

Balance365 Episode 258 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. Today we're answering a question from a new mom in our audience. She asked, "How can I get back to normal movement with two kids now and working full time?" We absolutely love this question. Because, as the saying goes, hindsight is 20/20. Jen and I both have three children. And although we are out of the baby year trenches, we remember them vividly. With the perspective we have now, not just with our own experiences, but with the women we coach in Balance365, we share some tips on the shifts that are needed as you're experiencing these big life changes. My friends, growing a family is no joke. Also, please join us in our free Facebook group. It's so fun to interact with all of you there. Each week, we ask for your questions, and we go live and answer them the very next day, you can find the link to that Facebook group in the show notes of this episode. Enjoy.

ANNIE

Welcome everyone. This is where we spend our Thursday or, excuse me, Wednesday mornings, answering your questions. We ask for your questions on Tuesday. And then we come and we answer them live on Wednesday. Are you ready to roll? I see we have people tuning in. Let's get going. So movement and foods as it relates to postpartum. This member had a baby six months ago. She's still nursing, but she's struggling to get back to normal movement with two kids now and working full time.

JEN CAMPBELL

Yeah, that's hard. And I guess it's going, you know, are we talking about how or what? And I have opinions on both. [Laughs]

ANNIE

Well, and why the struggle?

JEN CAMPBELL

Yes. I think you know, having children is enormously disruptive to our day-to-day habits, right? It's a... It's a big thing.

ANNIE

[Laughs] Tell me about it.

JEN

It's a big thing. I've got three of them. So does Annie. And how I used to exercise and the frequency I could exercise, that is very different today than it was before I had kids. And I think that one of the things that can really stand in people's way of establishing an exercise habit, or any habit for that matter, when their life changes in such a big way is perfectionism, like struggling to let something different be good enough. And so we talk about this all the time, you can really only take action on things that you are ready, willing, and able to do. And maybe I was able to hit the gym five days a week before I have kids, but I'm absolutely not able to do that anymore. And also, what I know from my experience as a coach and a personal trainer is it's unnecessary to hit the gym five days a week. So there's that too. And so the longer I don't accept my new circumstance and keep trying to establish habits inside of a circumstance that just doesn't work anymore, the longer I'm just prolonging longing that struggle, right?

ANNIE

Yeah, I what I hear you saying, Jen, is sometimes it can look really great on paper. Or it might be something that you at one time used to be able to do. But for whatever reason, like it doesn't actually work in real life, you cannot implement it consistently. And for that reason, it's like, not helpful.

JEN

Yeah. And so there's this belief out there that people who are successful are perfect. And the reality is, and we see this with the women we work with in our program, people who are successful learn to meet themselves where they're at. They adjust their speed throughout their life, and they match the speed with the, with the circumstance that they're in.

ANNIE

You know, if this were a coaching call, I would really want to dig into what is causing the struggle. It's totally reasonable to think that it's a struggle because, as you said, kids take a lot of your time and attention, and they really put a cramp in your, can put a cramp in your well-being habits or your wellness habits. But it could, it could be perfection, it could be managing realistic expectations. It could also be really like, I don't want to say surface level, but just like I need to, like map out a schedule, "I need to communicate with my partner, like, Mom needs 30 minutes at, you know, after work to go do this thing," it could be, "Baby's not sleeping, I'm not sleeping, I feel like crap." You know. So I think when you're in this position of feeling like you're really just struggling to do the things that maybe you want to do, maybe you used to do, but it's just like not clicking, slow down, and pause and like, ask yourself, like, what's causing the struggle? And then evaluate like, are my foundational wellness like, caring for myself behaviors, getting met first, because we've talked about this, I think we maybe weren't the first but years ago, it was pretty revolutionary for us to come out saying like, "Unpopular opinion, you might be better off sleeping an extra hour than getting up and working out."

JEN

And working out. Yeah.

ANNIE

And because so many new moms were like -

JEN

They were coming to us and, yeah.

ANNIE

Like, "5am, I'm trying to get this workout in, and I'm exhausted," and then by three or 4pm they're depleted, they're eating, they're emotionally dysregulated.

JEN

Yelling at everybody.

BOTH

[Laugh]

ANNIE

Ask us how we know. [Laughs] Personal experience. So you know, like, make sure that your foundations are being checked off the box before you try to level up movement, level up your nutrition, like, are you getting sleep? Are you managing your stress? You know, do you have like a routine that's supportive to your emotional state, so you're not panicked and stressed every morning. And then embrace the imperfect action. Like you said.

JEN

Yes, yeah. I remember a time, probably after my third, where I was just fitting in, you know, I had a good foundation of exercise. Like I knew I'd been working out for years. So I knew, you know, I knew what to do type thing. And I was just fitting it in throughout the day, I would just stop and do some squats or some push-ups on the counter while I was microwaving a coffee. And it wasn't perfect. But I just looked back on that version of me. Like I could almost cry thinking about her just doing her best. And I think, gosh, we're just... It was just like, it was just resilient of me to do that. Just fitting it in. Doing what I could with what I had. And I think although you, when you're in it, it might feel like failure. I think you could shift your mindset to like, look how amazing I'm doing.

ANNIE

Yeah, look how -

JEN

Look how I'm doing my best.

ANNIE

Look how well I'm caring for myself.

JEN

Yes.

ANNIE

Like, that's just, the love that we can express for ourselves is just so beautiful.

JEN

In these little moments. Yeah.

ANNIE

Yeah. Oh, I'm getting emotional. [Laughs] Okay, good luck returning to those habits. I'd love to hear an update on what her next steps look like after listening to this.

JEN

Yes.

ANNIE

Okay. 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.