

Balance365 Episode 256 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. We are back with another question from our audience. This question came in from someone who attended our Cut the Crap workshop in November. Inside that workshop, Jen and I discussed how people fail at weight loss over and over again because they are answer seekers, not problem solvers. We were asked by this workshop attendee if we could elaborate more on the concept. So many people have lightbulb moments when they hear Jen, and I discuss the difference between answer seekers and problem solvers. We thought it would be beneficial for that conversation to live here on our podcast. If you want to ask us a question about health, wellness, body image, habit formation, or weight loss, know that we answer questions live on our Facebook group every week get in there. You can find the link to our free group in the show notes of this episode. Enjoy, friends.

ANNIE

Can you elaborate on the difference between being a problem solver versus an answer seeker? This was a concept that we shared in our Cut the Crap mindset or workshop that just blew people's minds. So do you want to dive into that?

JEN CAMPBELL

Yeah, so in our workshop, we compared problem solvers to answer seekers between two students. And I think we even have an image we put up during the workshop of a little boy looking over a girl's shoulder and trying to copy her answers on a test. And when it comes to health, wellness, and weight loss, where we see this is, I mean, we have a whole generation of women that were taught to be answer seekers as far as when it comes to those concepts. And so that's why we have magazines with this celebrity's diet or that model's diet on the inside and women buying those magazines and trying to copy them.

ANNIE

It's me. You're talking about me.

BOTH

[Laugh]

ANNIE

I know it. Okay? I know it. [Laughs]

JEN

So a problem solver is actually approaching health, wellness, and weight loss in figuring out what's going to work for them, acquiring the knowledge they need, so that this is sustainable so that they know it forever. When people leave our program, my goal for them is that they have a good understanding of nutrition, they have a good understanding of their own body, and what they need. And a good understanding of weight loss period, like science-based. "Oh, this is what fat loss is." And they know how to get it. They know how, so even if you know life happens, and some of us find ourselves in weight regain periods, just different circumstances happen in life, red zones, etc. And that person would know how to reel it in at a later date. It's not a complete mystery to them. And so, you know, many of us might see this if you're a teacher, or if you can remember back to school, it's like there are kids that are in the classroom, just, they're there for the grade. They're there for, because they have to be. Literally, my 13-year-old... every single class he goes to, is because he has to be there. And he's learning things to regurgitate on a test. And that's, you know, that's the school system. But when my son is interested in something, you know, because you can't stop him. Right? He's reading about it. He's, you know, talking about it, you know, he's genuinely interested. And I would love if everybody listening right now was just genuinely interested in their own health and wellness.

ANNIE

Yeah, yeah. Well, and truly at the heart of that is interest in themselves, instead of being interested in others and what others are doing and what others are suggesting and what works for others.

JEN

What other, what size other people are, what size they should be. What - yeah.

ANNIE

Yeah, what they eat for breakfast, lunch, and dinner. It's considering, like, what would work for me? What am I interested in eating? What do I like? What kind of results do I want? And what kind of strategies work for my life that support that result instead of just replicating what others have done?

JEN

Yeah, one question we ask at the beginning of coaching calls, we often ask, you know, why did you join? And like, what's your goal? And, you know, I'll have members say to me, "Well, I joined, I have the goal of weight loss or fat loss." And I'll say, "Well, that can't be all. What else is your goal?" And they're kind of like, if they're new, they're like, "Oh, what does she mean?" And here's what I mean. Weight loss is a result. Right? The "how you get there" should be part of your goal. So it's, an answer seeker would be saying, "Weight loss, period. That's my goal." And they'll get there by whatever means. Someone can hand them this, hand them this, hand them

this, and they're like, "Oh, yeah, yeah." Because they only care about the end result. A problem solver gets more specific on the how.

ANNIE

Yeah.

JEN

So then I'll have these deeper conversations with members. And it's like, okay, why they joined is they want to lose weight in a healthy, sustainable way for them. And they're here. They're working with us to explore that.

ANNIE

Yeah, I remember you gave me this analog. years ago, Jen, you said you compared it to the result of getting wealthy. I want to be rich. And there might be people out there that say, Well, you just rob a bank.

JEN

Yeah.

ANNIE

And if you aren't -

JEN

Rip off your grandma.

BOTH

[Laugh]

ANNIE

That escalated quickly. [Laughs] But if you aren't, to your point, considering the experience, the process of how you get that result, you might find yourself like, "Oh, that's like, actually, I'm not okay with that. That doesn't work for me. That compromises my values and my moral compass."

JEN

Yeah.

ANNIE

And so, how else can I get rich in a way that feels good to me? Same same.

JEN

Yeah.

ANNIE

Don't rip off your grandma. [Laughs]

JEN

Don't do that.

ANNIE

In the same way we don't want you to pursue your weight loss and fat loss goals in a way that's detrimental to your overall well-being.

JEN

Yes. [Laughs]

ANNIE

Or lands you in jail. [Laughs] Okay, great question. Hopefully a lot of helpful information. Thank you, everyone, for tuning in. Take good care of yourselves.

JEN

Thanks, everybody.

ANNIE

Bye-bye.

JEN

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.