

Balance365 Episode 224 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

Hey, everyone, did you know that we go live every week in our Weight Loss Without Restriction Facebook group to answer your questions? Because we do. We love it so much. We even turn a few of our favorites into podcast episodes for you to enjoy like today. In this question and answer session we discussed how to stay balanced while dining out, one of my favorite topics, because you know I don't like to cook. Also how to lose weight without it feeling diety or restrictive? And how many habits should you build at one time? These are some excellent topics that got me fired up. I actually lost an earring while recording this but the show must go on, my friends. But before you go laughing at my expense, I want to remind you about our Grown Ass Woman's newsletter. Jen and I send out weekly emails filled with personal stories and insights. Plus, we share some of our tips and tools we use inside of Balance365. If you like our podcast, I think you will love this newsletter. Don't miss out, my friends. The link to sign up is in the show notes or you can hop over to balance365.com/email to sign up. Enjoy.

ANNIE

Good morning.

JEN CAMPBELL

Hi, how are you?

ANNIE

I am good. How are you?

JEN

I'm great.

ANNIE

Do you think my teeth look nice and clean?

JEN

Everybody -

ANNIE

[Laughs]

JEN

- Annie got her teeth cleaned this morning.

ANNIE

For the first time in an embarrassingly long time. It's not something that I would encourage anyone to do. I would not recommend it. But it happened, and the important thing is, is that I eventually returned. I already have my next six-month cleaning -

JEN

Oh good for you.

ANNIE

- pre-scheduled so we're back on track.

JEN

I will just be open and honest. I had my teeth cleaned last Friday and it had been four years.

ANNIE

Okay, well, mine's about the same.

JEN

And it happens.

ANNIE

It does happen. And I was actually thinking about the article that you wrote for the Grown Ass Woman email, if you're not on our email list, and you should be, because we send out great emails, and you shared the concept of the ostrich effect when you don't want to know something so you just avoid it. Don't look at it. You just put your head in the sand like an ostrich, right?

JEN

Yes.

ANNIE

But I didn't do that with my teeth. So.

JEN

Yeah, good. Good.

ANNIE

[Laughs] Okay, welcome my friends. I see we have people tuning in. Thanks so much for joining us. This is our Thursday live Q&A. We ask for your questions on Wednesday. We answer them live on Thursday. Let's get into today's questions. Are you ready?

JEN

Yes I am.

ANNIE

Okay, first one. I absolutely love this question because it speaks to one of my favorite modes of entertainment. She says, "I can cook/meal prep. I have the skills, the tools, but my husband and I both like to eat out a lot, maybe three to four meals a week including breakfast. I find when I tried to turn myself into someone who cooks a lot of healthy meals, I really start to dread it, spending a few hours meal prepping on the weekend. It just feels overwhelming. Do you have any tips for people who like to eat out a lot?" I identify as someone who likes to eat out a lot. And what I absolutely love about Balance365, many things, but I spent my dieting years, I spent a lot of time thinking that I couldn't eat out and lose weight. I couldn't eat out and improve my health. I couldn't eat out and eat balanced. It had to be, if I was committed to weight loss or committed to improving my health or nutrition that I had to give up eating out.

JEN

Yeah, yeah.

ANNIE

I just lost an earring, and that made me -

BOTH

[Laugh]

ANNIE

That just made me so sad. It was, it just, because it's fun. I don't like to cook. I can cook. I don't enjoy it. I have a handful of tips, because like I said if someone told me today, the only way you can maintain your health, maintain your weight, is if you give up eating out, I would say over my dead body, do not -

JEN

[Laughs]

ANNIE

- do not take eating out away from me.

JEN

Can everybody tell how passionate Annie is about this?

ANNIE

[Laughs]

JEN

I can't stop laughing at just how, I haven't seen Annie excited like this in quite a while.

ANNIE

Listen, it's probably all that French press coffee that I've had this morning, too. [Laughs] We could talk about that later. Um, so I eat out, this is some of my best suggestions. First of all, what I have noticed about myself and members who also enjoy eating out is the mere fact, or the mere experience, of eating out often shifts our behaviors. So I have noticed that I am more likely to do things when I'm eating out at a restaurant, than, that I wouldn't do at home. That might look like ordering an appetizer, getting an alcoholic drink, or like a specialty drink. Ordering dessert, ordering something more indulgent, none of that is good or bad or right or wrong. I've just noticed that when I eat out, I'm more likely to do these things. Now, for me, as someone who eats out multiple meals a week like this individual as well, if I do those things every time I eat out, I'm gonna find myself likely in a caloric surplus real fast.

JEN

Yes, yeah. Yes. And what you're, so what Annie saying here that I love is it's not necessarily about the eating out. It's not necessarily about the food that you're eating at the restaurant. It's about what the whole experience becomes. And it's how your behavior changes in that restaurant environment in many different areas.

ANNIE

Yes, exactly. So what I would encourage you to do, if this sounds like something you do as well, my personal approach is, I decide what I'm going to eat before I even get into the restaurant. That's not always, you know, surefire because sometimes you don't know what's being served and whatnot. But I have an idea that like, okay, it's meat and veggies, or I really want something warm, or I want something cold or a salad or whatnot. I say this to my kids with Target all the time. When we go shopping at Target, I said, we decide what we want. And then we go get it. We don't go to Target and let Target tell us what we're going to get. That is not a recipe to win. [Laughs]

JEN

Right.

ANNIE

We will overspend, and if I did that same thing in a restaurant, I will overeat. Right? So I set some self-loving guidelines, like no alcohol, or I'm going to pass on the appetizer in lieu of something else. I am getting the dessert, but I'm going to order something maybe a little lighter for my main course or whatnot. Whatever that looks like for you, whatever you need, you decide before you go in, because the restaurant is going to tell you, you need an alcoholic drink, you need an appetizer, you need dessert, your server's probably going to be really charming. And you know... Oh, why don't you try this and get the cream sauce?" [Laughs]

JEN

Yes, Caesars are on special tonight...

ANNIE

Yes, yes. Yeah. So first tip is, you walk in with some intention about what you're eating, what you need to eat, what you want to eat. The second thing is internal cues. This gets me fired up, too, when people talk about not eating out. Your internal cues go with you everywhere. And you can honor your internal cues. And when you're eating out the same that you would when you're eating at home. Now with that said, because I know the way restaurant food is often prepared, it's just more caloric dense. It's not just awareness of my internal cues at that one meal. It's also been mindful for how hungry or full I stay after that meal. And I have noticed that when I eat out, I have, naturally, probably, because of more caloric dense foods or have been consumed, I stay hungrier longer. So if I go out for breakfast, and I normally eat lunch at 11, I might not be hungry for lunch at 11.

JEN

Oh, okay, I see what you're saying. You stay satisfied.

ANNIE

Yes. Sorry. Yeah. So sometimes when I eat out if I leave that meal satisfied maybe I'll only have two meals, two big meals and maybe a small snack or something like that.

JEN

In the day. Yeah, yeah. You wait to get hungry again and hungry doesn't come when it usually does.

ANNIE

Exactly. And then my last suggestion is to, don't be afraid to customize. If it's not on the menu you can ask. I often get omelets with egg whites, I get turkey sausage instead of full-fat sausage, ordering opportunities at Starbucks, get like half sweet or whatever, get, you know get creative, but just -

JEN

Nudge. Start nudging a little... What are little things you could nudge about the meal to make it more in alignment with your goals?

ANNIE

Yeah, and then I guess this is maybe a fourth tip. Also in my personal experience, oftentimes when I eat out, I can get two meals out of it.

JEN

Oh, right, you pack half up.

ANNIE

Yes. So whether that looks like, packing half of it up right away, and then eating, or eating until you're satisfied and then taking the rest. When you stay mindful of your internal cues, I think that you'll, a lot of women would be surprised to find like, "Oh, this one, this one dinner at whatever restaurant actually can be dinner and lunch."

JEN

Yes, yeah, totally. Those are great tips.

ANNIE

Yeah. What about you?

JEN

Well, I want to mention that this all comes down to frequency, right? So when we are, when we're looking at what habits we want to change. And, you know, we all grew up in this kind of same diet culture with a lot of rules. This is good. This is bad. And of course, as Annie mentioned in the beginning, there's this big belief out there that eating out is bad, and we can't eat out type thing. What we're saying is there is, you know, if you've been around here, any amount of time, there is no good and bad. There's no good foods, bad foods, good behaviors, bad behaviors, it is behaviors that are in alignment with your goals, and behaviors that aren't in alignment with your goals, and how to transition from maybe having some behaviors that are out of alignment more into in alignment, and we can just gently nudge those over. But for me, I eat out infrequently. So for me, I don't have as well-developed of strategy as Annie does, because it's just so infrequent. And frankly, that's just because of the different habits I have. And also, I think eating out is really expensive. And that's also one of the reasons I eat more at home. And so I definitely am mindful of internal cues, but because it's infrequent, it is more of an experience for me. And so for me, I am okay with having the glass of wine and the dessert when I eat out. Now, if I was doing that four times a week, yes, I would probably need a bit more of a strategy. So, you know, really think, you know, as you're taking notes and listening to Annie talk, also bigger picture, how often is this happening for you? Do you need a big strategy behind it? Or not? Maybe yes, maybe no.

ANNIE

I also think, something that we've talked about with our members, a lot of them have young children who they're maybe toting around, getting from activity to activity, or they're spending their weekends at tournaments and whatnot. And they're finding themselves eating more convenience foods, or fast foods, whatever. What I've done in the past is, and over time, you certainly probably could do this, dedicate, you know, 45 minutes to an hour and look up some menus online or whatnot. But over time, I have developed kind of some go-to meals in my back pocket.

JEN

Yeah, you've got a little Rolodex of meals that work for you.

ANNIE

Yes.

JEN

Are in alignment with your goals and are fast and convenient.

ANNIE

Yes, because what I told Jen a while ago, Jen and I have also been working on our, on our habits, as coaches do. I said, I know that I prefer to make one decision.

JEN

Yeah.

ANNIE

And then like not think about it again.

JEN

Yeah.

ANNIE

So if I could have like, hey, these are some meals that you know, that are balanced, have adequate protein, they leave you satisfied, you know, fill in the blank. Any of these are options to you, then I don't have to...Like great, that one. Sounds good. Yeah.

JEN

On the topic of the mindset of eating out, and the mindset of oh, I have to cook at home everything. I think people would be really surprised as somebody who eats most of her meals at home. I think people would be really surprised at how simple some of my meals are. So the other belief here to unpack that can keep people from cooking more at home is that their meals do need, you know, hour to an hour and a half of prep work or they need to cook all these meals on Sunday to eat for the week. Look, if that works for some people, great. They have that time, fantastic. I do not. I do like, do a little bit of meal prep. But also on the topic of having a Rolodex, I have a Rolodex of really simple meals that we have at home. And it is not, it is not a surprise for my kids to come home and learn we're having sandwiches for dinner some nights and because I don't have diet rules anymore. I don't see, you know, bread is bad or I don't see this, I don't have like woman, mom beliefs that you know my value is tied to how I feed my family each night. I see a sandwich is a balanced meal. You know I put some tomato on there, lettuce, mayo, turkey, and like it's delicious and it is satisfying and it's a balanced meal. And for us to again be, we're on the go a lot, especially in spring with my kids and sports. We're throwing some sandwiches in a little cooler and taking them to the field with us. And it's funny, like it's so freeing for me, it's sometimes, you forget how restrictive diet culture is in just that, you overthink these things so much. What would happen to me is I would end up kind of, can't have that, can't have that, can't have a sandwich, I couldn't possibly make a sandwich for dinner, I couldn't possibly, you know, do this for dinner, that for dinner, and then I would just end up getting

overwhelmed. And like a pressure cooker, I would go off, and we would end up eating stuff that was, you know, way out of alignment of my goals. It was very all or nothing because, I didn't have any skills, habits, or the mindset to be able to be in that gray area. So I would also say that if you are interested in having more meals at home, you know, keep it simple.

JEN

Yeah. Just on a somewhat related note, when I was in Canada this past fall, Jen did make sandwiches, and she put, she put Italian seasoning on that sandwich. And dang, that was delicious.

JEN

I have perfected my sandwich over here. [Laughs]

ANNIE

I went, I came home and I bought Italian seasoning to put on deli sandwiches.

JEN

Yes, it is delicious.

ANNIE

It really was. Yeah, you know, but sandwiches are always so much better when someone else makes them for you. [Laughs]

JEN

I don't know.

ANNIE

[Laughs]

JEN

I do love my sandwiches. My own.

BOTH

[Laugh]

ANNIE

Okay, next question. If you want to lose weight, but not diet or restrict, what do you do? You've first of all, you've come to the right place, you're in the group, Weight Loss Without Restriction. [Laughs]

JEN

I love this question. And this is, you know, a new member to this group. And so I get it, I get not being able to even wrap your head around the concept of how could I do this without restriction. Because essentially, there's a few different concepts we could cover here. But essentially, what I

want to share with this person is in Balance365 we believe that any way you choose to eat has to be number one, physiologically sustainable. So nobody can be fighting hunger all the time, they just can't, that is a losing battle. So it has to be physiologically sustainable and psychologically sustainable. And on the psychology side, we all, we just, there's an acceptance that we all have to have, that food brings us a lot of joy and it is integrated into our culture in many different areas. And so if you are trying to eat in a way that causes you to suffer, that's just not sustainable for any human being. So it has to be physiologically sustainable and psychologically sustainable. Those are the two elements. And within that, I think anyone you know questioning or can't wrap their head around this, the first step is probably not diving into what you're eating, when you're not restricting. But to look at your mindset in relationship with food, we say that food freedom, this elusive food freedom, this term, everybody hears all over the place. At Balance 365, we consider food freedom as not just saying yes to food when you want it, but also being able to say no to food, when you don't want or need it. Right? And it's a very, for me, it's the habits and skills that we teach in Balance365 to help individuals learn to lose weight without restriction are probably skills and habits you should have learned as a child.

ANNIE

Yep.

JEN

So it really is about learning to take care of ourselves again. And the mindset around what is restriction, it also needs to be unpacked. Do you consider you know, when you are at a store at Target, as Annie was mentioning earlier, and when you have to say no to yourself in a store, you have a budget and when you have to say no to yourself about buying all those things that are stacked up beside the till or that accent pillow that you just had an urge to get.

ANNIE

Okay, okay, I feel attacked. [Laughs]

JEN

[Laughs] You have these moments where you check in with yourself and you say no, like, you know, it's not the time. I came in here with a budget and I'm going to stick to that budget and that's more fulfilling to me than coming and just spending money here, here, here, here, here and then leaving broke. Right? So there's there's a mindset behind that, where we check in with ourselves first and we check in with our greater goals. And we say no right now. But what we're actually saying is later, there's a time later, if I really want that, I'll come back and get it, I can come back and get it next paycheck, I can come back and get it in a few months when I've saved for it, et cetera. There are so many eating experiences that people have that are met. Right? That they could really do without their math, right? And I often share this, to this person, I want you to start asking yourself this question as you go throughout your day, your evening, your weekend, perhaps, is, is this a valuable eating experience for me? And so oftentimes, you know, the women that come into our program that are being coached by us, 95% of them are struggling with the same issues. It's like, they are trying to find this balance. They have, you know, a lot of calorie-dense foods in their life that they don't know how to handle, they're doing

some emotional eating, they've maybe got a wine habit, like, stuff that they know isn't, you know, quote-unquote, good, the best for them. Doesn't have them on a trajectory to reach their goals. But they don't know how to say no to themselves in a way that doesn't feel restrictive. And I would argue that that is due to, for a lot of them, their relationship with food and alcohol, which is usually called this toxic relationship we have is really nurtured inside of diet culture.

ANNIE

Yeah. Two things. All that is pure gold. I wanted to add, I had a coaching call a week or two ago with a member and she was, we were diving into this, like, how do I know when to say no to myself? And when to say yes? And that's so context-dependent and person dependent, but this is what she came up with. She had kind of a filter that she's screening for. Just like Jen said, is this a valuable experience that she's she came up with? Is it worth it? Was worth it to her? Was high quality and high enjoyment? Is it meaningful and fun to me? Is it satisfying? Does it align with my values? Do I need this?

JEN

Right. Yeah, gosh, I love that.

ANNIE

Yeah.

JEN

I think that's amazing. And I think, you know, we've really, it's a great guide, and we probably all have to come up with our own filters. One thing I want to mention to this person that, anyone who has a long history of restricting, and if you recently have kind of walked away from dieting, or if you're still dieting, one thing that it can be very hard to wrap your head around is that the urges that you have to binge right now will not exist in the future, if you stop restricting, and start working on your relationship with food. And so there was a time when I could not keep ice cream in the house. And I thought people who had, you know, what I saw as well, they have great self-control around food. I thought, you know, they're lying. If they, if someone could say no to ice cream, like, that's a lie. That's somebody who's restricting. That's someone who has great self-control. In my mind, I couldn't understand that someone just didn't want ice cream at that moment, didn't feel like it. And so I used to just not be able to keep ice cream in the house, or I would be thinking about it all day long, and then eventually eating it with a spoon from the bucket. And that's because of the physiological restriction in my life was constant, it was constant, so I was always hungry. And when you're hungry, you are thinking, all you're thinking about is calorie-dense foods. This is not your body betraying you. This is a survival mechanism. Your body doesn't care if you want to lose weight and you're on a diet or because it thinks it you could possibly be lost in the Sahara Desert, right? Or going through a famine. The year is 1430.

ANNIE

[Laughs] You're on the Oregon Trail.

JEN

[Laughs] You're on the Oregon Trail. Yes. And your body is like, "We're trying to survive out here. We need, we need food fast," and then your brain will start sending you cravings for the most calorie-dense foods that it can think of and that's actually to help you survive. And so we have to deal with that physiological restrictive piece first, because a well-fed person has a way easier time managing those cravings than an underfed person, right?

ANNIE

Yeah, I think I know who this comment is from, I can't see the name but I do want to share. They say, "It does sound impossible to lose any amount of weight without restricting, honestly my mind was blown when I started actually losing weight without restriction after I joined Balance365 coaching, but here I am two years later and I've lost 60 pounds now and it hasn't even felt too hard."

JEN

I know who that is, too.

ANNIE

So you don't have to take our word for it. You can listen to our amazing -

JEN

You can talk to our members.

ANNIE

Amazing members.

JEN

Listen to our member podcasts. Yeah.

ANNIE

Mm-hm. It's possible. Okay, last question I have here is, "Do you work on one new, healthy habit at a time?"

JEN

This is tricky. And this is something we used to recommend as like a blanket guideline, and we no longer recommend it. And for a few reasons, I think it can be a helpful guideline to kind of like have one focus at a time, and to kind of look at incrementally improving your habits in different areas of your life. But the problem with that is sometimes, you know, as women do, we have a tendency towards perfectionism. And so what Annie and I would see in our members is they're working on one habit at a time, and, "I will work on this until it's perfect, and I won't move on or address anything else in my life until this one habit is perfect." And life is just a little bit messier than that.

ANNIE

Yeah.

JEN

I do think it's not a terrible guideline, especially for the demographic of people we work with, like the majority of people we work with are busy women, busy women with big, full lives. And they have sh** to do. And so one focus at a time can be very helpful. But on the other hand, it can be harmful for the perfectionist out there. So I think the answer to this is, it's just very individual, do you need to work on one healthy habit at a time? And what are the pros and cons of that for you? What do you notice when you take on more than one focus?

ANNIE

Yeah.

JEN

You know, what do you notice? What do you notice when you do only have one focus? What's going to be the best path for you? Yeah, what are your thoughts, Annie?

ANNIE

I agree with all that. And I would also say, I think it kind of depends on the nature of the habit, if it is...Maybe if for you establishing a habit, is a matter of, "I just need to sign up for this class, or set my alarm, or make this like one-time commitment," and it sets off this domino chain that everything else just like that habit naturally occurs with ease, then you might have the capacity to the, I guess, the mental energy to expend towards maybe looking into some nutritional changes.

JEN

Yeah.

ANNIE

But, if it's something like, I'm really trying to get in tune with my internal cues and learn what hunger and fullness feel like to me, that might take a little bit more mindfulness and doing that in conjunction with, you know, improving your sleep and working out and balancing it. Like, that just might be like too much. But then I also know that we've had women in coaching who are retired, and they're like, "I have nothing to do during the day. Other than to like, enjoy life. You know, spend time with my friends and family. Like I can do this." I can tackle all of this.

JEN

Yeah, it really, like, this is like a check-in like, what do you need? I know for me right now I am focused on dialing up my exercise habit. And for me personally, that feels like what I have the capacity for at this time, that feels like the area of my life that needs tending to, and that, and I don't feel any desire to bring on anything else. Because, you know, ultimately we live, this perfectionist mindset that we live in and even perfectionist culture, combined with, you know, the human brain, like negativity bias, like always looking for what's wrong, like, you could be working on 100 habits, on 100 habits at one time, right? "Oh, I need to improve my budgeting, oh, I need to improve my protein intake, I need to improve my exercise, oh my gosh, I need to

be a better parent." And like, ultimately, if that's the mindset you're in, you aren't actually achieving anything in any area of your life, right? Because it's just too much. The human brain can't cope with that. And so I think it can be really helpful to slow things down and get really honest with yourself about what you have the capacity to take on.

ANNIE

Yeah. And I have a couple additional thoughts, now that you said that. I think we talked about this last week, about meal plans, or maybe a week or two ago. I used to buy into the concept of a meal plan. I just, I buy this meal plan and all I need to do is just follow this meal plan. But from a behavior change standpoint, committing to that one meal plan, required me to grocery shop in a different way, it required me to prepare and cook meals in a different way. It required me to then eat the foods that I prepped in a different way. And then also required me to say no to habits that I already had established, whether that's like going through the drive-thru or cooking a pizza that I really enjoyed or whatnot. So in that, like one decision, there was a lot of kind of micro habits that I had already established that made that one choice really difficult to implement.

JEN

Right.

ANNIE

So, it's not just like when we say one habit at a time, we're really looking at like, one specific area of focus is what we mean when we talk about that. And the other thing that I want to add is I think then, the belief that keeps women from doing one habit at a time, taking a little bit more slower or moderate approach is that one habit at a time really isn't, it's not good enough. It's not really gonna get me going.

JEN

Yeah.

ANNIE

And so instead, they just don't do that one habit, or they don't do the one thing yet. But doing all the things is also not sustainable. Because as you mentioned, it's too much, so either case, they end up doing nothing.

JEN

Yeah, yeah, yeah. So a whole lot of nothing going on. [Laughs]

ANNIE

Yeah. So if that's you, if you're like, I'm not going to do, I'm too good for one habit, because that's just not enough. And that just doesn't, you know, feel sufficient to me, but on the flip side, doing all the things is not sustainable. Maybe give the one habit thing ago.

JEN

Yeah, give it a try.

ANNIE

Yeah. Okay. That was it. Great questions, my friends. We'll talk to you soon.

JEN

Bye, everybody.

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.