life, like you need something to reward yourself. And I had no idea how to do that. So I had to do that without, like, consuming alcohol. And that's not a judgment. I mean, everybody's walking their own journey. But I became reliant upon it. And it was not serving me well. Not at all. So that was all, I think that post was just the beginning. And I feel like I'm glad to hear, "Oh, it was four months," because I feel like I'm posting all the time. But this community, if I could just put a quick plugin, it is like no other. I mean, they embrace the kindness, the celebrations, the successes that everyone, everyone's behind you. And I've not, I mean, I have a great community in education. But this is unlike anything else. So I felt like I needed to let these people know, you do make a difference. And, I can trust that. I can speak my true self.

JEN

That's beautiful. Yeah, the Women Are Sleeping podcast, Annie and I recorded that, and I think it had quite a big impact on many women. And we will link it in the show notes so that anyone listening to this one, if they want to dive into that. Yeah, it's there.

ANNIE

Yeah, because just to be clear, you did not mean actually sleeping.

MEG

No.

ANNIE

[Laughs]

JEN

You meant, living your life. Sleepwalking.

ANNIE

Like, unconscious, automatic, autopilot. Out of alignment. Yeah.

MEG

Going through the motions of life, but not feeling it, not recognizing it, just being like, "Now I'm going to do this. And now I'm going to do that," and just, yeah, the joy, it kind of, sleepwalking sucks joy out of your existence, and you deserve so much better.

JEN

Then four months later...[Laughs]

MEG

Four months. [Laughs]

JEN

There's another, that seems to be your sweet spot. You post again. And it is also beautiful. And what I see here is like, you have this turning point, this almost like you open a window and then this post is like, what you found when you open that window. So you sa, "My realization. A healthy life means taking care of me, my current self, and definitely my future self. After spending years caring for my kids, their activities, pretty much everyone and everything else. It's my time. I want to travel, frolic on sandy beaches, hike mountains, see the redwoods. I have some more years left in my career. So to realize these experiences, I need to love and care for myself. Today, tomorrow, forever. Balanced meals are not a goal. They're part of my lifestyle. It's just what I do. I can't just eat well to achieve movement on the scale. Fueling my body with nutritious food is for all of my tomorrows. It all came together in the last week or so, while practicing eating to a six. I actually feel lighter. My pants feel less snug. I've been incorporating core four habits consistently. It feels like I'm happier overall, I'm not spending time and energy wondering what the scale says. I actually haven't used it much. Might these more aligned habits mean weight loss? Maybe. But as long as I can feel the sand under my feet and hike some mountains, I'm totally cool with that. Thanks for being here and for sharing your personal stories on coaching calls. Just want to let you know it makes a difference." I loved that. And it sounds like you had your moment where your habits started aligning with what you want. Not with what size you want to be

MEG

100%. I call my inner toddler the brat. And I kept hearing her so loud. And I'm like, "But wait, why?" And you've talked, both you and Annie have said, it can't just be about weight loss. You have to have a reason, like to do what? Why? What's your why? And it finally hit me. I was like, I want to touch a beach all over the world, like I want my feet on the beach as much as possible. Like the redwoods, and yes, okay, it might be near Sonoma. You know, I still do drink red wine on occasion, you know, on -

JEN

[Laughs]

MEG

- a special occasion. I want those experiences and if I'm not healthy enough by the time it'll be my time to have those experiences, I won't. I need to be strong and healthy. And I don't think a scale, irregardless of what doctors say no offense, like they clearly have expertise. But, you know, on the BMI scale, I'm probably overweight, but I'm lifting heavier weights than I've ever lifted in my life at 50. I have better energy than I've had in years since probably before kids. Like I said, my mood swings, just my existence, is so much more balanced and fun. And I spent so much time worrying, even my anxiety. I mean, I know that's not, that is often outside of your scope of practice. But all of those pieces, like kind of settled in, and I just needed some direction. And I needed some people to kind of nudge me and help me along the way and say...You know, and I love that you never give us the answer. But somehow through your amazing questioning, we find it. And then the small steps, like Atomic Habits and all the implications that you have within your coaching program. I mean, it's, you've honestly thought of everything. And I'm just so glad to be here. And I'm so glad that you're helping women. I mean, compassion and service are two of my core values. And it just fits. What you do just fits. And everyone should know.

ANNIE

Gonna put Meg in my back pocket.

JEN

[Laughs]

MEG

[Laughs] Call me anytime. Call me anytime, Annie.

JEN

Can you be our hype girl on our bad days? [Laughs]

ANNIE

You know, jokes, jokes aside, because it's not about us. It's about Meg. Although it feels really good to hear such kind words. What I love about that last post that Jen shared from you, is that yes, it's great to have this connection to a deeper why or a bigger vision to pull you forward. But also, I would imagine that when you get to that beach, you don't want to be consumed with thoughts about your body, or food, or -

JEN

How you look in your swimsuit. And...Blech.

ANNIE

Yeah, because like, it's not like, you don't want to just get there. You want to have a very particular type of experience when you get there.

JEN

You want to be there.

ANNIE

Yeah. And it sounds like you're absolutely on the trajectory to do just that.

MEG

I am, and 100%. Like I stopped mirror checking. I was doing that for so many years, like just waiting to the stomach go down. Did my thighs tighten up? Did I...And I put on shorts today, Annie and Jen. Shorts. I don't wear shorts. And it came in my, I use a program like that sends you clothing because again, it's like your time is valuable. Do what works. Don't waste time doing what doesn't work. And I'm like, I'm just gonna try these on. And I was like, "Yay, I have shorts that -" You know, it's Wisconsin and it won't be warm for like seven months. But when it happens, I'm totally ready. So yeah, I don't, I mean, swimsuit, jean shopping. Are you kidding me? That's why I actually started doing this other thing because they actually know how to send me clothes. That's it.

ANNIE

I think, you had a sweater you messaged just about a sweater that's like, this is the revolutionary stuff that starts to change. Right?

MEG

Like I said, it's not coming on the scale as quickly. I will say, my bottom of my range is slowly eeking down. So that's exciting for me. But I don't really care. I live in a range. I'm not a number. But yeah, I would only wear sweaters that covered like, mid-rear, you know, or lower was even more preferable. And it was that day that I sent it to you and I thought, I really want to wear my new boots and this particular sweater happens to match best and I had a backup, like I was, I had, I was not very confident. But I was like you know what? It's okay. Like I remember talking to poor, I think it was coach Inemesit, and coach Justine, and I was like, "But I want my midsection to change," and it's like, guess what? It might not. It might not change, like, you're not 30 or 40 anymore. So now I'm just like I'm gonna own it. I meant to tell coach Justine, I bought a little pair of boots that didn't have the stretchy thing. Like that was a goal. Like can I wear a pair of boots that are just zip up? Well, guess what? I wore the boots. So there are things that only you know for you yourself, at least that's my learning, that you can celebrate. And I know the community is behind me. I know I can, I'm in an accountability group, which is remarkable. We can tell each other just about anything. So there's, like I said, you've thought of it all. But yeah, I want to be on that beach with a nice little pedicure, and whatever feels right on my body, no matter what the size, and I just want to live that life and stop worrying. I mean, it's for nothing, that all that worrying that anxiety is for nothing.

JEN

I think it's interesting when you talk about your midsection and really wanting to shrink that part of you. And I hear this a lot from women, you know, even you know, women in Balance365 and out, it's like they struggle to accept their genetics almost. And it's like, look, like it's, you know,

you can have a weight loss goal and a fat loss goal, and even body composition change goals, if you want to build muscle and everything, but like, at some point, we have to deal with our genetics. And Annie's talked about this in her podcast. She's got thighs, and there is no amount of squats or cardio or weight loss that she could do to shrink those size.

ANNIE

Oh, I've tried, I tried. [Laughs]

JEN

She's tried. And so it's like, at some point, I guess what I'm hearing, Meg, is, you've made some peace with your genetics.

MEG

100%. And I've got strong ties to Annie and I'm just gonna make them stronger. Like, that's my goal. I mean, I can't change, you're right. And now it's funny seeing my mom in her 70s, her body is changing. So...And oh, by the way, that's a huge why, is like, when I see her mobility not being super great. And thank goodness, she's healthy. But it's, you can see that she wasn't maybe doing strength or resistance or whatnot to kind of keep her body moving the way that it probably could. But her body composition has changed. So why stress over something you can't control? And everything that claims in 30 days or 21, or however many months, that you can, that's just, don't even waste your time and investment because it's just, it's people half the time with airbrushing and photoshopping and, you know, it's, and that's not you, you know, that's just not who we are.

JEN

Well, the other thing I wanted to kind of bring people's attention to who are listening is like, when you brought up BMI and being you know, quote, unquote, in the overweight category of BMI, but like, what is health, right? Like you've been thinner than you are now and felt terrible. And now you are heavier, and you have energy, and you have strengths. And you know, you're talking about how your mental and emotional health is worlds better. And so it's like, are we really going to hyper-focus on this scale, this arbitrary - I'm going to call it an arbitrary scale right now. And people might argue with me, but that is not meant to measure individual health, it really is not. So are we really going to use this as an indicator of if we are healthy or not? Or are we going to look at those habits. Are we going to look at how we feel day to day? Are we going to look at if we feel strong and mobile and energetic, right? Like that's health, that is healthy, feels healthy. Healthy doesn't...Isn't reaching a number and feeling unhealthy. Right?

MEG

And really, when I went to the doctor, I mean, they have to tell you, especially when you're in perimenopause, like you have to watch your weight and it has to - and I said "Could we do you know, some blood work," and the blood work came back, and my doctor is like, "I can't believe it. You know, you have really good...Everything's like aligned." And I thought to myself, I didn't have the guts to say it out loud, can we stop talking about my weight then? Like, if there is honestly, and I'm so fortunate, and I know there are people who are dealing with medical

concerns and you know, I've lost friends to cancer, I lost my best friend and she didn't make it to 50, and you know, nothing is promised, you know, and if you're doing your best and you're living your best life and you're dealing with the genetics and all the other kind of things that we deal with then who cares what the scale says? Like, seriously.

ANNIE

I love that you have really detached your worth and value from the scale, and also continued to stick with behavior change. Because I think that's a fear for a lot of women that if they don't leverage the scale as their motivation, if they aren't hyper-focused on it, that they also won't behave in a way that's beneficial for their health, that they'll lose all motivation, and you haven't had that experience at all.

MEG

No, the change that has occurred has taken work, it's taken a lot of reflection, it's taken trust in the process. And guess what, I still have some skills, like, I'm thinking, I'm going to be around here for a while, because a) I want that journal. And b) I want to be the support for women who were me seven months ago. And I also still have some things to work on, like weekends and special gatherings, when things tend to go out the window for me. And the good news is, I don't beat myself up about it. And the next morning, I'm back on track, or the next meal, I'm back on track. But I know that that could tip the scale in a lower direction, again, not that we're using that as the end all be all or the sign of your success. But I would like to see if I could continue working for fat loss. If that means movement on the scale. That's great. If it doesn't, I'm fine with that, too.

JEN

You're a little more neutral.

MEG

Yes. Very much. And it was so triggering, like I put everything into that number, my joy, my pain, my questioning what was working, what wasn't working. I mean, it was all about the number. And I just would suggest to women, both current and new members, or people considering, like give yourself permission to really work on the habits and really work on who you want to be and your vision and your beliefs. And try not to worry so much about the scale.

JEN

Yeah, yeah. And if it, if it's, I guess, how do I say this, that makes sense to people listening? Like if it's meant to be it's meant to be, like, if you're meant to be a leaner body weight, it can happen. And we're so conditioned to micromanage our weight and have, you know, we're really conditioned to say, "Okay, here's the weight I want to be, how do I have to live to become that way?" And we're suggesting or offering an alternative here, it's that you can first decide how do you want to live your life and what habits feel good for you. And then the weight will come. And you'll find the number that's right for the way you want to live your life.

MEG

If it means restricting, and changing everything I love and the things I enjoy, then I'm just not willing to do it. You know, I didn't think I'd ever be able to. And emotional eating happens. Oh, and I didn't even know how to define that when I started Balance365. I thought it was just the kind like when, before that time of the month when you're, you know, headfirst into a bag of chocolate or something. But I've learned that it's so much more than that. And I really again, I remember it happened to be a call with Annie again. And I was like, she's like, well, it's something about the rocks. Like, is this a rock or something you want to work towards? I'm like, "It's like a boulder for me." And yeah, if that's what standing between me and weight loss, yes, please, let's do this. So, yeah, I just, I can't say enough. And it's so much more than even like, it's wellness comprehensively. It's not just BMI, and body percentage of fat and all those things, like it's just so much more.

JEN

What I'm hearing Meg, too, as we kind of get to the end of our time with you is that you've had this like, total 180 in how you think about yourself, and that you are kind of ready to like chip away at some weight loss. But how you're able to do that from this mark versus even when you joined eight months ago, is going to be completely different because you did take the time to kind of settle into some of that mindset work and settle into some of that core values work and really figure out what's important to you. Does that feel true for you?

MEG

Very true.

ANNIE

I'm giggling over here, because that first post that you had, you ended it with a question like, "So how do I know if I'm on track? Do I just trust the process?" And, what I'm hearing also is that you have really just surrendered to the process and trusted in not just the process but also yourself.

MEG

Yes, completely. And it's so, it's not always easy. Like, I'm not here to say, "Oh, I've just coasted on through the monsters on the bus. We're like, sitting..." I was practically on the monsters' lap, you know, like, you have to give yourself time. I keep saying time and reflection, but that's the best way I could explain it. It's hard for me to put into words. And I've tried to talk to friends who have asked me, you know, they've seen a change. I meant to ask my husband like, have you seen a change in me? But I'm pretty sure he has, because we haven't had like a lot of insignificant arguments or conversations. So I feel like that he would agree. But chipping away at it. Yes. Trusting. Yes. Allowing yourself permission to start small and just, it's unbelievable how fast, I think you all call it habit stacking. But how quickly small changes can add up. And just yeah, just go with it, just start and you're so worth it. Like I would tell anyone who is considering. And if you're feeling like I felt where you feel a little hopeless, maybe you feel like you've tried everything. There's no one more important than you. And I'm the first person who said like, "Well, the kids are too young," or, you know, they were involved in pretty much every activity you can believe in. But this is something, even if you could give yourself a few minutes a day, it's so worth it. And the coaching calls, even when I think I'm not maybe going to be able to

relate to the woman who's sharing her story, or her struggle, there's always something I can take away from it. And you can put in as much or as little as you need to to support the rest of your responsibilities in life. But you're worth it. Just do it.

ANNIE

That's a great place to wrap up here. [Laughs] Just do it.

MEG

Just do it!

ANNIE

Just do it.

JEN

Just do it.

ANNIE

Just jump in.

MEG

And there are people here to help you through.

ANNIE

So yes, the coaches but also women like you, who are, had been on the receiving end at times, but also very giving as well to our community and definitely contribute to the amazing culture and environment that we have.

MEG

And you really can't describe it. You just have to experience it. And I'm, you know, I'm just being completely honest, that it's so worth the time and the effort. Because seven, eight months ago, I wouldn't...I wouldn't believe that I could be here and feeling this way, the way I feel about myself.

ANNIE

That's awesome. Thank you, Meg, for sharing your experience and your stories. I have no doubt that this will touch, land...Land...Touch home? Hit home? I think [laughs] is what I was trying to say, with a lot of listeners. So thank you so much. Appreciate it.

MEG

Thanks, Annie and Jen.

ANNIE

We'll talk soon.

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.