

Balance365 Episode 221 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, faithful Balance365 Life Radio listeners, it's almost the end of May. And in the Northern Hemisphere, we are enjoying longer days, warmer weather, lighter clothing, barbecues, and my personal favorite patios. We also see a pattern pop up in our Balance365 members this time of year. Many of our members feel that summer can become a catalyst for them to get off track with their goals. And that's often followed up with some panic about getting back on track in the fall. In North America, it sometimes feels like people are as panicked about weight loss in September as they are in January. And we don't want that. We want you to feel calm and capable in whatever health or weight loss journey you might be on. So today, we're going to cover the main ways we see summer sabotaging people's goals and how they can approach it a little bit differently. And if you want to go into the summer with a simpler and more clear framework for health, wellness, and weight loss, why not grab yourself a copy of our Fat Loss Foundations course. Click the link in our profile and find out more. Enjoy.

ANNIE

Jen.

JEN CAMPBELL

Annie.

ANNIE

Kind of a downer episode, you're gonna tell us that summer sabotages your goals? [Laughs]

JEN

Listen! The Fun Police have arrived.

ANNIE

[Laughs]

JEN

Just kidding. I'm gonna leave this on a super positive note.

ANNIE

I have no doubt that you will deliver. But all jokes aside, we don't mean to be a downer. This is more just, in doing this, we've noticed some trends.

JEN

Totally.

ANNIE

And there are some reasons that summer can kind of get in the way of reaching your goals. And we're gonna talk about them.

JEN

Yeah.

ANNIE

Okay. Are you ready?

JEN

Yes. Number one. Lack of routine or maybe more accurately change of routine. So whether you are a parent, and suddenly your kids are home for the summer, whether they're home for the summer, or they're going elsewhere, like camp, or childcare, or whatever. Or you maybe you don't have children at home, or at all, and you book your vacations during the summer months, change in routine. And I love summer, I really, really do. But it can be a major routine buster.

ANNIE

Yeah, there's even, I mean, even just looking at the hours of your day, you know, the date, there's more daylight in the day, so you might be inclined to stay out until eight or nine because, hey, there's still you know, the sun's still up. Whereas if I were having that conversation in December, I'd be like, "Gosh, it's so late. I need to be in bed." [Laughs]

JEN

Yeah, so I think probably a lot of people can resonate with this when we talk about it. And, you know, some people will see a net positive to their routine, and some people will see a negative to the change in routine. You know, just like throughout the pandemic, we heard stories from our members, in particular, have some people saying like, this is chaos, I can't cope, and other people saying like, my life actually got calmer during the pandemic. So I guess I'm referring here to those who see the downsides to it, or they see the net negative to their routines I should say. And I'm not going to just leave you with a problem. Or as Annie says [laughs]...

ANNIE

A downer?

JEN

No. A turd in your pocket.

ANNIE

Oh, dear. Okay.

BOTH

[Laugh]

ANNIE

Okay, well, first of all, that was my ex-husband. I have to give credit where credit was due, but I would often bring him problems with no solutions. And he's like, "You just put a turd in my pocket. Like, what am I supposed to do with this?"

BOTH

[Laugh]

JEN

It's like one of those like dad sayings.

ANNIE

Yes. We just said turd on the podcast.

JEN

[Laughs]

ANNIE

I love that for us. [Laughs]

JEN

We're not going to leave a turd in your pocket here. The solution...So here's the solution. Instead of being reactive to the change in routine, try being proactive. And that just takes a pause and some reflection. And looking ahead, right? So how are your routines going to shift? And what habits do you have that work, you know, mostly, not perfectly, but mostly the rest of the year that are important to you to continue in those summer months? And then how do your routines or your habits need to change in order for you to continue to prioritize what's important to you, and kind of stay out of that all or nothing zone?

ANNIE

Or maybe there's something currently that you don't feel like you are prioritizing, but want to prioritize, and somewhere might actually be an optimal time absolute to build that in. Because I think there's this, when you have a change in routine or a change in an environment, there's automatically this response, that's like, now's not the time, there's too much change. But from a behavior change standpoint, new environments, which you could argue might include a change in routine, because you're up at different times, you're going different places, you're doing

different things, like, which is your environment, right? That actually can be a really optimal time to change your behavior. So you might feel like, "Oh my gosh, there's so much change, I need to like, get my legs under me before I do anything." It could be like a great opportunity to build some new habits right away.

JEN

Yeah, and especially going into summer that, I would say it's very common to see people feeling like they had just been building a runway into like, a really solid habit base, because spring seems to be a time when people reprioritize some of their habits, I'm right there with them. Like there's something about the longer days and the warmer weather that I find very motivating, and feel drawn towards change. And so even just speaking for myself, that's, you know, one reason I've...I don't know if I've resented summer at times, but, I've resented the change in routine because I'm like, "Gosh, I've just gotten, you know, three months of consistency on this, you know, new exercise program I started, and then July and August hit," and that's the summer holidays for school in where I live. And then I don't have that routine of my kids going to school every day. And it feels very difficult for me to maintain. And then I just get kind of resentful. But of course, I have done in the past what many people do and not planned ahead and asked myself those questions. How's it going to look different? What do I want that experience to be? And what habits are important to me? And how can I maintain those during this season? What does that need to look like?

ANNIE

And listen, like if you have children, you're probably already doing this for them. Right? You're thinking about, what do I need for child care? Do I need to sign up for any camps? Are we doing any, like special activities or whatever? You could do the same for yourself.

JEN

Yeah, you could.

ANNIE

Like what do I need to thrive this summer?

JEN

Yeah, absolutely. What do they need? What do I need? Yeah, I love it.

ANNIE

Okay, problem number two, I don't like it. [Laughs]

JEN

So this is the problem. The problem is the increase in socializing.

ANNIE

I don't see that as a problem at all. Says the introvert. The introvert says this. [Laughs]

JEN

So I will say that I do love socializing. Why this becomes a problem is that for some, the socializing is sort of the catalyst for a big change in their nutrition habits. And maybe you are a very social person. But in the summer, things really pick up, or at least I'll say, for my schedule, people seem to be getting together more often in the summer. And maybe that means, you know, drinks on the deck, barbecues, or eating out. But there can be more opportunities for you to...What would be the right words, just kind of be off track with your nutrition goals.

ANNIE

Yeah, I think it's really easy to get caught up in those experiences where you're in the moment with your friends, you're having fun, you're having this experience of a barbecue or a bike ride with some beers, you know, whatever. And you just start saying yes, because that's just what everyone else is doing. And before you know it, you're like, "Oh, I got off track somewhere."

JEN

Yeah, and with the socializing, it might not...Maybe it's not even just the nutrition but as Annie mentioned earlier, the late nights, so that your sleep is messed up, and that sleep deprivation leads to, often, non-ideal nutrition decisions the next morning. So that kind of thing. This is one of the reasons we see in our members that they feel they get quite derailed in the summertime. And I don't know where all of our listeners live, but I'm in Canada, Annie is in the Midwest, USA, we celebrate in the summer. Like it feels like that's when people come out. And I definitely would not suggest you say no to social invitations, if you truly do want to go. If you've listened to our podcast for any amount of time, you know that we are all about holistic health, and that includes your social health. And loneliness and social isolation are terrible for our health. So I'm not going to suggest that you say no to accepting social commitments, it is just to bring some mindfulness here. And again, deciding what you want your experience to be number one, of the whole summer, and number two, of these different social events, and how that can work with your goals, not against them.

ANNIE

And, you know, frequency probably is going to be a big factor here. If you're, you know, socializing once a week, that's a lot different than someone who is out socializing, you know, four or five times a week.

JEN

Absolutely. And we saw this in a member a couple of years ago, it was really hit home for her. I'm not sure if you remember this, Annie, she went back to university. And her social calendar was quite full before that. And once she went back to university, her social calendar got very small, because she just had so much homework and school commitments that she couldn't do her regular socializing. And, like six weeks in, two months, I can't remember what it was, she posted a photo of her jeans like falling off her. And she had this huge lightbulb moment of how many, how much like excessive calories she was eating and drinking while she socialized. And I remember you coaching her, I don't know if you remember this. And, you know, like you knew. [Laughs] You knew. She was very interested in changing all of her habits outside of that social

time. And that's okay. I also want to say that's okay. Everybody has to come to change in their own time, on their own terms. But actually, just hearing the story might be illuminating for a few people listening.

ANNIE

Yes.

JEN

So essentially, what she ended up discussing was, you know, she'd have three or four drinks every Friday, Saturday night, but it wasn't just the drinks, it was the bowl of chips she would go through after the drinks, and whatever else they were eating. And this is like one of those tough pills to swallow, I think, for people on weight loss journeys, who are also very social and like having their alcohol. You can negate, you can negate a week's worth of consistency with a couple nights of drinking and eating.

ANNIE

Yeah, because very rarely is it just a few cocktails. And then that's it. Usually, those things don't live, those drinks don't live in a silo. It's also a few extra bites at dinner, or some, like picking at your plate or snacky foods after you get home from the party, compromised sleep, and then you maybe miss a workout or just have crummy sleep and therefore you feel more compelled to have sweet treats or carbohydrates, higher fat food during the next day.

JEN

Waking up and having to your greasy breakfast. [Laughs]

ANNIE

Yeah, it's not just the calories in those drinks that matter. It's also how they influence the rest of your decisions. And for so many people, there's just a really strong connection between, "I do this and then I do all these other things."

JEN

Yeah, it's a whole experience. Yeah. So, and I guess, you know, back to the solution. It's going like, how do we navigate this without, number one, saying no to social invitations that we want to go to and then not being all restrictive while we're there. And then not enjoying yourself because you're thinking so much about the drinks and the food. And so the number one thing that I would love to see everybody on this planet do is to simplify nutrition. So big shout out to our program and the way we teach nutrition, grab our Fat Loss Foundations course if this is still a mystery to you. Once you simplify nutrition, then making nutrition choices in any situation, whether you are at home and cook for yourself or you're at a restaurant or you're at a barbecue, can feel a lot simpler. So my number one tip is make sure you've simplified nutrition. So those decisions don't feel overwhelming to you when you get to said situation. Number two is to decide upfront. And again, whether that's for the whole summer, or you're asking yourself this question before each social function, what is negotiable and non-negotiable for you. And what I mean by that is some change, we are going to be willing to make some changes. And again, it's

not all or nothing, it's more, what am I willing to do that would be more in alignment to my goals? And what am I unwilling to do? So all or nothing or restrictive dieting would keep us, would not ask this question. It would say, you know, stay on plan or be off-plan. And what I'm saying is, there's a lot of little decisions between all and nothing that you can make that can keep you nudged in the direction you want to be going.

ANNIE

Yeah, and we have a lot of members, ourselves included, that have an amazing time over the summer, that enjoy barbecues, that enjoy, like all the fun foods that come when you're grilling out and at ballparks, and cocktails and wine and beer, like we enjoy all of that, and we can still not just totally blow the summer.

JEN

Yeah. So, tell me, Annie, just as an example, what would be negotiable and non-negotiable for you, just heading into say like a social barbecue?

ANNIE

I would be inclined to either alter my drink into something a little bit more calorie friendly, I guess you'd say. So instead of you know, a blended daiquiri, I'm choosing a mixed drink with a bubbly water or something like that. And also just reducing my overall frequency of calorie, high-calorie drinks, again, whether that's a punch, alcoholic or not, or like a slushie, they serve those at the pool that are like really good. I would just prefer to have less of those than not at all. But also a question that we pose often, as it relates - and this could be applied to food or alcohol. But we've, I think we've usually saved it for desserts. What's the smallest, what's the minimum amount that I can have and still have a really great time?

JEN

Yeah, and feel satisfied. Not deprived. Yeah.

ANNIE

Yeah.

JEN

Yeah, I think that's amazing. I would be a little bit different than Annie, which is normal, and everybody will have different negotiables as non-negotiable. So this really is a question you have to ask yourself. I enjoy drinking white wine. And I'm not interested in a low-calorie drink. It's just, I'm not interested in like a vodka and soda. Like I honestly would just pass and have a soda water over a vodka soda. So I will have the wine. And you know, that's negotiable for me, actually. Some events might be non-negotiable. Some events, it might be like, no, that doesn't need to be part of my experience. But I would have a glass of wine or two. And then I'm absolutely willing to balance my plate. And I am absolutely willing to have like a small dessert. And sometimes no dessert at all if I'm having wine. I'm actually okay even passing on the dessert, because wine feels like such a luxury for me.

ANNIE

Yeah, I would rather cut from the dessert than the alcohol category.

JEN

[Laughs]

ANNIE

But here's -

JEN

Love the honesty.

ANNIE

Here's what I love about our answers. And this is what we talk about this all the time in coaching. I think it's a different way of saying like, what's non-negotiable for you is essentially another way to ask that as like, what do you value in those experiences? Jen might value and enjoy a really great wine because this is a treat. This is like something she gets when she's out with her friends or whatever. I enjoy just feeling like I'm partaking in this experience. So I actually don't care what's in my hand just as long as there's something in my hand, you know?

JEN

Yeah, and I like the wine. Yeah. I also, I'm willing to like, the amount of alcohol like it's non-negotiable for me that I stop at two glasses, and that is absolutely okay with me to have that boundary, but everybody has to figure out their own boundaries, right?

ANNIE

Yeah. And two glasses for some people might be even too much. You know? Like, knowing what's right for you is, as you said, important.

JEN

If you give yourself generous boundaries going into these situations when there's, you know, there's bit of unknowns here, giving yourself you know, flexible boundaries. If I have the one to two glasses of wine more often than not, I just have one glass of wine, and I'm good.

ANNIE

Here's the other thing. I just want to say this, that I would, I just have been, I've become mindful of, as it's what I call sav blanc season.

BOTH

[Laugh]

ANNIE

When I pour my own wine, it is not five ounces of wine. It is probably like closer to eight. So when we say like a glass of wine, we're talking about a serving of one. Not like whatever you want to fill your glass with. [Laughs]

JEN

Yes, yeah. Absolutely.

ANNIE

That's a slippery slope.

JEN

There's things, like if I were going to my in-laws, it's like, my mother-in-law's potato salad is like non-negotiable, I am having it. What I am willing to negotiate on is the amount, right? I don't need to have the whole bowl.

ANNIE

I thought you were gonna say like her meatloaf. [Laughs]

JEN

[Laughs] My mother-in-law is a great cook.

ANNIE

[Laughs] Okay.

JEN

That's all I'll say.

ANNIE

Problem number three.

JEN

Problem number three is a decrease in intentional exercise, which I would, what I mean by that is like structured, like the workouts that you have planned. And that's probably mostly related to that number one point of a change in routine that you have trouble getting those structured exercise sessions in. I have definitely noticed that for me. And several years ago, I took my kids on a 16-hour road trip by myself. 16 hours each way to go back to my hometown, to visit my family. And I did the drive in two days. And then I was home for two weeks. And then I did the drive back. And I remember a noticeable shift, like after that trip going, like, "I don't feel good. Like, I have barely moved my body for the last two weeks." And yes, number one, lack of routine while I was on that trip. But also just there's a lot of sitting going on. Again, I live, I'm from a more rural area, so you don't just go somewhere and stay there, you then have multiple road trips going on during that trip to visit this person and that person. And so just being on the road, so I was just, I sat for so much. And it wasn't just the driving, it was then going into people's houses and sitting and visiting with them. It was very, a very different experience than like our

family summer trip that we often do out to Vancouver Island where there's tons of hiking, we're on the beach, you know, I don't feel that way. So I remember, you know, having this very vivid experience after that trip of like, "Holy cow, like that was valuable. I'm so glad I went and saw my family. But am I ever sick of sitting!" So solution?

ANNIE

Tell me, like, share some good news, Jen.

JEN

So this is an opportunity again, back to that being proactive instead of reactive. I didn't go into that trip thinking of how sedentary I would be for two weeks. It didn't cross my mind at all. None of my habits really did to be honest. And so this is back to that being proactive instead of reactive. What's important to me, how do I want to feel on this trip? And then what I would say is, it's an opportunity to learn to scale your habits. And by scale, I mean, you know, you can scale things up, and you can scale them down. And that really keeps, that really is the key to keeping out of the all or nothing zone with any of your habits, nutrition, fitness, sleep, etc. So I remember watching that same year that I went to Saskatchewan, watching you and John take the kids to some national park and you took a kettlebell with you.

ANNIE

[Laughs]

JEN

And one kettlebell, and you did it, like you did a couple workouts. Short ones, but you did them, and I remember thinking like, I could have done that. And you're, I don't know if you're laughing because you would think of that and I wouldn't. [Laughs] Or what this little giggle is about. But I remember thinking, you know that that was very smart. And I could have thought ahead and committed to something. It didn't have to look like my usual, just some kind of movement.

ANNIE

I am giggling because that is something I definitely would have considered. I would have on any trip, not just summer, but anytime I'm out of my own kind of like bubble. I will absolutely consider, "Okay, how much time am I gonna have? Are there...Do I, am I going to have access to a gym? Or do I need to, you know, have a plan B for a bodyweight workout or whatever." Because I know when I just don't move very much for a few days to a week I, like you said, feel crummy.

JEN

Yeah, so that was a huge learning experience for me. I don't even need to go get a workout in. If I'm on a trip and I'm doing a lot of walking, I even feel really good. But my husband's like you, like he really does think ahead. And you know, someone's thinking ahead by how they pack. My husband's got his workout clothes with them. This is embarrassing, but he often brings a foam roller on vacation.

ANNIE

That's dedication.

JEN

Do you do that?

ANNIE

No.

JEN

Yeah.

ANNIE

No. [Laughs]

JEN

So he's got like a foam roller tucked into his suitcase.

ANNIE

No shame to John though. I love that for him. [Laughs]

JEN

No shame to John. My husband is an amazing accountability life partner for me in a few different habit areas that without him I might not be, might not be as big of a priority for me. So I actually, I make fun of them. And him and I laugh and joke all the time about it. But yeah, anyways, he brings a foam roller. So you know that he's thinking ahead. And I know that you're thinking ahead, and I thought, I truly could think ahead, too. And it doesn't have to look exactly like you or exactly like my husband, it needs to be something that I feel is doable. And I'm interested in doing. And what does that look like? Right? Just a simple question, what does that look like? And you can ask yourself that for all of your habits.

ANNIE

The other thing I want to add to this point of summer potentially resulting in a decrease in intentional exercise is, and this isn't going to apply to everyone. If you are someone that is pursuing a very specific goal, whether that's you want to run a 5k, you want to complete a marathon, you want to build up strength for X, Y, Z. If you have spent the spring ramping up, and then all of a sudden summer comes, you're off your routine, you're on trips, you're kind of re-acclimating to this new time in your life. It might be reasonable that your endurance strength also decreases as well.

JEN

Yeah.

ANNIE

That's not to say that you aren't getting plenty of movement, because I hear that so often people are, "I'm walking more, I'm gardening, I'm riding my bike with my kids, we now take a family walk now that the weather's warm," or whatever. So you might still be getting plenty of activity. But the specificity of your exercise routine might influence your results too. And whether that's okay with you or not, you get to decide that.

JEN

Yeah, absolutely. I also often think about one of our members from years ago, her name is Danica. And we have a podcast episode with her. And I think she even said this in the podcast, her husband's in the army. And she said, you know, she kind of borrowed from there. And she said, I've learned that there's a time to advance and a time to hold the line. And I think for me, personally, summer is a time to hold the line in some of these, especially in movement. For me, it's just that feels more peaceful. For me, what another woman may choose could be different, it might even be a time to retreat, that you're okay, you know, losing some of those gains. But for me, I am totally okay with and feel actually quite empowered to say, "You know what, this summer, how can I just hold the line?" So the last thing I want to talk about, it's my fourth point, but it's actually kind of the umbrella for all three of these points is that going into the summer without a plan is probably a bad idea, or it's probably a recipe for feeling you've just got steamrolled by the summer. And so often Annie and I talk to women who are, they're just letting life happen to them. One of our members described it as living a life where she's in a boat going down a stream and the current is going, you know, in a certain direction, and she's just floating along and she's hitting this rock and moving, then moving in a different direction. And then she'll hit another rock on the other bank and go in another direction. And what she's learning is that she needs to get a paddle out and take control of the direction she's going in. And so, it's so funny, I had a conversation just last fall with a woman who was kind of having this issue where she's, like, you know, getting to the end of summer. She didn't have any children, but her husband is a teacher. So was off during the summer, and they do lots of trips. And you know, of course, end of summer, and she's kind of having those panic moments where it's like, "I had made so much progress. Now I have backslid. This is like, I don't even know what to do. I need to get back to it, you know, all those things." And I said, you know, I coached her, and we figured out a way to get back on track. And I don't want to shame anyone here. Like we all get off track now and then. But then I did say to her, does this not happen every year? She's like, "Yes, you're right. This happens every year. Why don't I plan for this? You know, it's not a surprise." And I, anyways, so for anybody listening, I would just say if summer is an issue for you, and you find that it's a recurring issue for you to remember that, hey, this is not a surprise. This comes around every year. And on big picture scale, Annie and I see trends. You know, we have a coaching group with 1000s of women. We've been doing this for almost seven years. And I can almost predict with 100% accuracy when the cycles of panic come. And the holidays, Christmas comes around every year. Spring comes around every year, summer holidays every year. So it's like, let's just sit up a little straighter. And like look beyond the next day or the next week, and think about what's coming and what kind of experience do I want to create for myself? And big picture what kind of life do I want to have more for myself?

ANNIE

Yeah, and I mean, even just beyond summer, like how would your entire life year-round change? If you had your eyes, maybe not all the time, but every once in a while you pop your head up from the weeds of day-to-day living and thought like, what's coming next? What do I need to do to prepare? Because if it's not summer, it's gonna be back to school and fall. And if it's not fall, it's going to be the holidays. If it's not the holidays, it's going to be the spring break vacation and your 10-year reunion. Like it's always something on the horizon. And living your life with more intention. And as you said, like you directing, how you want this to go versus just passively letting it happen to you like, "Okay, I guess." Because how often have women said like, "Okay, I know summers, let me just get my kids into a good routine. And then I'll get into a good routine." Well, by then you're like four weeks into summer, you get into the good routine, and then school starts again. [Laughs]

JEN

100%. Yeah.

ANNIE

And then, and then they're like, exhausted, because they're like, I just got into a good routine. And it's like, I know, we get it, we get it. But if you find yourself as Jen said in that cycle, be proactive. If you have kids, and you're making plans for them, plan for yourself, too.

JEN

Yeah, and this is the work of putting yourself on your priority list. I loved when Annie said earlier that hey, you know what your kids are doing this summer. Why don't you know what you are doing this summer. And that was a huge epiphany for me, several years ago, was realizing that I am absolutely on the bottom of my to-do list. I am making sure that my family's needs and wants are all fulfilled. And I'm not even having my own basic needs fulfilled. And it's like, hey, look, something has to change here. And it's not a problem unless it's a problem. But I was hella resentful towards my family 85% of the time.

ANNIE

It was a problem. [Laughs]

JEN

It was a problem.

ANNIE

For you.

JEN

It was a "me" issue. Nobody was going to be rolling out the red carpet for me to take up space in the world.

ANNIE

Yeah, so here's, the good news is, because Jen put turds in your pockets.

BOTH

[Laugh]

ANNIE

The good news is, is there's still plenty of time to plan for summer, right?

JEN

Yeah, there is.

ANNIE

So if you're listening to this, you can likely take action and give some intentional consideration to what you want your summer to be like.

JEN

Absolutely. And before we go, Annie, can we do a quick like rapid fire? Even if your routine is majorly disrupted, how is summer good for your health?

ANNIE

Is this because you feel bad?

JEN

Yeah, I feel terrible.

ANNIE

[Laughs]

JEN

I think it's also, it's an amazing perspective, I think.

ANNIE

I would love to hear how summer is good for your health.

JEN

Okay, so if your routine is changing, and that's causing you a lot of stress, a way it can be good for your health is, it is causing you to learn to be more flexible, and tolerate some discomfort.

ANNIE

Mm-hmm.

JEN

Mm-hmm.

ANNIE

What else? Keep going.

JEN

Number two, I have you can learn to practice your nutrition skills in more challenging environments. And what I mean by this is, you know, we teach nutrition habits and skills and new skills. They are usually best developed in like lower-pressure environments. And so if you've been, if you're a member of ours, and you're listening, or you're doing stuff on your own, you've been developing some of those nutrition habits, skills. And if you're doing it at home, that's probably a lower-pressure environment. And now you're just trying to bridge taking that skill into more challenging environments, which could be like a social situation, a barbecue or restaurant, when you've had alcohol. And so look for the opportunity there to continue your practice knowing you, you'll probably screw it up. But it is an opportunity for you to actually build that skill even stronger.

ANNIE

I love the distinction and the intentional language of practice. Practice your nutrition skills, not nail, not perfect. Practice.

JEN

Practice. Yeah. Number three is that you can learn to scale habits instead of being all or nothing. And that's definitely what I would say. People who learn to scale versus staying in that all-or-nothing zone, that is honestly a key to long-term success.

ANNIE

And you can do that up or down.

JEN

Up or down. Yeah, if you see summer as a time to scale up habits, scale them up.

ANNIE

Yes. Yep.

JEN

Number four, you can learn that NEAT counts. And NEAT stands for Non-Exercise Activity Thermogenesis. And this is kind of, for the people listening who maybe find themselves more preoccupied with exercise. You know, maybe some obsession, maybe some kind of, you know, not great relationship with it, which is I used to have. And realizing that summer may not be a time for me to scale up my intentional exercise, it might even be a time to scale it down. But my NEAT, like my general movement, my body moving around the world and the day increases in the summer.

ANNIE

Yep.

JEN

Number five, learn that outdoor time, if you like going outside, can impact not just your emotional wellness, but improve your quality of sleep. And then number six, learn how crucial socializing is for your health.

ANNIE

Yeah, especially when so many of us have missed socializing.

JEN

Yeah.

ANNIE

You know, hopefully you get the opportunity to this summer more so than you did last summer. [Laughs]

JEN

Yeah. And also just a reminder to zoom out on your health and look at your whole health. Maybe you can't always make perfect nutrition choices. I can't. But maybe I am, you know, taking a step back in a certain situation from making the best nutrition choices because at that point, my social health is important to me and more important to me in those moments. And so just know that big picture, we're always kind of rotating priorities. And it's great when those priorities can be married and they come together but sometimes you're applying your values to your life and choosing one area over another and that's okay. It's adaptability. It's flexibility.

ANNIE

I love it. And temporarily maybe pausing those vitamin D supplements I've been taking. [Laughs] Get some sunshine with some sunscreen, of course.

JEN

Yeah, yeah.

ANNIE

Okay. So it's not all terrible.

JEN

No. Yay for summer, can't wait.

ANNIE

Some potential hiccups, but hopefully we left you with some solutions that you can action on.

JEN

Yeah.

ANNIE

Alright. Thanks, Jen.

JEN

Thank you. Bye-bye.

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 to join coaching.