

Balance365 Episode 239 Transcript

ANNIE BREES (INTRO)

Welcome to Balance365 Life Radio, a podcast that delivers honest conversations about food, fitness, weight, and wellness. I'm your host Annie Brees, along with co-founder Jennifer Campbell. Together we have a team of personal trainers and nutritionists who coach 1000s of women daily and are on a mission to help women feel happy, healthy, and confident in their bodies on their own terms. Join us here every week as we discuss hot topics pertaining to our physical, mental, and emotional well-being with amazing guests. Enjoy.

ANNIE

Hello, my friends, welcome to Balance365 Life Radio. We have another amazing member spotlight for you this week. These member spotlight episodes allow us to introduce you to Balance365 members who are just killing it inside the program, so you can take their wisdom, experience, and stories and learn from them. They are busy women just like you who are changing their habits, their mindsets, and reaching their goals. On today's episode, you will meet Lisa, or Grandma Lisa as she calls herself. Lisa has spent 45 years trying diet after diet with no long-term success. Out of sheer desperation, Lisa joined Balance365 hoping to find sustainable change, and she was not disappointed with a few habit changes and mindset shifts. Lisa has not only lost 20 pounds, but she feels better than she ever thought imaginable in her body. And most importantly, she feels like she has finally found the lasting change that she has been looking for. Lisa says, "The most important mindset shifts I've made are to believe that change is easy for me, believe I can stop using food to soothe, and believe I can lose fat and keep it off for the rest of my life. Bonus, I can apply these same mindset shifts to other areas of my life." I think you are going to just love Lisa's radical honesty and energy. I know I do. I know our community members do. And if Lisa's story hits home with you, you need to get your name on our waitlist so you can be the first to know when doors to Balance365 open again. You can go to balance365.com/waitlist or click the link in our show notes. Enjoy my friends.

ANNIE

Lisa, welcome to the podcast. So happy to have you and your energy on the show.

LISA

We'll see how you feel at the end.

ANNIE

[Laughs] You have, you have developed quite the reputation inside our community as being this like cheerleader, encourager, supporter, like just hype woman to the max, and I'm so excited to talk to you today. Before we get into all of your experience in Balance365, lessons learned, what life was like before, during, and now. Can you tell everyone a little bit about yourself? Because

you have quite the like juicy... A lot of interesting, I think, a lot of interesting background information.

LISA

Well, yeah. I always laugh when people say, "I've tried all these diets," you know, and I want to go, "Oh, sweetie, you are not alone." Like they all, sometimes they'll say like, "Oh, but you don't know. Like I've tried so many." I'm like, "Oh no, I've tried so many. I can - my first one I think, was my mom's TOPS, Take Off Pounds Sensibly, and a woman lost weight by eating marshmallows and drinking coffee. That's all she had all week. Everyone was like, "That's fabulous. Look at you go. You lost weight." So, and I was probably like maybe six or seven sitting in this meeting. But it wasn't for me. And anyway, a little bit about me before I get off track on my diet history. What's very interesting as I was thinking, like, what are the things that make Lisa Lisa? So I - and they match up with my core values. Can you believe it?

ANNIE

Shocker, such a surprise. [Laughs]

LISA

I know, right? So my values, which I can rattle off quite easily first of all, because they all begin with F. So, everybody, choose values that begin with the same letter so you can rattle them off at any time. But they really are my values, so it's okay, too. So faith, family, fun, and fitness. And I kind of use fitness kind of loosely, but I just love to work out, I have for a long time. We may get into that later. But anyway, I just love being - I just love movement. I love working out, walking, doing all kinds of stuff. But anyway, so I thought, who is Lisa? So I'm a believer. I love to be with my family. I love to have fun. Sometimes the two are together, and that's great. Sometimes they're not. So I just focus on the fun. [Laughs] No, I'm kidding.

ANNIE

Yeah, yeah.

LISA

I love to laugh so hard that my cheeks hurt and my stomach hurts. And I try to be as cheerful as possible. Now, I'm not always like this, just so you know. But I just, it just was so funny, last thing, but who am I? I wrote down these words, I'm like, this goes right along with my values. So that just shows the importance of the value work.

ANNIE

Yes, well, we all have, as we say in Balance365, we all have values, whether we've taken the time to reflect on identifying what they are.

LISA

Amen.

ANNIE

That might be work that people haven't even thought about doing. But we all have a set of values, again, whether we know or not, that are guiding our decisions. And you, it sounds like you have had yours for a very long time, which has led you to being a mother. Right?

LISA
Yeah.

ANNIE
And do you mind telling people about your, like, educational background? Because I think it's relevant to Balance365.

ANNIE
Yeah, so, I have a degree in psychology, which is funny. So my interest in kind of helping people, and especially kind of in the food arena, probably to help myself, too. But my interest goes way back, and I just turned 58. So it tells you how long ago college was for me. Anyway, so I have been on many, many diets, along with my education, sometimes using my education to try to help my behavior, sometimes not. But yeah, that's a little bit about my background, I just decided after I was done with my four-year degree that I had had it. [Laughs] Done. [Laughs] And so I didn't go on to get my master's, but continued to really still have a kind of a lifelong interest, I guess, in all things eating food, ways people deal with food, including myself. So. Yeah.

ANNIE
Well, you're, I've seen in your posts, your interest in psychology and thoughts and mindset and how the brain works and how we establish habits and really influence how you approach some of your behavior changing and using that as proof that like, it is possible, but I just, I do want to plug a fun fact that Lisa and I actually went to the same college.

LISA
Woo!

ANNIE
So go Dutch. [Laughs]

LISA
Yeah. Not at the same time for any of you playing at home. [Laughs]

ANNIE
Well, we were only about 30 years apart. 20 years. 20 years. Not 30.

LISA
Only 20 years. [Laughs]

ANNIE

20 years. Yeah.

LISA

Go Dutch, woo!

ANNIE

Okay, so I know you've said already that you've had a long history of dieting. Do you remember your first diet, like what, how old you were, and what life was like at that point for you?

LISA

Yeah, I think my first real diet where it was, I think, very conscious about trying to lose weight was in eighth grade. So we're talking about 45-ish years ago, and I, you know, back then, because I was probably, I don't know, 110 pounds, like you lose a few pounds, and it kind of makes a big difference. But I like, I very much remember, like, "Oh, I lost a few pounds." I don't know what I did. I don't know that I was really, I probably restricted at some point or sometime. I'm guessing that's what I did. I don't know for sure. It wasn't like I went on a diet. But that kind of started, I think, just this... Yeah, I guess I was always, I was probably always, most of the time, unhappy with my body. Not so much, I don't think, in junior high, because I was then, I started sports and back in the day, back when I was young, you didn't start sports, like you had city softball. You know, when you were in elementary, and then you really didn't start sports until junior high, and I found a love of running, so thank you, Miss Smith, wherever you are. Because you instilled in me a lifelong, really love of exercise, and it was because of being in track that I, even at my heaviest, I still go work out. I had to stop running a few years ago because of my knees. But anyway, so that was my first diet. And I think probably just kind of off and on, I think probably just, I think a lot of restriction, I don't know that I did anything formal, until probably - I was trying to remember, like when I went on my first formal diet was probably Weight Watchers, along with so many others, right? I mean, I remember, after trying to lose weight after each child. And so then, but I did some kind of homegrown programs at work. I've done - well, there's this thing called Diet Center. I don't know if anybody even remembers that. That's really, really old. And they were through our Y, our local Y, there were some kind of Biggest Loser type - I mean, it wasn't sort of called that, but then some other programs throughout the years I did. I did almost all of those, I'd sign up, you know, I'd lose weight, and then I'd stop and the competition would stop and so would I, I'm like, "Okay!" Like, I can just see, I found a sheet of paper that had my weight, it was probably 10 years ago, you know, and I just, and just, all these other...So, anyway, lots of yo-yo dieting, never doing anything. So for those of you out there who think, "This can't work for me," I've tried everything. Again, listen to Grandma Lisa.

ANNIE

[Laughs]

LISA

45 years - because I'm a grandma now! 45 years of dieting. And you can you absolutely can change your thoughts. And I know there's some of this changing your thought research is relatively recent, right? I mean, I didn't learn about that really, in psychology back when I

graduated in 1986, I don't think there was a lot of talk about changing your thoughts. But there's been so much research, I think in, I don't know, the last 10, 15 years. I'm not even sure if that's really accurate. But, man, so much research on that. It's, to me it's fascinating, and I just feel like I'm living proof that it can work for you. Doesn't matter what your history is. Doesn't matter. You can be successful.

ANNIE

Lisa, what do you think is the - if you remember the - because you just - did you just have your one-year anniversary?

LISA

I did. Yeah. August has been kind of a big month for me. So it's my birthday...Yeah, I just had my one-year anniversary. I know. I was thinking about like, oh, I'm gonna cry. I promised myself I wouldn't cry. But I might.

ANNIE

[Laughs]

LISA

Yeah. [Laughs] Yeah. One year, like, and I just feel from a, from an eating perspective, I'm such a different person. But yes, anyway, so yes, happy anniversary to me.

ANNIE

Yeah, that's definitely a milestone. And I'm wondering, if you recall, a year ago, or leading up to a year ago, what was the one thing, if anything, that led you to think that like, "Balance365 is for me, like, I have to try this, I have to join"?

LISA

Probably somewhat out of desperation, really. I had been on another program, sort of on another program that I had paid for. And she had similar ideas and similar things I learned, kind of, watching your mindset, you are a choice. That was a big revelation to me. I know, it's not really answering your question at this point. But I want to say this before I forget.

ANNIE

Yeah.

LISA

One of the big things for me, well, there's a couple, but one of the big things for me is taking responsibility for my behavior. It's a choice. What I put in my mouth is my choice. It's not my parents' fault. Because I've been choosing the food that I eat for a long time. I'm gonna guess maybe since you know, junior high, high school. They were not, you know, my mom was still cooking for us, but the amount and all of that, that is my choice. My hand. This hand here puts that food in my mouth, not my bad day. Not my whatever club I belong to, whether it's clean your plate, or you have to eat this before dessert or whatever. I make the choice. And so that was big

for me. And I love that it's carried me through into Balance365, too, because it's a gift for me. That's just part of mindset work. But why chose Balance365? I have to say, because I follow Erin Kiernan on social media. I hope it's okay to say her name.

ANNIE

Yeah.

LISA

And I think I must have seen some comments, and then I was like, "What is this? This sounds interesting," and so I went, and I started listening to some of the podcasts and reading some of your Instagram pages, and I just kind of thought, "I've tried everything. They have not worked long term. I'm going to try this. This sounds really interesting to me." And oh, man, I'm so glad I did, because it has changed my life in so many ways.

ANNIE

What do you think is so different about this approach than others you've tried, or different about your approach to our approach that has been a game changer?

LISA

Yeah. So a couple of things. And I know that I've learned so much about, you know, the diet world, the diet mentality, all of that industry from you guys. And it makes perfect sense that those things are set up so that you fail, you have to do them over and over again. How I decided to look at that though, is I learned something. If I really look back, I did learn some things. Okay, maybe not Weight Watchers. But I learned a couple other programs, I did one program years ago, was called The Way Down Workshop. And that was the first time I'd ever heard seen anyone, she talked a lot about eating when you're hungry, stopping when you're full. So that's always been in back my mind, even though I didn't really stick with the program long-term. But that was always in the back of my mind. So I've taken a few things from some other programs I've been on. And that is been for me as a wonderful transition to Balance365. The mindset work, I have done a little mindset work before, I'll say that, but the mindset work I've done since Balanced365, and just realizing, just understanding and knowing that you can change, you can change how you think, you can change how you feel, if you want to keep thinking those deep, dark thoughts. Go right ahead. For me, I just think all this time, I thought this is just - not Balance365. But all the other things I tried, because once I failed, I just kept thinking, "This is just another one I'm going to fail, but I should just probably keep trying. Because I'm miserable. My relationship with food stinks. I'm going to keep trying." But I don't know, in the back of my mind, I really thought it would work. Because I hadn't done the mindset work. This...The mindset work is just, you know, it's just so important. It's for me, it's where it's at, again, kind of goes back to that choice, right? I can choose what I eat. I do choose what I eat. I choose what I think. And I'm not saying that all day long, I walk around going, "This is great."

ANNIE

[Laughs]

LISA

"This horrible thing is happening to me! Bring it. Yay. I'm so happy. I'm so happy." But the horrible thing is still happening. Right?

ANNIE

Yes.

LISA

And I can't even predict all the horrible things. Like I look back on my life, and I go, "Okay, let's do all these things that I never thought would ever happen to me." I lost a job. I mean, I worked for a company. They got bought out by another company. It was a company I thought I would retire from, lost my job, had to go find a job in my 40s. I got cancer. You know. Many, many, many other things, right? But does anyone predict that those things are going to happen? Does anyone look on their life and go, "Okay, I'm pretty sure all these things gonna happen," blah, blah, that of that? Well, no, you probably - maybe some people do. I don't know. But you don't always think that all that's going to happen. So just being able to learn to how to change your thoughts helps you deal with that, where I was going to food. Am I really answering your question? I'm not sure. [Laughs]

ANNIE

No, no, no.

LISA

I mean, I was going to food most of the time, right? For that. And knowing that I can change my thoughts. I can tell my, you know, whatever you want, however you wanted to frame up your thoughts is for you. But I can tell myself, and when I changed my thoughts, and sometimes I say, I'd have to say them over and over and over again [laughs] to change it. I'm not saying I always go to that. And I'm not saying I still don't turn to food. The other day, I grabbed like a handful of animal crackers. And you know what I thought? "Annie would say, 'if this is not a valuable eating experience, why are you eating these?'" I'm like, "That's right, put 'em back in the bag." So it was after a couple handfuls, I'm not gonna lie. But I stopped myself, and I thought, "Oh, Lisa, what are you doing?" Anyway. The mindset work has just been, you know, so, so helpful for me, and the thing that's so great about it, it applies to other aspects of your life, right? It's not just food, again, back to my point of when things are going to happen, bad things happen. It's just so much easier to turn my thoughts around, you know, and -

ANNIE

Yeah, well, what I hear you describing Lisa is, I think it's really common, especially for the women we work with. I've said this time and time again, they are high performing. They're ambitious, they're motivated, they're intelligent, they are smart, smart humans. And they probably, a large percentage of them like to maintain a sense of control over their environment. And like, "When I run this tight ship, when everything goes as planned, then my eating can also be on plan." And then, as you noted, things happen, because that's life, and the seasons change, and kids get sick, and you get sick, and jobs change. And we had a pandemic, and you

get injuries, you - I mean, so many things that we didn't plan for happen. And then it's like, "Well, now what? Now my perfect plan is shot to hell. And I don't have any other strategies to manage my emotions when it's not perfect. So then I eat." [Laughs]

LISA

Yes, yes, yes. I mean, that is it. If I could say anything to anyone to try to convince them, you cannot wait to do this work until your life is perfect. It never will be. Never will be. If you wait, it'll be too late. Don't wait. Please don't wait. I mean, I wish - I can say - again, because of my thought work, I'm not going to be sad and wish I'd found this, you know, program when it first started. You know, what? Seven, eight years ago, this was the perfect time for me. I fully believe that. You know, God brought it to me when I needed it the most. And it's just, I mean, because of everything I learned just stacked, kind of like the habit stacking, right? Just stack stack stack. So, it's the perfect time for me, but please don't wait. Don't wait until your life's perfect. It won't be, it never will be. And turning to food, I remember I think back in elementary school, who knew that this would be my life? But there used to be a joke. I think it was, "Well, you can't love food because food won't love you back."

BOTH

[Laugh]

LISA

Like, who knew that that was what I was trying to do with my life?

ANNIE

Maybe not. But eating those animal crackers in the moment feels pretty darn good. [Laughs]

LISA

No, I'm not gonna lie. It did. It did. But yeah, you guys, we know the problems are still there. I always had to really be - yeah. The issues aren't going away because I downed a handful of animal crackers and thought maybe I should open the ice cream. No.

ANNIE

Yes.

LISA

Problems are still there. So yeah.

ANNIE

Yeah. And you know, the other, what I hear you talking about, Lisa, that I really appreciate is like a sense of gratitude for all those past attempts that you did make, while they didn't ultimately lead you to the sustainable result, you did take your growth mindset, which says failure is not proof that it's not possible, failure can be a learning opportunity. And it sounds like you really said like, "What did I learn about myself? What did I learn about my needs, what skills were helpful? What strategies weren't?" And you like built on that as you came into Balance365. So,

which I think is such a great perspective, because there are some things, looking back at my past dieting attempts, that it wasn't all just crap. I mean, you can dig some gold out of there and learn like, "I do well when I have a bit more structure. Meal prepping some ingredients is helpful. I learned adequate ways of getting protein through macro counting," or whatnot, you know, so I don't want to macro count indefinitely, but I can, again, take the cherry, spit out the seed.

LISA

Yes, yes. I love that. Because as much as the diet industry, of course, frustrates me. That's absolutely true. And when I choose to look at the things that I did learn that have helped me to even to this point, it makes me feel better about it. Now, was it perfect? No, but some of it, too, is, you know, some of them were doing the best they could at the time, you probably don't remember, but you know, 20, 30 some years ago, low fat was the thing.

ANNIE

Oh, I remember. [Laughs]

LISA

You know, and that, I ate - well, talk about animal crackers. So at work, you know, we were all like low fat. That's it. Okay, I've eaten probably my, more than my weight in Hot Tamales, animal crackers, Tootsie Rolls, because back then it was - And Snackwell Cookies if anybody remembers those. [Laughs]

ANNIE

Mm-hm, yup.

LISA

So, everything was low fat, low fat, low fat. And what we - all we were doing was just replacing it with sugar, right? Because no one would eat that stuff. [Laughs] No fat or no sugar, no one would eat it. But anyway, just, they were kind of doing the best that they could, everyone was doing the best that they could, so for me, it just puts a little more positive spin on it. At the same time, understanding that the diet industry, you know, what they do, I will never go back. I know I've said this in the group many times, and people are like, "Would she stop talking about that?" Like, it's like an old boyfriend. You look at it, and you, and you forget why you broke up. You forget why. And you see everybody else talk, you know, talking about and doing the latest thing. I just heard someone at work the other day talking about the latest diet she was on. And I just, I just said the little silent thank you prayer to God and to Balance365, I just thought, "I don't even think like that anymore." Like what freedom.

ANNIE

Yeah.

LISA

What freedom there is to go into work and sometimes pack a lunch, sometimes not, sometimes just say, "Oh, I'm gonna go out if I feel like it." Because I'm not basing who I am or how I'm doing

based on my, quote-unquote, good food that I eat. I'm not basing how well Lisa did today, based on what she ate. Now I look back on my day and look at the amount that I ate. But I don't say, "Man, I shouldn't have had that," or, "I shouldn't have had this, I shouldn't have had that." I haven't even really looked at balanced meals yet. [Laughs] As we know, I've been at this for a year. I mean, I try to eat balanced-ish meals, looked at any of the materials, I have it, and I've lost, well, it kind of goes between 20, 25 pounds is my range. I've just done that by listening to internal cues and trying to eat, you know, I went from eating to full to eating to satisfied. Made a big difference there and just how it feels in my body. So anyway, there are things you can appreciate, yes, about what you've been done in the past. But then, at the same time it also makes me appreciate Balance365 even more. So it's, I think we, you guys talk about that, too. Like it can be both/and, it doesn't have to be either/or. Like I hate my diets. And I love Balanced365. I hate the old diets I was on, yes, but I can appreciate them. And at the same time, try to be Balanced365's biggest cheerleader and try to get everybody I know on board.

ANNIE

[Laughs]

LISA

If they want, I try not to shove it down their throat. But if they ask me. I'm gonna tell them.

ANNIE

Yes, and you do that in our group, too. You're just so encouraging that it truly is possible. And I love the honesty that you're like, "I haven't even utilized all the habits, and I'm getting results."

[Laughs]

LISA

I bought the journal, here's what I've tracked.

ANNIE

[Laughs]

LISA

You know, it's blank.

ANNIE

Here's the thing about that, Lisa, is that we have tools and strategies, we have resources, and we have recommendations that we think the majority of people would benefit from. But in the end, if they're not helpful, if they're not valuable to you, and you're getting the results you want, and you're happy, go for it. And we really encourage our members to find the tools and strategies that are helpful. Take what you need, leave the rest, the rest will be there if you need them down the road. And you've done that, like you've said, like, this is the habit, the internal cues habit is my like, my big rock habit. I'm getting the results. I'm going all in on that. And I'm going to leave the rest for now. And that's cool. And like maybe down the road, you do investigate balanced meals.

LISA

Right. Yep.

ANNIE

And that's great. And if you don't, like that's also within your, like, liberty to choose. So.

LISA

Exactly, yeah, I just didn't, I know sometimes people, and I probably did, too, a little bit. I've just never really been a big tracker. Not my thing. But it is good for data. But I also, because I'm older, I know myself really pretty well. So I, you know, so I didn't need to write everything down. But I have written down so many quotes. I love it. All my favorites. And I try to attribute all of them. But anyway, so, I have used it. But I thought that journaling, yeah, that's probably a good thing for me. And then I don't know why, I just laugh because I'm like, "Well, still might." But anyway, I just want everyone to know, too, that don't let that - yeah, don't be scared off by, if you think, "I'm gonna do all this stuff." There's not a lot of stuff to do. I mean, it's work. And for me, I know it's not for everybody else. But for me, I had to tell myself, change is easy for me. And I know that doesn't work for everybody. Some people have to, you know, everybody has to find out what works for them. But for me, if I kept saying, "Change is hard, change is hard." I wouldn't change. I just know myself well enough. It's that psychology degree and that self-fulfilling prophecy I learned about so many years ago. So for me - and labels and things like that. So I have to been trying to get away from labels for myself. And just to keep telling myself change is easy for me. That works for me. But to tell myself that, and again, it's work. But for me, it's been really fun and interesting work, but I kind of like that whole brain thing, but anyway, yeah,

ANNIE

[Laughs] Yeah, yeah. I would, I would completely agree, your perspective and your attitude towards change can influence your success. I mean, that's very in alignment, as Lisa has been talking about, we do a lot of work on growth mindset and fixed mindset and then shifting our members with a fixed mindset towards a growth mindset. And we've talked about this on the podcast before, that it's possible and common to have multiple areas of your life where you do have a growth mindset, where you think change is possible. Failure is a learning opportunity. With continued effort, I will achieve success, you might see that at work, you might see that with parenting and your relationships, but when it comes to weight loss, when you have had like, what seems like failure after failure after failure, you can, we do have members show up and they're like, "I just, I can't do this. I have like a small amount of hope. But that's about it." I do want to get into what your advice is for people who are listening where, who were once where you are, because I have, I pulled up a beautiful quote that you shared in the Facebook group. And I want to add onto it. But I do want to circle back. You touched on your results, Lisa, a little bit. You said, you've actually, sounds like you've lost more weight than I thought you had. Last time I heard an update you were around 18 pounds down. And you just mentioned you're a little bit ahead of that. What results have you seen?

LISA

Yeah, so it is kind of in a range. I've, yeah, between 20, 25 pounds is pretty much yeah, where I am. So I probably do - I know, I know, I need to tweak a few, a few habits. But I mean, I'm just... Sorry, I'm gonna cry again. Or get teary I'm just so, so happy. I mean, just 0 and my trajectory obviously is very slow. I mean, 20, 25 pounds in a year, someone might look at that and go, "What? You're happy about that." But you can't compare it to restriction, you can't compare it to all those other wacko diets. And one of the things I think I heard you say early on was, whatever you do to lose weight, you have to do it for the rest of your life. And that is like, that's it. With the diet mentality, you think I'm going on this diet for X number of weeks, and then I'm going to stop, and that weight can stay off. Unless you want to do that, unless you want to do intermittent fasting for the rest of your life, unless you want to do - whatever you're doing. Yeah, it will come back on it just will. You haven't changed, and so that stuck with me. And the fact that - well, so many things, but the longer it's taken, I've had so many opportunities to practice, look how many opportunities I've had to practice in a year, through stuff that went on in my life that I didn't, like, through vacations or whatever. And happy times and sad times and frustrating times, I've had so many opportunities to practice, it's all an opportunity to practice. So with this weight loss, you know, occurring over the last year. These habits, guess what, guys, they are more in my brain now. I've developed these neural pathways in my brain that I don't even have to think about it. That's one of the reasons I wanted to - yeah, one of the reasons I was wanting to be or joined Balance365 was my relationship with food. And I just wanted to eat like a normal person and not think about it. Well, guess what? I eat like a normal person. And I don't think about it. Like, kind of like I said before, sometimes I pack my lunch. Sometimes I don't. Sometimes I want the chili and cinnamon roll that they have on Tuesdays at work. Sometimes I eat that. Sometimes I go, you know - it's just, it's my relationship with food is so different. It's so freeing. I could care less what someone sees me eat. I could care less if they're looking at the small amount I eat or the big or large amount I eat. They don't know how hungry I am right now. They're not, they're not in my stomach. They don't know. I don't even care. And I do remember, like it took me, I think several months. I had lost three pounds. But my relationship with food was so different. I just thought, if I never lose another pound, I'm going to be so happy. I'm going to feel like I'm a success. Now I still wanted to lose some more weight. Yes. But that's one of the other things I just love about this, that my relationship with food is so different. It's just so, so different and, yeah, it's all part of the, you know, the process. And again, I could care less how long, you know, it takes. I don't know, even I'm not even sure how much weight more weight I want to lose, I'm gonna lose some more. I know, I'd feel a little better, I think. But yeah, it's just been amazing.

ANNIE

Because you said, you nodded to what you're doing, you have to do, you know, indefinitely, to a pretty high degree. Maybe not exactly, because there are some maintenance strategies that are slight shifts to what you're currently doing. But how do you feel about the habits you have currently? And the commitment to doing them the rest of your life? Like, does it feel sustainable?

LISA

Oh, yeah, it absolutely does. Now, I have had periods of time where I thought, "I'm not gonna be able to do this." Because I know that that's, those are the thoughts I've had for a while most of my adult life, right? I thought this will never - you know, this won't work for me. So I occasionally have those thoughts. I do. Not gonna lie. But I, again, you know, I was thinking about just the other day, because I thought, for me, because I've been doing this now for a year, I started right away with internal cues, because of what I learned long ago in that other program, I thought, "Okay, I'm gonna build on that. That, to me, makes sense." First of all, I already had a movement habit. So I was already working out or doing something six days a week. So that was easy. That part was, that was easy. For me. I use that as stress relief. And I just enjoy it. I love it. I never want to be sedentary. So I love that that was easy. The sleep part's still been a little bit of a struggle, because I do like to stay up late. But it's getting a little better. So I thought, internal cues. That's where it's at. So I started with that. And so to work at that pretty consistently for a year. It is just second nature. And I'm not saying that I haven't had times where I've overeaten and all that. And then sometimes when I do that, I think, "See, you're right, Lisa, this is not going to work. You're not going to be able to stop it." But I'm like, you know what that was? That was a couple - I think you've said that, too, Annie. Like that was a couple hours. That was an hour, that was 15 minutes of your day. You sit in the kitchen, maybe it's something that you shouldn't or not that you shouldn't, I'm talking about volume, not food. I don't care about -

ANNIE

Mm-hm, mm-hm, mm-hm.

LISA

I ate when I wasn't hungry. I ate I was trying to soothe myself. I was trying to not feel something, but normally - what I used to do is go, "Well, I'm not gonna just stop. I'm just gonna binge all day because, wow, I ate too much." Yeah. Well, that's ridiculous. [Laughs]

ANNIE

Yes.

LISA

That's crazy. Anyway, so yeah, that was just a couple of, 15 minutes, whatever. I can stop. I can start again. All I have to do is, I'm going to wait till I'm hungry again to eat. And you know what? Hey, guess what? I was getting hungry again a little bit later. [Laughs]

ANNIE

Yes, yes.

LISA

I can just eat again. So, yeah, I do feel, I really honestly feel, I can see those thoughts. I try to picture them like a cartoon, you know, cloud, I just go, "There's that thought. There's a thought that says, 'I don't think I'm gonna be able to do it.' Buh-bye thought. See ya.. I'm not, I'm not paying attention to you today." So I really honestly feel so strongly about how sustainable this is

that I can do it for the rest of my life. Now granted, I may only have [laughing] 20 years left...I won't have to do it for like 40.

ANNIE

Well, that's something that I wanted to ask you about, Lisa, too, because there are women that I think, and I mean this with nothing but love and respect, and I feel like you at 59 have a lot of life left, you have a lot of life in you, clearly. But there are women around your age that think, "This is a lost cause. I have tried everything, like the peak of my life is over, like kind of what's the point?" And they feel very hopeless and defeated. What would you tell those women?

LISA

Yeah, no, you make an excellent point. Because you're right. I will say that, how I feel about change, aside from the mindset work, let's say just change in general, you're right. You do get to a certain age and you kind of think, "Meh, do I need to keep working out? Meh, do I need to keep -" Right, any of that stuff, right? "Is it even possible for me to change? I'm so old, what's the point?" I wish I could put into words. I'm a talker. I'm just not a very eloquent speaker. I can talk a lot. But how I feel in my body because of the changes that I've learned how to make in Balance365 with eating, with paying attention to internal cues, really paying attention to my internal cues, how I feel in my body, I can't believe that I'm even saying this, that's even more important to me than how I look. I'm not talking about my face, I'm talking about how my body looks like, because probably in my 20s, 30s, I was probably more motivated by, "Oh, I want to look better," you know, because my face, I really can't. It is what it is. But you know, like, "Maybe my thighs can be smaller, my arms can be smaller, you know, maybe my chin could be - I only have one instead of two," whatever, I had never made the connection of how it feels in my body, to not eat so much, to not run to food for comfort. It like, even just as I'm sitting here, now with you, I just feel so much lighter. And even at my age, if I only can, if I only get to feel this way for 20 years, it's all still worth it to me, it is all worth it. And those of us that are in this age bracket that might have grandkids and you want to be able to hang out with them, and move and get off the floor. My grandson likes to have me bend over and push his car. And he wants me to push it and run with him down the family room. I couldn't do that. I would be probably I mean, if I, you know, 20, 30 pounds heavier and not doing any movement, I would have a hard time doing that. I can do that now. So it is not too late for anybody. It is not too late. Please don't let that be a reason. I mean, we none of us know how much longer we have, right? None of us do. I could have 30 years, I could have 20 years, I could have a year. I don't care. I feel so much better now. My relationship with food is totally different. I've got food freedom. It's just, it's life changing. And I'm just going to appreciate it for the time I have left and not be sad about the fact that, you know what? I didn't get it before now. It's okay. I'm learning it now. I'm getting it now. And it's worth every ounce, every minute you put into it, all the work that you have to do, it's so worth it. Don't let your age detract you or make you think, "It's too late for me. I can't change, it's not worth it." It absolutely is worth it. It's worth it.

ANNIE

I obviously think that it's worth it. But I think it's so nice to hear from someone who is a grandma, Grandma Lisa. Like actually, you know, say like, "I've been here, I'm doing it, and it's worth it,"

versus, you know, me with my still, my three relatively young kids being like, "Oh, I think it's gonna be worth it." And the way that you said that people are like, "Yeah, yeah, yeah, you don't get it." I'm sure that women sometimes are like, "You don't get it, like I've wasted a lot of years dieting, I don't want to waste anymore." And I love hearing that, that you are like, "No, it's worth it." And in fact, I in preparing for this podcast episode, I was just scrolling through some of your Lisa's Thoughts, volumes one, volume two, volume three... You pop in with the Facebook group with some reflections that are always just really powerful and really encouraging. And I know we've been on coaching calls, even, where people have been talking about you, like, "Yeah, this woman keeps talking," and they don't even know that you're on the call. "This woman keeps -"

LISA

[Laughs]

ANNIE

"Yeah, yeah, yeah, like I don't get it, like it's not -"

LISA

I'm here!

ANNIE

I'm like, "She's on this call right now." [Laughs]

LISA

Like I was walking and listening, and I'm like, I gotta stop and text or post. "I'm here! I can hear you!"

ANNIE

Yeah, but it really is so foundational to be open or curious if you believe that like change just absolutely isn't possible, the leap to change is possible. It feels like a big one. But to be open and like, "I'm curious if this can work for me. It's possible that maybe this will be the thing that sticks, like maybe that's the bridge," and your posts, I know for a lot of people have been like, "Okay, like she's done this, she seems to be really jazzed about it. Like maybe it's possible. I'm gonna keep trying." So I really appreciate this, but this one particular post, do you mind if I read it?

LISA

Okay.

ANNIE

It's just a little paragraph.

LISA

No, I'm fine, I don't care.

ANNIE

[Laughs]

LISA

It was out there, so I obviously thought it was...

ANNIE

[Laughs] You said, "I'm not Wonderwoman. I wasn't born with any superpowers. I'm far from perfect. I'm just someone who has tried and not succeeded long-term on any diets in the past almost 45 years. You name it, I've probably tried it more than once. I've tried some diets you youngsters haven't even heard of, because they aren't around anymore. If I can choose in Balance365 to change my thoughts and behaviors after all of my years of dieting, you can, too." And I love that because you weren't perfect in this experience in the last year, and you still have had an amazing, amazing outcome. And it's such, I think it's so encouraging for other people to hear.

LISA

I mean, I really hope it is. And I know that I [laughs] post a lot, so if anyone joins and looks back on my posts to be like, "Man, that girl just keeps talking to me.: But because I just feel so strongly and I've, and I've said this before, that sometimes I'm in coaching calls, and I just want to reach through the phone and grab her face and just hold it in my hands and say, "You can do it, you can do it. You know, you're young, you know, it's just worth it. It's so worth it." And I know they're in pain, I can feel it. And I know it because I was, too. I just felt like I was in a, you know, I just, I probably had just kind of resigned myself to the fact, you know, a year ago that it was, it just wasn't going to happen for me, I was always going to find, I was always gonna have to think about it. It's just, I mean, when I say it's life-changing, I'm not exaggerating. Everybody, if you want to do the work, yeah, you have to do - again, I think I've said this more than once. You have to do some work. I'm not saying you can just listen to the coaching calls and listen to podcasts. And presto, you know. No, you have to do some work, you have to do some work. But you, I guarantee if you put in the work, you will get there. I just, and there's just nothing like it. There's that - I know how your - well, I can't say I know exactly what everyone's feeling. But I have a pretty good idea. Because you just think you can't get out of that, you think that you can't get out of it. You think you have to eat perfectly, you think you have to eat on your plan, you think you have to do all this. And for me, that's one of the reasons why I love internal cues so much. You don't have to eat perfectly. You have to pay attention to when you're full, yes. Start easy. Start when you - just go hungry, full. Anyway, that's what worked for me. Hungry, full, hungry, full, hungry - and I lost some weight. Then when that stopped, then I got on a call. And Jen helped me look at satisfied. I didn't go by the scale. You know the numbers on the scale, or you know, the hunger and satiety scale. I'm not even gonna track, I'm probably not gonna pull that out. [Laughs] But yeah, it was, it didn't even take that long for an old lady like me, if all of a sudden figured out there's a difference between fullness and satiety, and then identify that. And you guys, you don't have to take, you don't have to lug the big things around. You don't have to take your phone out and try it because you want to. But just to do internal cues. It's so easy to ask yourself, 10 seconds, 5 seconds, 10 seconds. "Am I hungry? Am I not? Am I hungry? Am I

not? Am I full? Am I not?" I mean, it's so easy. And we think it has to be this big long, you know, really complicated thing and have to follow this plan. No. I mean, if you want to follow a plan, great, you can set up a plan for yourself for what you want to eat. And you're, like you said, if you want to plan your meals out and do all that, but you don't have to do all that, you can be successful, you can lose weight, and you can have the food freedom that you have been looking for. I guarantee it.

ANNIE

I, of course, think so, too. But I'm biased.

BOTH

[Laugh]

LISA

Right? You are right. I will agree with you.

ANNIE

[Laughs] Lisa, this has been such a fun conversation. Like I said at the beginning, your energy is just contagious. Your attitude is, like so awesome and inspiring. And I really cannot thank you enough for being such an encouraging part of our community because for all the reasons we have seen, you know, as a kid growing up, whether it's a teacher, or a coach, or a parent, when you're struggling, when you're confused, when you're stuck, when you're unclear, it's nice to have a friend, a mentor, a coach. As you said, like, you know, put their hand on your chin and say, "Chin up here. We can do this. I know you're in a tough spot, but we can do this together." And I think that's such a beautiful part of our community, that compassion and the support in addition to the coaches of like real life women who are grandmas, who have jobs, who have struggles, who have all the obstacles in the world and like they're making it work for them. And I think that's such a beautiful experience.

LISA

Yes. Yeah. That's a great point, too, is that, yeah, I still work full time. Yeah. So, I know I don't have little kids, but I work full-time job. And my grandson lives a couple hours away. So I try to go and see him as much as I can. So yeah, I mean, I'm busy, too. And, yeah, it's a different kind of busy when you get older, but you know, I'm busy too. So don't let that deter you either. Yeah. Yeah. Can I just add one more thing about -

ANNIE

Of course.

LISA

- emotional eating? Sorry, I -

ANNIE

[Laughs]

LISA

- I wanted to bring this up, too, because -

ANNIE

Please, tell me.

LISA

That's been another thing that has been so helpful for me in Balanced365, is listening to the emotional eating calls with Deandra. And you guys talk about it, too. But, that also in particular, one of the big huge takeaways for me was looking at how I felt when I binged or when I over ate, not necessarily binged, but anyway, just overeating to soothe, versus how I feel if I just sat with my feelings. Another huge, huge thing for me, is that I can remember I was listening to an old call, an old emotional eating call was driving. And I can tell you almost exactly where I was when I heard Deandra ask somebody, "What how does it, how does it feel? What's the comparison between how you feel when you don't overeat, and sit with those feelings, versus binge eating or bingeing or overeating, whatever." And that was like a huge lightbulb for me, kind of still goes back to that internal, like how I feel inside, right? So how I feel inside when I don't eat so much. And making that connection in Balance365 also goes along with the emotional eating, when I started really paying attention. And yeah, sitting in the feelings is hard. But I also know change is easy for me anyway. So to do, make that comparison, and I asked myself that all the time. And that's another game changer for me was that it feels so much better to sit with those feelings, and learning how Balanced365 can teach you how to learn to sit with those feelings. Because when you learn how to do that, and not use food to soothe, again, game changer. Game changer for me.

ANNIE

Yeah, even just the insight, and watching other women experience the same or similar emotions. And know that like, "Oh, this is just part of the human experience. Yeah, sometimes I feel sad. Sometimes we feel frustrated. Sometimes we feel stressed. And I don't have to do anything about it. I don't have to get it off of me. I don't have to throw this hot potato."

LISA

Yes, yes.

ANNIE

"This is just part of being a human and, okay." [Laughs]

LISA

Yes, yes. Yeah. That's great. Yes. Right. Because yeah, another thing I heard once from somebody else was like, "I don't want to feel anymore. I just don't want to feel anymore." Well, that's a dead person's goal.

ANNIE

[Laughs]

LISA

A dead person will not feel anymore. When we're alive, we're all gonna feel. We're gonna feel happy, sad, all of those range of emotions, right? So learning how - we don't want to stop them. You want to learn how to deal with those. And not everybody, you know, and to not turn to food. I sometimes do. I'm not saying I'm, again, not perfect. But to primarily stop turning to food to stop some of those emotions. Again, life-changing.

ANNIE

Yeah. And it's truly our resistance to the discomfort that comes with those, quote-unquote, undesirable emotions that leads us to eating because when we're eating, we don't have to feel the thing that we don't want to feel. But as you noted, oftentimes, we eat the thing, and the feeling is still there. And now we've just eaten the thing, and we still feel it.

LISA

Exactly. And the situation that caused you to feel that, that hasn't changed, either. Half of my cake is gone now. But the problem that I was trying to solve is still there, the feelings are still there. If I can just learn to let, you know, let those feelings, you know, go to the back of the bus, just let them, and I really didn't think - that was probably something else I thought, "I will never be able to do that."

ANNIE

Yes.

LISA

And I've - even Lisa in her advanced age [laughing] I'm able to do that. Again, it's something that just you can apply to the rest of your life, too.

ANNIE

Absolutely. Thank you for sharing that. I think that is super relatable and a super influential realization that a lot of members experience. So thank you. Lisa, this was so fun. Thank you for sharing your experience and your time with me this morning. I hope to see you in real life. We live so close to each other maybe someday we'll have a retreat or something.

LISA

I know, we need an Iowa get-together.

ANNIE

[Laughs]

LISA

I would love it, it would be so fun.

ANNIE

It would be, it would be. Okay Lisa, we will chat soon. Thank you.

LISA

Thank you so much, Annie. Talk to you later.

ANNIE

Bye-bye.

LISA

Okay, 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.