

Balance365 Episode 243 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, we are back with another fantastic member spotlight. All of our members truly are fantastic but this member in particular has a special place in my heart because as you will learn, she and I have a lot of similarities. Even though Erica was just 19 when she joined Balance365, she had already spent years struggling with emotional eating, often hiding food that she ate and loathed exercise. In the last 18 months though, she has developed skills to help her manage her emotions without food. She's joined a gym and taken up weightlifting and she's even starred in a few hip hop dance videos, all while she was completing nursing school. Erica's commitment to caring for herself has led to a 75 pound weight loss. But as she notes, it's not really about that for her anymore. She says I am finally living a life that past Erica would be proud of. And that future Erica is thankful for. "Balance365 saved me. Because of this program I have learned to love and care for the body I have regardless of what my weight is." My friends, these are the exact skills, beliefs, and perspectives I wish I had when I was Erica's age. I could not agree more with what she says. I'm really excited for you to hear more about how Erica integrated these changes and shifted her mindset while she finished school. But before we dive in, I want to quickly note that Halloween is upon us. And every year around this time, my friends come to me inquiring about how they can help their kids enjoy candy in moderation. They know after many conversations with me that finding the sweet spot between no candy ever and all the candy all the time is important in developing a healthy relationship with food. If you want to know the Balance365 take on how to approach Halloween with candy obsessed kids, we have got you covered. You can grab our free guide by visiting balance365.com/halloween or click the link in our show notes. And by the way, I know I'm biased, but the information in this guide is great even if you don't have little kids around. Okay, now let's dive into Erica's journey.

ANNIE

Erica, welcome to the podcast. How are you?

ERICA

Good. How are you?

ANNIE

I am so good. I am so excited to talk to you. I feel as though, I don't know if you feel this. But I feel as though you were like the little sister that I always wanted and never had, even though we've never met in real life. But I feel that I am so excited for you to share your experience in Balance365 on the podcast today. I said before we hit record that I'm just gonna pretend like I don't know anything. And let you share what you want to share. But one of the things I love about you, Erica, is I think we share a lot of similarities in like my experience when I was your age and the skills that I have seen you learn and the beliefs that you have been able to like shift and reframe. I'm like, "This girl is unstoppable. Like if I had that when I was your age instead of, you know, 35, it's like my whole world could have been different." So I am just so excited. Do you feel, do you feel like this has been like a really world view shifting, pivotal experience for you?

ERICA

100%. And just hearing your story, like it almost brought me to tears because I didn't have that role model growing up. I didn't know anyone that went through similar experiences with me. So that was a huge, huge, helpful moment for me.

ANNIE

I'm happy, I'm certainly happy to hear that. That's always like my intention behind sharing any of my experiences to help save the women who come after me, the struggle and the like sacrifice and the confusion and the suffering that I felt, like I experienced, so I'm so happy. Good to hear that, and like speaking of your experience, like pre-Balance365, can you tell me like a little bit about yourself and how you found Balance365 and what life was like at that point?

ERICA

Mm-hm. So my name is Erica. I am 20 years old. I live, I grew up in a small town of 1000 people and finished out all my schooling there. And then I decided I wanted to get into nursing. So I moved to the big city of Edmonton. And I just graduated. So flash forward now I'm a nurse, but. [Laughs]

ANNIE

Congrats. That's a -

ERICA

Thank you.

ANNIE

- big deal. That's like, nursing school is intense, right?

ERICA

Yeah.

ANNIE

Yeah.

ERICA

And if I didn't have Balance365 for nursing school, I don't know if I would have made it. Like, it was a very big, helpful...It was very helpful for me, sorry.

ANNIE

Oh, well, I definitely want to hear more about that. But before we get into that, tell me about like what life was growing up for you. Like, obviously, you found Balance365 as a way to pursue your your health and weight loss goals. But was that something you struggled with growing up?

ERICA

100% So I was always the biggest girl in the class, the biggest girl in the school. I've always been big boned, as my family tells me. And I feel like growing up, I never was truly happy with myself. I was ashamed. I always wanted to be, you know, skinny, I wanted to fit in with the rest of my school. I felt that a place that didn't feel like they truly belonged. My whole life for, I'd say 18 years of my life, I've dieted, I did the whole cutting out food groups. I've done the, I don't even know what it's called. But it costs a lot of money. That's what I remember. And it was taking pills and liquids and having to follow strict food plans, eating four almonds for a snack, and shakes. And it was just one thing after the other and I was never getting any results. I ended up more miserable in myself than I was before I started. And you know, my mom, my mom was very supportive of me. We would go to the Children's Hospital and try and figure out like...Like, I ate healthy, we had no idea what was wrong. It was like, and they would just tell me, you know, "You need to eat healthy, you need to exercise. I'm gonna keep saying that. But it's what you're doing." It's really frustrating. And yeah, so just kept trying. I tried, I can't remember what it's called, but where you would put a patch on, take your capsules and have a shake in the morning. And that didn't work. And then after that, I think I was, that was right before I joined Balance365. And I just quit, I was done. And then when I moved to Edmonton, I had a really, I struggled when I moved to Edmonton. I ended up gaining 40 pounds on top of what I already was. I felt alone, I had lost friends, going through COVID through school. I was, before I joined Balance365, I wasn't really living, I was surviving. And I did not see a light at the end of the tunnel. And I just thought, I kind of just made peace with, "This is how I have to live my life." Like there's no other way. And that's when I finally, one night I just looked, I couldn't even shower. I couldn't even go into the bathroom to turn the lights on. Like I couldn't shower with the lights on, anything. Like I was just so disgusted in myself, I wouldn't leave my apartment. And I think I just finally had a breaking point one night and I messaged Jen, my amazing cousin. And I just said, "I need help." And yeah, that's where my journey started with Balance365.

ANNIE

What were your beliefs when you were taking all these, like 10 attempts, and like trying different things? What were your beliefs about behavior change or weight loss or happiness? Do you remember any of those?

ERICA

My whole life, I thought if I was skinny, I'd be happy. I'd have no problems. I could look in the mirror. I could love myself. People would love me. Yeah, that was my, my whole years of living. That's all I thought about 24/7 was, "Once I'm thin, once I'm thin, this will happen this will happen." And so I was putting it off for years and doing stuff because I'm like, "Oh, I'll do it. I'll buy those clothes once I'm thinner. I'll do that once I was thinner." So I feel like I left out a lot of experiences that I could have experienced. And viewing foods as bad, as like bad and good foods, cutting out food groups like, "Oh, I can't eat bread, because bread is bad, carbs are bad for you." Yeah.

ANNIE

So it sounds like you had this belief, Erica, that you needed to be really restrictive, really disciplined, and, like, void of any joy or happiness until you achieved that weight or that body? And then -

ERICA

Yeah.

ANNIE

- you were deserving of fun or social interaction or clothes that feel good.

ERICA

Yeah. 100%.

ANNIE

Okay, so you get to this point, and you reach out to Jen. And you say, "I need help." Now, I assume that Jen being in your family and Jen talking as Jen does, you knew about Balance365 before then, like, what prompted you to reach out then like, what were your hesitations? Or were you like, a little skeptical?

ERICA

Oh, 100% -

BOTH

[Laugh]

ERICA

- I was skeptical. I actually didn't, until that night, I didn't even follow Balance365.

ANNIE

Well that's rude.

ERICA

I know.

ANNIE

[Laughs] I'm kidding.

ERICA

I finally just told myself like, "What do I have to lose? Like, this is honestly my last option." Like, and I kept telling myself, "Oh, it's not going to work. It's not going to work." Even going into coaching, I still had, like going in, I was like, "I'm just gonna lose the weight. I'll be happy." Like, going in, my beliefs were still not in the right mindset. But yeah, I did not follow you guys. And then I think Jen came and visited us one summer, actually, this happened a little bit before. But, and Jen was telling my mom like, "I just wish Erica would work with Annie, because I think it would make a world of difference." And then yeah, I started following you, and Balance365, and then messaged Jen. And it just so happened, it was like, right before you guys opened up for Mother's Day, I think. So I was like, "Up and at 'em," and I snagged my spot, because I was not missing out.

ANNIE

I'm actually curious about that, Erica, this is one of the reasons I wanted to have you on because as Jen and I get older, we've noticed that our membership base is also getting older. And that makes sense to me. Because like attracts like, you know. And as Jen and I being in our 30s, moms, we have a lot of 30-something moms or even older, like our last member spotlight was with Lisa who calls herself like Grandma Lisa and we have truly - well, a lot of women are in their 30s. And moms, we also have a lot of women that are older and no kids or retired. Empty nesters. And we also have women in their 20s like you, with with no kids. Did that deter you? Did that influence what you thought about Balance365?

ERICA

A little bit. To be honest, even in coaching, I always feel like the little kid sitting at the grownups table at Thanksgiving dinner. [Laughs] Sometimes.

ANNIE

[Laughs]

ERICA

It did a little bit.

ANNIE

Sure.

ERICA

It was another moment of, "Oh, am I gonna fit in?" That type of feeling. Like I don't know if this is right for me. But yeah, for sure.

ANNIE

I, of course, think that the principles and the skills that we teach in Balance365 are applicable to all ages and truly even all genders, or however one identifies. I think they're really like, just good foundational skills. But I do see how that might be like, "Is this for me? Jen and Annie are in their 30s and they're moms and I'm just finishing up nursing school, starting my career," like you're just at a different stage of life, but you've clearly made it work and had a lot of success and feel like it was valuable. Can you tell me, what are some of the ways you feel like your life has changed, whether that's with your habits or your beliefs?

ERICA

Yeah, and just so much has changed. I am not constantly thinking about what other people are thinking about me, because that was 100% all the time, like going into public places, like totally ruining the fun out of things. I wear what I want. I don't be like, "Oh I'll wear that when I'm thinner," and just even hiding my body, I would buy clothes that are three sizes too big. I would, my brother was just bugging me about this. I put my hoodie over my chin walking through public, in the hallways in school, because I was embarrassed of my double chin. I can laugh at it now. But, yeah, definitely, hiding my body with my clothes, my habits, exercise. I exercise for fun now, I don't exercise because I want to lose weight.

ANNIE

Can you share a little bit more about your experience? I know, like I said, I know the story behind this. But I think your experience and hesitation in committing to an exercise experience in the way that you did is something that a lot of people, regardless of age or size, or like, that's an obstacle for them. Can you share that? What that was like for you?

ERICA

It was terrifying. It was terrifying. I avoided it for a really long time.

ANNIE

What were you avoiding?

ERICA

It wasn't that I was avoiding the exercise because I did want to start weightlifting. And it was one of the things I was interested in. But just again, the feeling of not fitting in, being the biggest girl in the room, slowing people down, because it was a group fitness training center. So slowing people down in group sessions. I didn't want to be a burden on someone.

ANNIE

Yeah, I also remember even going in for that initial conversation, you were worried about some initial testing.

ERICA

Yeah.

ANNIE

And I think you said, "If I have to do a burpee, I'm gonna get down on the ground, and I'm not coming back up." [Laughs]

ERICA

I still can't do burpees. [Laughs]

ANNIE

But together we talked through like, "Okay, so if you can't do a burpee, or if you don't feel comfortable doing a specific movement, like what then?" And you acknowledged that, "This is a thing that I'm worried about. And the worry that I have is causing me to hesitate to like, go through with this." But you also saw this experience of something really valuable and worth your time, and you were afraid and you did it anyways.

ERICA

Yeah.

ANNIE

How do you feel about that? Like you were afraid of something in the ways that you've been afraid or concerned in the past, and you didn't let that stop you.

ERICA

It's a pretty good feeling. It makes me think of, what if I didn't follow through, what I could have lost. Like, experiences I would have never experienced.

ANNIE

Yeah, yeah. And just on a side note, when you were going for that first meeting, I checked in with you. And I was like, "Okay, how'd it go? I want to know." And you said you got stuck in the elevator. [Laughs]

ERICA

I did. I had forgotten my gym shoes, I had already left and then I was like, "I need my shoes." So I like ran back upstairs. And it, literally someone was coming out and it slammed. And I'm like, "This is not a good sign. Like God is trying to tell me don't do this." [Laughs]

ANNIE

I think it's funny that when you have the, I don't know if that felt this way to you. But when I think about, with all the things I could be afraid of, and then like getting stuck in an elevator, like comparatively speaking, whatever I was afraid of, I'm sure would pale in comparison, compared to like being stuck in an elevator. So it's like, "Oh, thank God, I'm out of this elevator, I will happily go to this, do this consultation." [Laughs] Okay, so give us, so you went to the consultation. You joined the gym. And what's your movement habit like now?

ERICA

I was consistent with that gym for six months. Every week, I was in there at least three times a week, unless I was sick. Like, if I wasn't there, there was a good reason why it wasn't there. And I'm very thankful for that gym because it gave me a safe space to workout in. They were encouraging. And by the end of it, I was like, at the start I was so scared to ask for like, I don't even know what they're called. But different movements, like an altered version of a push up, because I can't do a push up yet. And by the end of it, I was just asking for them. Like I wasn't hesitant. Waking up and going there was probably the highlight of my day. And it's given me the foundations to now go on my own and start at like a commercial gym. And it gives, I always thought that, "Oh you have to run a bunch of cardio and do all this and do all that to lose weight," and so of find, finally find an exercise or movement habit that makes my life enjoyable blows my mind, because I thought exercise was supposed to be not fun.

ANNIE

Yes. Yeah. Like, I'm sure, if people, this is certainly not about me, but if people know me and they're hearing your story, I'm so sure people are like drawing the connection like, "Oh, this is why Erica feels like her little sister." It's like, yes, you feel like you're, it's just a way to experience your body in a completely different way than I ever dreamed possible, than you ever dreamed possible. And like you said, I think it's just, you have a beautiful foundation for lifting or movement and you've now gone on to a new gym, on your own without the support of a group, without the support of a trainer, and you're still following through with that commitment because of the joy and value it brings to you.

ERICA

Yeah, I wouldn't lie if I said I wasn't scared starting in a commercial gym. But I still went, I did my consultation. They asked if I want a personal training. I'm like, "No, I just want to be on my own." I did a tour and I'm like, "Okay, I'm gonna be okay."

ANNIE

Yeah, yeah. I know you also did another type of movement, that was pretty, I guess, maybe unique to something that you would have done in the past. You did some hip hop dancing?

ERICA

Yeah.

ANNIE

Can you share about that?

ERICA

Yeah, actually, I think it was when I joined Balance365, I was scrolling through TikTok. And I found this dance group. And I was like, "Oh, what are the chances that are it's actually in Canada, number one, or anywhere near me?" And it just so happened, it was down the street from my apartment. So I went, again, super nervous, didn't know what I was walking into. But yeah, I was assisting with them for a while before I moved. But we ended up filming two music videos. And taking, we did photoshoots, and it was so fun. I love those ladies.

ANNIE

That is, and I know this because you shared some of the footage in the group to celebrate. That is quite the difference between the girl who you said just a few years ago, was not going out in public, like, just totally hanging out in our apartment by herself. Not comfortable leaving or hanging out with friends necessarily. And now your hip hop dance scene with photo shoots, with video shoots, and you're sharing those things, like that is quite the change.

ERICA

Yeah, I actually had a family member ask me like, "You're comfortable sharing that?" I'm like, "Heck yeah, like that's a badass video."

BOTH

[Laugh]

ANNIE

Yeah! What do you think, what do you think has changed between you two years ago, three years ago, to today?

ERICA

The biggest shift I would say is like, you can't hate yourself into losing weight. You can't. You have to work on the mindset stuff. You can't push it to the side, which at the start is what I wanted to do. I didn't believe in any of that mindset crap. I was like, "Nope, not for me." But you have to, you have to put in the work in order to see the results with the mindset.

ANNIE

Yeah, and it sounds like you've expanded...The work isn't just about what you're doing. It's also about the thoughts that are taking place and the experience that really influences if this is sustainable, if this feels good, if this leaves you feeling better, not worse, and it sounds like that was the missing piece, or one of the missing pieces in your past attempts.

ERICA

Yeah.

ANNIE

Yeah, okay, so you sound like you're really on a trajectory to just like, live your life, you're living like in your own apartment, you finish school, you're moving your body in ways you love, I know you've made changes to your eating as well, like what are some of the other results in addition to just like this general like not waiting to live your life? What else have you, what other changes have you noticed?

ERICA

I am down 75 pounds, which, that was such a big, at the start that would have, like, "I'm happy, but it's not the main focus anymore." Like I can't remember the last time I even weighed

myself, actually, like I don't take measurements. I base it off of, all my clothes fit looser or they don't fit, I need to go buy more clothes.

ANNIE

What about changes to your eating? Like how you eat or what you eat?

ERICA

I don't look at foods anymore as good or bad. I eat them in moderation. I still have my pumpkin spice lattes at Starbucks, because we're not getting rid of those. [Laughs]

ANNIE

You are definitely related to Jen. [Laughs]

ERICA

Oh, yeah. I was there on August 30, at 8am to get my pumpkin spice latte. Yeah, I don't give up experiences, like going to restaurants, I still order what I want. I don't, "Oh, I'm just gonna have the salad." Like, I eat what I feel, what I'm wanting. Emotional wise, I've figured out different ways instead of shoving my face into food. Because emotionally, eating was my whole life. I struggled with emotional eating and binge eating and so to find different activities to do that give me the same feeling that food did, it was really cool, because I didn't think that was possible.

ANNIE

Yeah, I know, we've even talked about, in addition to all these changes, it seems like you've also gotten pretty good at approaching all of this from a place of compassion, which we've had talks, where sometimes the result is you need to cut yourself some slack and give yourself some grace. But we've also had coaching conversations where the result is you need to like, hold yourself accountable. And learning to like ebb and flow between the two is something that sounds like you've also really gotten good at, do you feel that way as well?

ERICA

So pre-Balance365, I would beat myself down. And then in order to cope with how I made myself feel, I would eat the food. And then I'd be upset with myself that I ate food. So I would eat more food. And it was just a continuing cycle. And then I would be punishing myself with exercise that I didn't like, in order to make up for the fact that I ate all the food. So that's how I used to deal with mothering myself before. Now I honestly just sit myself down on the bed or something. And it might be weird to some people. But I talk to myself. [Laughs] And I do, I have a conversation with myself. And I'm like, "This is what's going on. This is what needs to happen." But I also with that, not criticism, but I don't know what the right word is...

ANNIE

Like, accountability or honesty.

ERICA

Yeah, with that honesty or accountability. There's also stuff that I say to myself that I'm proud of myself for accomplishing or, "Look how far you've come." So you need that balance.

ANNIE

Yeah. And I would imagine, that leaves you feeling determined, and encouraged and empowered instead of the alternative, which was disappointed, frustrated, ashamed. Embarrassed.

ERICA

Yeah.

ANNIE

That's just beautiful. Erica. I'm wondering, if you knew that there was another woman like Erica listening to this podcast right now, where you were before Balance365, what advice...What would you want her to know? What's your wisdom that you would want to share with her?

ERICA

Just do it. Take the plunge. You have, you really have nothing to lose. If you get into coaching and you're like, "This isn't for me." Then you could honestly say you gave it an honest try. But you don't want to live your life with a bunch of what ifs. You want to, you want to take the plunge. And because I will talk about this group all day long. It is the most supportive group ever. You will feel like you fit in, you will feel loved, you will feel...You will feel all the feels. And just know you don't have to feel this way. You don't have to live your whole life feeling this way. And it doesn't matter what age you are. There's always time to make a change.

ANNIE

Yeah, absolutely. You said at the beginning of this podcast that without Balance365 you didn't...You weren't...You didn't feel quite as confident that you would have completed nursing school. What made you say that?

ERICA

When I started nursing school, it was COVID. So it was online. And that's when the weight gain started, the unhappy - more unhappiness than I already was. I'm not leaving my apartment. I mean, I would say that I would study, which I did I study all day long and not leave my desk. And just having a really unhealthy relationship with food, with sleep, with movement. And I think my mom finally said, "Okay, we gotta do something, like you're not yourself." So that's when I talked to Jen. But even going in through clinicals, because at that point, I had been in the program for a while, when you're working a full shift all day, and then you have to go home and do all your research and your med research. And if I didn't have Balance365, I don't think I would be feeding myself right, I would not be getting the sleep. Moving was a little rocky through my clinicals. Because, I mean, you're putting 15,000 steps on in a shift. So I was getting movement, just not in the way that I thought I was. But, and even the stress of coming home after clinicals or school, I think before Balance365 I would have ate the food, I would have ordered Skip the Dishes all the time, or just something to make me feel. But coming home after a bad day, I

would read a book, or go for a walk, or even just watch a show. And that gave me the same feeling food did.

ANNIE

So Erica, it sounds like the skills and the habits that you learned in Balance365 really supported you like going through nursing school and caring for yourself well.

ERICA

Yes. 100%. And I finally just said, "How can I, you know, tell my patients to do this, do this take care of yourself when I wasn't even doing it myself?" So going into clinicals, I felt more confident advocating for my patients and talking to them about this because I was looking after myself, and taking care of my health and doing the good things.

ANNIE

I love like, just as simple as, "I was taking care of myself." That's so beautiful. And the reason I think that's important, or I wanted to bring that back up, is because I think a misconception about behavior change is that it has to be consuming and take a lot of your time and you have to be very diligent and micromanage every detail. And as a result, you might be more selective if that's your belief about what it takes to like when you should commit to something like that. Because maybe you don't have the time you've got a full career, you're going back to school, you are working a couple jobs, you've got small children. And as a result, people just prolong the decision until they feel like they have the time and the space or their life is perfect. And that is certainly not our intent in Balance365. And so I love hearing stories about how people have worked the skills into their existing life, not try to work their life into the program.

ERICA

Yep.

ANNIE

Beautiful. Erica, that's just so awesome. We always ask all of our members on our member spotlights, if they feel that what they're doing is sustainable indefinitely. How do you feel about your habits now and continuing them on the rest of your life?

ERICA

I will be continuing these habits until I am 100 years old.

BOTH

[Laugh]

ERICA

I'm not changing anything. They're very sustainable. And I'd be lying if I said they don't slip from time to time, they 100% slip. But instead of - well, I usually get on a coaching call and panic a little bit first. But I get back into slowly introducing each habit, like you don't have to go from, you don't have to work on everything all at once. Which is what I thought at the start. I tried to,

"Okay, I gotta get all these four habits down." And that's when it went completely down, spiraling down. So yeah, just introducing each habit. And if they slip, they slip. You can't, like, life happens. So I will be continuing these habits as long as I'm on Earth because they let me live a life that I didn't think I could ever live.

ANNIE

Do you feel like some of them are just part of what you do now?

ERICA

Yeah.

ANNIE

That's awesome.

ERICA

I really struggled with my phone and social media for a while, putting my phone away. Actually, I just got a notification a couple days ago that my screen time is like down wickedly. because I've been like cruising through books. So just different things like that, that I was like, "I never thought would change." Movement. The movement thing is the habit that most surprises me because I never thought I would be consistently exercising, and actually enjoying it.

ANNIE

Yeah, I love your story, Erica. I obviously can't go back and change the past. But if, when I think about having the perspective that you have now at 20, like I said, I would have been, I mean, who knows what would have changed for me, but I just really love the idea of women gaining these skills and shifting their beliefs and living a very values driven life as early as possible. And for so many of us, it doesn't come until later in life, like me, like Grandma Lisa in the last episode. But regardless of how much time you've spent struggling or not struggling, or how much time you feel like you have left to work on your habits, like you said, it's not too late. It's always a good time to put in that effort for yourself. So.

ERICA

You are deserving, you deserve all the work. Yeah.

ANNIE

I, of course, think you're deserving. But hearing that you believe that you're deserving is just, feels so good. It gives me all the warm fuzzies inside. If there were any members that are suck, because an experience that people have is sometimes they avoid listening to member spotlights, because they know that these members have had a lot of success. And they feel like comparing, they just fall into a comparison trap. So any advice for like specifically for members who might be listening that are maybe struggling or like feeling like they're not getting the results they want?

ERICA

For members or non members, you're on your own journey. You're in the car and you're driving it. You can have a passenger, you can have whatever, but you're in control of your journey. It's up to you, you make the decisions, what feels best for you. And if that means checking in, I mean, sometimes I disappear for a couple of weeks, because I'm like, I just physically can't check in. And that's okay. And it took me a while to accept that. And just know that you're not alone.

ANNIE

I love it. I think that's important advice, Erica, because I know sometimes as we've discussed, members, or even non members, who are working on making some changes, as we've talked about, as it relates to fixed mindset on other podcasts, comparing your journey to others can potentially have the potential to feel like not encouraging. If you're struggling with fixed mindset, you might see other successes, proof that they can do it, but you can't, or you'll never be able to do it, instead of an experience where I hope people have like, "Oh, Erica can do it. This is the wisdom I can distill from her experience, and apply it to my own to get the results that I want." And I think your encouragement to remember that you're in the driver's seat, you're in control. You put in the work, you get the results, we're here to help you, of course, but you can check in as often as you need it. Or if you can't check in, like us sometimes, because you're busy with school, like that's okay, too. And you own it, you take responsibility for it, and you carry on, and it doesn't have to look like anyone else's journey. As long as you feel good about it, you're getting the results you want. That's all that matters.

ERICA

I like that.

ANNIE

Yeah, me too. Well, it was your idea.

BOTH

[Laugh]

ANNIE

Okay, Erica, this was so fun. I hope you keep us posted on your weightlifting and your hip hop dancing. I, like I said, I know we haven't met in real life, but I hope someday I can give you a big old hug and we can go lift together and -

ERICA

It's on my bucket list.

ANNIE

Or, or do some hip hop dancing. You can teach me some moves.

ERICA

[Laughs]

ANNIE

I'll embarrass my kids for sure. But it'll be so fun. I appreciate you taking time out of your busy schedule to share your experience with us and I wish you all the luck in your continued endeavors with schooling and your career.

ERICA

Thank you for having me, Annie.

ANNIE

You are so welcome. We'll talk to you soon.

ANNIE (OUTRO)

Hey everyone, if your mind has been blown well 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.