

Balance365 Episode 261 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, everyone, we are back with a member spotlight. We are thrilled to introduce to you Lorraine, a business analyst from Edmonton, Alberta. Lorraine is an intelligent, strong, capable woman who like most of the women we work with, had the wool pulled completely over her eyes when it came to health, wellness, and weight loss. But that's all behind her. Lorraine joined Balance365 hoping to find a space that honored her desire for fat loss but supported her in healthy holistic evidence-based ways. And she sure found it. Today Lorraine is down 30 pounds which she describes as a joyful and peaceful process. She shares with us that the approach and philosophies we use in Balance365 have seeped into every area of her life, including how she's raising her children. When we were interviewing Lorraine, I was reminded how powerful it can be for a woman to heal and free herself from the prison of dieting. This isn't about the end result. While fat loss can be a fantastic byproduct of the work our members are doing, the real magic is in how their lives are changing, how different the lives of their children will be because of it, and the ways they can meaningfully contribute to their communities and the world because they aren't carrying the baggage of food and weight. If you want to be free like Lorraine says, if you want to get the structure, guidance, and support that Lorraine had, get on our waitlist, you can find the link in our show notes or visit balance365.com/waitlist.

ANNIE

Jen, we have one of Balance365's biggest cheerleaders. I hesitate to even say that because all the other Balance365 cheerleaders are probably going to have this like competition to see who's the biggest -

JEN CAMPBELL

[Laughs]

ANNIE

- but one of the biggest on the episode today. Are you so excited to talk to her?

JEN

I'm very excited.

ANNIE

Me, too. Lorraine, how are you?

LORRAINE

Hi, I'm great. How are you?

ANNIE

So good. So happy to like finally see your face and like chat with you instead of just seeing photos of your faces or your words, which we're going to talk about -

LORRAINE

[Laughs]

ANNIE

- in this episode. Thanks so much for joining us today. Before we get into your journey and your experience, can you tell us a little bit about who you are, and where you're from? What do we need to know about you?

LORRAINE

I absolutely can. And I just want to say thank you so much for having me. I'm so excited to be here. I currently live in Edmonton, Alberta. I'm a business analyst by trade. I work as a training advisor with learning management software. And if your eyes just glossed over, that's okay.

JEN

[Laughs]

LORRAINE

[Unintelligible] still does not fully understand what I do. I joke that I'm a bit of a Chandler Bing because no one really understands what his job is. And that's okay. I'm a mom to an amazing three-and-a-half-year-old and 15-month-old. And I'm just wrapping up my last week of maternity leave before going back to work next week. So a bit of a transition period right now.

ANNIE

Very cool. That's exciting. So you must have joined shortly after your second was born. Is that correct?

LORRAINE

Yes. I think I was about, it would have been, I joined coaching in May so that's six months postpartum.

ANNIE

Okay, okay, before we get into what happened after you joined tell us about what was your life like before Balance365. Dieting experience, body image struggles, like what was it like to be Lorraine pre-Balance365?

LORRAINE

Oh, my goodness. Sometimes I don't like to think about it very much, but it's good to reflect on in a general, more broad sense. I was your typical yo-yo dieter, right? Looking back at my weight trend throughout the years I had these peaks and valleys of gaining, kind of not really paying attention, to freaking out and oh my gosh, I need to lose weight, doing the diet, doing whatever it was that got me to a lower weight, stopping that because it wasn't sustainable and then rinse and repeat. Right? So I think it's, unfortunately, a very common story with women. I remember feeling just this growing sense of discouragement over the years and feeling really frustrated that weight loss seemed so hard to both achieve and to sustain. Like, it was something I couldn't figure out and that it shouldn't, it just shouldn't be so hard. What am I missing here? And what do other people have figured out that I don't? Spoiler alert, a lot of people don't have this. And that's okay. If we're talking more, kind of directly before I joined, like I mentioned, I was about six months postpartum, and I lost a ton of weight directly after childbirth. And I quickly gained about 10 pounds of it back on, and I was reaching for chocolate every night after the kids were in bed, because that was my coping mechanism. It felt like something that was out of my control in a lot of ways, like just something that happened to me, and I didn't know how to stop it, I would go out into the world, the odd days, I got out of the house with my baby. And I would feel so much of a sense of accomplishment that I would go buy myself a treat every time kind of celebrate, like, "Yeah, I actually made it out of the house." So yeah, and I got to a point where it just felt it felt really powerless and out of control. And I actually did go to a dietitian before joining Balance365. And this dietitian was a Health at Every Size aligned dietitian, and big into intuitive eating. And that's where I first started learning a little bit about restriction and what that actually is. And I didn't delve very deep into intuitive eating, but I did play with it, I started giving myself permission to eat the foods, seeing where that got me. And if I would balance out at all. And I remember being really frustrated in my sessions with her because she would be asking me these questions about like sleep and about stress levels. And it was just like, "This is really nice. Thank you like, it feels great to talk about, but tell me how to stop eating half a chocolate bar every night. Like, what does that have to do with the food?" And it wasn't until I joined Balance365 and I was like, "Oh, it has everything to do with it." [Laughs] So that was kind of me right before joining.

JEN

Was it a pretty big epiphany for you to start understanding that restrict/binge cycle?

LORRAINE

It was the first and largest epiphany that I had, yes, for sure.

JEN

Like, hey, it's not that I lack willpower. It's this behavior that I've been taught is feeding this.

LORRAINE

Yes, yes. And one thing that I learned was, like, it's so common for us to beat ourselves up about not having enough willpower, and the epiphany of learning that our bodies are designed to have mechanisms to keep us from starving, that is going to override willpower every time. It was mind-blowing for me. And yeah, the whole idea of restriction, restriction has the opposite effects that we wanted to have. And so of course, all these pieces started making sense. Of course, this wasn't working for me. Of course, these things were happening, but also acknowledging that it's not my fault. Like there's a reason these things are happening.

JEN

What was your experience working with like a Health at Every Size/Intuitive Eating aligned professional was that, you know, what was that like for you? And then why did you ultimately come to Balance365?

LORRAINE

Yes, so I would say the dietician I worked with was just like a lovely, wonderful, supportive, compassionate human being and so the first time I started understanding where that self-care starts to play into everything, she was wonderful. The place that I got stuck was on the Health at Every Size part. And I want to give a caveat to that to say that I am very body positive. I think all bodies are beautiful. I think bodies come in all different shapes and sizes and they should and that's great. But it didn't leave me room to...It left me feeling deflated that I couldn't make the health changes that I still wanted, to be in a, in a body that was at an appropriate percentage of body fat for my health, right? So that's where I was. I remember sitting in a session, and you know, and I said, "What do I do if I start making these changes and I don't lose the weight? Like, what do I do?" And she's like, "That's kind of just how it is like, that's where your body wants to be." And like, it doesn't make sense to me. It's not...It's not in line with what I understand to be the scientific evidence of what makes a healthy body. And so that's what wasn't getting filled up for me from that. And that's when I thankfully found Balance365, through a certain swearsy historian.

ANNIE

[Laughs]

JEN

James Fell, our, another big cheerleader of Balance365.

LORRAINE

Who I knew and trusted to be evidence-based, authentic, and already had experience working in the, I'm going to just say, corrupt diet industry.

JEN

Yeah.

LORRAINE

He's pretty upfront about that. And so when I saw him posting about you and your program and how he trusted you, and it's the only affiliate program, I think, that he advertises for, I knew it was something that really needed to be considered.

ANNIE

So Lorraine, what do you think your beliefs were when you think about that period before Balance365? I know you clearly have some sounds like core beliefs about what bodies should be and how they should look and the choices that we should have available to us now. What were your beliefs back in your like dieting days?

LORRAINE

Gosh, I think I was probably stuck in the skinnier is better mindset. You know, could never get skinny enough. There was never a thing that can be achievable. Apart from that. I don't remember having a lot of beliefs about it before.

JEN

Is it, is it possible that, I mean, if somebody asked me this question, I might struggle, I guess the only thing I thought about at one time was thinness. Like it was just like kind of this tunnel vision to love thinness, like that's why we make change, to get thin, there was never a consideration of my health. There was never a conversation around healthy body weights, there were never conversations around weight fluctuations. There were never conversations around emotional eating. It was very thin, weight driven.

LORRAINE

Yes. 100%. I remember, as a teenager, I had a wise friend who talked about how you should be going to the gym to pursue health and not to pursue being skinny. And I was like, "No, I'm not, I'm not there. I'm good. My health is good. I just want to go be thin." [Laughs]

JEN

Like what a wise friend, really.

LORRAINE

A very wise friend. Absolutely. And I think what makes it hard about when we start developing a belief system when we're younger around all of these things, because we're not born with it. It's all who is around us and our societal influence. But I very early on was getting reinforced that the skinnier I was, the better I was. And so I remember I think it was after high school when I first started gaining a little bit of weight that I wasn't happy with. And I remember I literally cut what I was eating in the day and a half and I'd be at my summer job in the office in the kitchen, eating literally half of a bologna sandwich, because that was all I allowed myself to eat for lunch. But it worked. And I lost weight. And I was you know, trying to skip dinner whenever my, I felt like I could get away with it without my parents noticing. And I've had people say to me, like, "Oh, you lost weight, you look great." And it's just, it's this reinforcing loop of it doesn't matter how you got there as long as you lost the weight and got skinnier.

JEN

Yeah, that, and that really speaks to the danger of praising somebody for weight loss, doesn't it?
Like -

LORRAINE

Absolutely.

JEN

- it's a very dangerous place to be when you are, yeah, giving out praise for that.

LORRAINE

Yes. 100%.

ANNIE

So you've had periods of your life, Lorraine, where you've had weight loss as a goal. And at one point, it sounds like how you achieve that weight loss, it didn't matter, just get there. That is like the end all, be all, get to that end line of that goal weight or whatever it is. How do you feel about the process? Like how influential is that to your experience now?

LORRAINE

Oh, the process is everything. It's not... Oh, what a flip that was to realize that it's not, it's not do everything you can to achieve that goal. It's the process that matters because the process is actually what's going to be creating the results in your life and if they're sustainable or not. So I don't have a weight loss goal right now, I have maybe a range that I think my body would end up being happy at. But I don't, you know, I remember, I did Weight Watchers before my wedding to lose weight. And I remember starting the app and setting my goal of what you want your weight to be, you put in your little number there. And they calculate out the time period between now and then of how many, how much you have to restrict per day to get to that goal. And, you know, counting my points and calories every day. And it was. I was seeing results. So I was short-term happy. And then when my wedding came and went, and I stopped using Weight Watchers, and I gained all that weight back and more. That felt pretty horrible. So I definitely hit a point of what I'm doing isn't working. Driving and doing whatever we got to do to lose weight isn't working, it's the wrong way to look at it. It's what changes can I make in my life that is sustainable for me? What can I do that I can do for the rest of my life without having an endpoint in mind?

ANNIE

Were you asking those questions when you joined Balanced365? Or did you just join because James gave us a stamp of approval -

LORRAINE

[Laughs]

ANNIE

- and you were like these...I'm sure that the story in your head was like, "These girls seem fun. They're awesome." Right? [Laughs]

LORRAINE
[Laughs]

ANNIE
That's what you're thinking?

LORRAINE
Absolutely. You guys, you guys are a very good selling program. [Laughs] I think I was at the beginning of that, you know, I was somewhere in the middle of, I do want to lose weight. But I'm done with the way that I've historically done it in the past. And I'm ready to open my mind up and learn a different way, a way that, you know, I didn't even know if that existed. And I was really skeptical at first, and I tried to read as much about your program as I could because I was like, I don't want to do another Weight Watchers or I don't want to do a Noom, I don't want to just get stuck where I am. I want to fix this for good. And you know within...first the, oh my gosh, the Fat Loss Foundations course and then the Cut the Crap workshop. Within days, I knew this is, this is the thing. This is what I've been looking for, this is different in a way that I didn't even anticipate or imagine that it could be. It was so far from what I had typically seen in the past and in a way that was just so empowering. In a way I hadn't experienced before, too. I was like, "Take all of my money. This is what I want."

ALL
[Laugh]

ANNIE
What do you think when you say it was empowering in a way that you hadn't experienced before? Can you recall any of the moments where you're like, "Wow, this is wild"?

LORRAINE
Oh my goodness. The first one I had was in the Cut the Crap seminar where I realized that I wasn't freedom eating. I was rebellious eating, and that is not freedom. I remember just like gripping my computer with wide eyes, [laughs] seeing that graphic.

JEN
"That's it!" Yeah.

LORRAINE
The hallelujah chorus started playing somewhere in the background.

JEN
[Laughs]

LORRAINE

Like I just was like, this is, this is the thing. Just mind-blowing. And since that moment, like the mindset shifts just keep coming and coming and coming. So you want me to speak to some of my favorite mindset shifts?

ANNIE & JEN

Yeah.

LORRAINE

Or are we going off-topic?

ANNIE

You just essentially asked like, do we want to hear how great your life is? And how great our program is? Like, yes, I do, Lorraine. Keep going. [Laughs]

LORRAINE

Oh, my gosh, my favorite mindset shift is the concept of compassionately parenting yourself. Like, what a, what a thing that can overhaul your entire life, not just eating and weight. So, you know, the more I practice this, the easier it gets. And just the idea of how would you comfort your best friend or your child, you know, how would you help them through this and why can't we speak to ourselves that way? You know, we need to, we need to do that for ourselves so that we can do that for other people. So, you know, like, I've left a lot of the shame type of feelings behind and when I'm going through a challenge, and the challenges come. Like this isn't a magic wand that you know gets rid of every single challenge you're going to experience in life. But the challenges come, and I asked myself, "What do I need?" You know? Why am I beating myself up after this? Look at what's happened objectively? Yeah, this is a hard thing to go through, you're feeling what you should feel, feel these feelings. And what do I need? Do I need sleep? Do I need connection with somebody?" Sometimes I've been getting so much better at just phoning a friend and having a deep conversation and feeling that connection to fill me up or rest, like, do I need to go journal five pages out? Like, what do I need?

JEN

So within this compassionately parenting yourself, so many women, what they are struggling with almost constantly is being hard on themselves, right? Like self-loathing, really. So I can see how this can be transformative in just your well-being by being more compassionate. Have you been able to find, because the other part of the concept that we talked about is sometimes we need loving, tough love with ourselves. And have you been able to find that side of compassionate parenting?

LORRAINE

Yes, absolutely. And I was, that was actually going to be my next point was that being compassionate with yourself has to include tough love sometimes. But it has to come from a way that's not shaming, it's a way of being responsible for yourself, which is what in my experience leads to a crazy feeling of freedom that I never thought. Responsibility and freedom

are tied so closely together. And another example of that, for me was, when I was starting this program, one of the biggest things that I realized, I was, you know, doing was the reward and the celebration every time I went up out of the house, and I remember driving around town after that, and having Annie's voice in my head of like, "You are a grown ass woman, you own all your problems, you are your own solution to things, your responsibility," and I was like, "Look at me, like, I don't need to go get a treat for anything. I'm going to save money." And I was so excited. I felt so good about it. And that concept of setting a healthy boundary for myself, which isn't to say I could never go out and have a treat, like, of course I can. I didn't need to do it every time. That was a healthy, realistic boundary that I needed to set for myself. And it didn't feel restrictive. It felt freeing.

JEN

Yes, absolutely. Oh, I love that.

LORRAINE

It's pretty amazing stuff. I have you to thank for it.

ANNIE

Well, we may have shared some of these concepts with you. But you've clearly put in the work to practice and embody these concepts on a consistent basis. So.

LORRAINE

I'm trying, I'm not perfect, and accepting that things aren't perfect is part of the way to have progress going forward. I want to really emphasize that too, is, I wouldn't want to be listening to this and hear someone talk about like, "Oh, these mindset shifts, and everything is great." Like, no, it's imperfect, but embracing that is also freeing, and it's what propels you to move forward instead of being stuck where you are.

JEN

Because real life is not perfect, right? And there's nothing that's really going to work for us unless it can work imperfectly. Like we need solutions that work within imperfect lives.

LORRAINE

And that's another one of my favorite mindset shifts is that, oh, I am such a lifelong perfectionist. I didn't realize how deep it actually wasn't until Balance365. And I don't view things that are challenges as things to derail me anymore. Like I almost get excited, a challenge comes up because I'm like, this is an opportunity for me to sharpen my skills and figure out how to do this even better, so that I can be even stronger than I was before. It's, whereas before hitting into a roadblock would probably completely derail me, it would zap all of my motivation. And I'd feel like a failure and go into that shame spiral again. And shifting your perspective on that is so powerful. Just accepting that imperfection is part of the process. And it's a beautiful thing, and it's what lets us grow and move forward.

ANNIE

That might be a good segue into talking about some of the challenges you have faced while in Balance365 because, like you said, it's easier to make great choices and have consistency and stay connected to yourself and your goals when everything's rainbows and unicorns, but life isn't always rainbows and unicorns. You recently lost your mom.

LORRAINE

Yes.

ANNIE

I'm gonna cry just thinking about your posts. [Laughs]

LORRAINE

[Laughs] Yeah, yeah, it's been hard.

ANNIE

You shared a post about that experience. And I know that you have reflected on it and how there have been some silver linings on a couple of different levels.

LORRAINE

So, I lost my mom back at the end of, very end of October, the day before Halloween, very unexpectedly. I had a great relationship with my mom. And it's my first experience with really profound grief. So I can't think of a bigger challenge to come in while I'm going through Balance365. The first thing I want to talk about was, well, I guess I'll, yeah, I'll go back to my post. So when we were going through my mom's things, my mom had been on her own health journey for the year before. She lost about 45 pounds doing another program. And was feeling really good in her body, she had more energy, she was walking every day even started jogging a little bit. 75-year-olds woman starting to go jogging, I loved it. And when we were going through her things, I found this post-it note that she kept obviously kept close by to her. And it was, it was a note forgiving herself for various things in this area. So the things that she wrote were that she forgives herself for eating emotionally, for not losing weight earlier in her life, for not caring if she lost, for not setting a good example for her sisters and daughter, for putting her health at risk. And for indulging in super sweet snacks and then feeling awful. How relatable is that? Having a lack of self-control and being jealous of others' bodies. And when I found it, I just, I heard in my posts that my heart soared because I was just so happy that she had forgiven herself of these things and let them go before she passed away. And it immediately made me think that I want to share this with others, because I don't want anyone carrying these things around with them. We don't have to carry them with us. Your loved ones do not want you to burden yourself with these things. And I feel like we have. I mean, I wish my mom was here because we were just getting into great conversations about all of this. But, you know, we are breaking generational cycles here of toxic diet culture, of shame, of just wanting to be skinny at any expense. And my mom was able to do that for herself. So it was, it was a strange silver lining finding that. And the other kind of aspect of all of this that I wanted to talk about going back to when challenges come into your life. Grief. Grief is something else, let me tell you. When I first lost my mom, I lost about seven pounds in six days. I remember trying to force-feed

myself just to get something into my body because I knew I needed to eat but my body was so not in a place to be ready to accept food. And I knew that I was in severe restriction from that experience. And from what I've learned in Balance365, I knew that the pendulum was going to swing the other way at some point. I knew it, I was preparing myself for it. I was ready to be loving, compassioning with myself, compassionate with myself about it. And when it came, and it did a couple of weeks later, it was really just a few days, it was a few like cookie binges, a little bit of fast food. And I just, I let it be what it was. I didn't let it get too chaotic. But I also just let my body kind of do what it needed to do in that time. And I think because I kind of accepted it and had the knowledge of what was going on in my body, I moved through it really quickly. And I started regulating very quickly after that, and have been pretty regulated since, and I don't think that would have been possible without Balance365. I don't want to know the old bad habits I would have reverted to but it would not have been good. And then, if I can just share one more thing, what I found to be one of the most powerful metaphors that I learned, I can't remember, I think it was, maybe Jennifer shared it, that I learned it from, but the analogy of breathing. And so if you were to stick your head underwater and try to hold your breath and restrict oxygen from your body, you would be in a very restricted state, and your body would physiologically overpower your will to stay underwater. And it would shoot you up to the surface where you need to gasp in lots of oxygen and air because you've been deprived of it. And then, after you get that oxygen and air into your body, it would regulate itself out into normal breathing. And that has been such a powerful metaphor for restrictive eating for me. And I keep that in mind as to why restricted eating doesn't work and won't work, because your body's probably going to override you at some point. And also trusting that your body knows how to regulate itself, it doesn't need a ton of, you know, diet programs, telling it what to do and what it needs. It knows and Balance365 gives you the knowledge and tools to unlock that for yourself and understand your own body.

JEN

Wow, that was really, really something, Lorraine. Thank you.

ANNIE

Lorraine, what's that like for you to have that experience that like, your mom was working on some new beliefs and new habits, you've worked on new beliefs and new habits, like now being a mom? Like, what's that like for you seeing that, like you're contributing to this change in culture for your children?

LORRAINE

It makes me so happy that I can help my kids through all of this. I get so protective of the way my kids eat, I probably drive my husband a little bit insane. I am very big on what's your body telling you? We are not a finish-your-plate household. Are you full? What's your body...Listen to your body. They get that a lot. You know, if you don't want to eat that, you don't have to, like kids have this inherently, this inherent knowledge in them. And I'm so protective of that and trying to hold on to that for my kids. And my three-year-old will come up to me and say, like, "Oh, mommy, my body is so hungry right now," and I say, "Okay, that's great. Let's go find some food." Or he'll say, "Mommy, my body doesn't want any more food," you know, like, he's, he's

three, he doesn't get the whole wider concept of everything. But the seed is there, that food is about listening to our bodies. And once in a while he'll say, "Mommy, my body really needs a cookie." [Laughs] Which is okay, it's not too often. Most of the time he's already got that awareness at three and a half years old.

JEN

Yeah, a lot of what we end up, you know, coaching in women in Balance365 is like, great childhood feeding strategies. And, you know, most of us just weren't, you know, our parents didn't have the awareness, they were literally raising us to be lifelong dieters, and I have compassion for that, you know, I'm not a perfect parent, and I believe they were all doing their best with the tools they had. And we just know better now. And I, you know, I have these moments all the time with my children. And I've been doing this well, for a solid eight years now, since my oldest was five. And he's now 13. And, you know, I have these moments all the time, Lorraine, where I see in my older children that like, gosh, this really works. And we had the like, last night we had the best homemade macaroni and cheese. It was like, cheesy, there was bacon in it, like salty, like it was delish. And my middle son had seconds and then but didn't finish and put his plate by the sink, like he was done. And I'd sometimes just have these moments where I'm like, this works. Like he truly is listening to his body, and he's done, and he has no food scarcity issues. He knows we'll have this again. And it's just it's really beautiful. And it's part of when people can really get on top of this and be raising their kids like this. I mean, that will be what puts the diet industry out of business.

LORRAINE

Yes, can we just spread this like wildfire everywhere? [Laughs]

JEN

[Laughs]

ANNIE

Yes, we can. Yes. [Laughs]

LORRAINE

Doing my best, but, and I love the idea almost, too, that it's, it's, to me, it's about protecting what's natural to them, like putting a block on all these messages that society and toxic diet culture want to impart on them and protecting what's just there naturally for us. So I'm really excited to have gained that knowledge through this program to protect my kids through that.

ANNIE

That's awesome. Okay, so we've talked about, or we touched on your mindset changes. Tell me about like, your habit changed, like, what are you doing that's different? Is there a habit that sticks out to you that is, like, you just are so in awe of?

LORRAINE

Yeah. So admittedly, because I've been in a little bit of a, what I'll call a red zone for the last couple months, since I'm on [unintelligible] in this period of transition. My habits are not scaled all the way up. That's one thing I love about Balance365 is the scalable habits. But the habit that I would say I love and rely on the most is balanced meals, actually. So -

JEN

I love that. We don't, we actually don't hear that one super often. So it's really fun to hear that. Yeah.

LORRAINE

So I actually had gestational diabetes in my second pregnancy. And that's where I first started learning about balanced meals, because the nurses would coach on the amount of carbs you should really be having and whatnot needs to be paired with pair it with a protein on all of that. So I started practicing it through that. And that was my first experience to have like, I need to give my body food for what it needs and to feel good in my body, not because I'm trying to lose weight, or this or that. And so I'd had a little bit of practice with it that just got amplified through Balance365. And I love the habit, because to be honest, I think it's the one I'm best at, I can really easily balance my plate. And I think people get caught up in the perfection, again, of what a balanced meal looks like. And it doesn't have to be complicated. I love frozen veggies, I love you know, just that visualization of what your plate looks like. And the quarter of it is a protein, quarter of it is some you know, healthy carbs and half of it fruits and vegetables. And I can throw that together pretty easily. So it's something that I didn't realize before, the balance is what helps you feel good throughout the day, it's what gives you the energy to get through the rest of the day. And making those connections just reinforces that habit, too. And I'm with Annie on the convenience foods, by the way, I do not love to cook. So, conveniently throwing a balanced meal together.

JEN

It's freeing, right? Like it's kind of freeing when you learn like the framework is very simple. And as we say in Balance365 nutrition can be very simple. It's changing that's the more challenging part of this. And I think humans have it reversed. They think nutrition is incredibly complex, complicated. And change should be easy. So we just keep looking for these perfect nutrition plans to make because it's supposed to be easy, right? But it's like, it's actually flipped. Nutrition simple. And the more you simplify it, the easier the change process can actually become. But then we focus on the behavior change process, which is actually what humans struggle with because we have these brains in our heads that don't want us to change.

LORRAINE

Yes, absolutely. That's hitting the nail on the head. I have nothing to add. It's perfect. [Laughs]

JEN

[Laughs]

ANNIE

Okay, so balanced meals. I didn't see that coming, but I appreciate you sharing that.

LORRAINE

[Laughs]

JEN

Yes.

ANNIE

I swear everyone always says internal cues or emotional eating. But balanced meals was a winner for you. You've had a fair amount of mindset changes. And I know this is really just the tip of the iceberg for you and all the things that you have changed. But I would love to hear what are the results of these changes both mindset and behavior.

LORRAINE

Yeah, so I mean, everyone loves to hear the number, so I have lost, I've lost about 30 pounds is my tangible scale results. Bigger than that, though, I have made peace with like, I am really in a general sense at peace with it. I've given up that emotional and mental struggle that we don't realize takes up so much room in our brains. I've peacefully lost all of that weight, and life now is just, I keep wanting to say "peaceful" because it just seems like the best word choice for it.

ANNIE

What, when you say peaceful? What do you mean?

LORRAINE

I mean that the tension is less or gone. So I don't, I hadn't, when you're talking about previous beliefs, I went to my food beliefs was I had a lot of frustration and confusion around food and what's believed was good or bad. And so, you know, you've got every diet imaginable out there. And if you listen to all of that, you, you're left with basically nothing to eat. You know, there's the argument that meat is bad, there's the argument that carbs are bad, and dairy is bad, and this causes inflammation and this and that, and that, that. And I was just like, okay, what am I left to eat with? I have spinach, like, I can eat spinach, but I don't want to, and I don't like it. And I can't live on that. So to be at peace with like, it's okay to grab this food, I don't have the food morality anymore. It's okay to eat this. This isn't a perfect 10 on a scale of nutrition for a meal, but it's still nourishing for my body, you know, the food battles, the food morality is a huge part of it. That's all gone. I've made peace with that.

ANNIE

That's awesome. I also want to touch on, you. You've built a movement habit, which, of course, I would love to talk about movement and all the benefits. But I think what the important part of that in your experience was, it felt like a little bit of an identity shake-up for you, like that you bought weights and were working out. I think you even said in one of your posts, like, who am I?

LORRAINE

Yeah, there's a lot of identity questioning that happens in Balance365, because you have these self-beliefs that I am this way, and I will always be this way. And it's a part of who I am and my identity. And when you start challenging some of those beliefs and taking action that's different for what those beliefs have always been, it produces a little bit of an identity crisis in the most wonderful way. Like, I didn't think this was possible, I didn't think that I would be someone using free weights in my living room, I didn't think I'd be someone that on the really hard days where I am not able to do the full thing that I wanted, I can still go do 20 squats in the kitchen before bed, and I'd done something for my body that day. It's just that that mindset shift is huge.

ANNIE

It sounds like that also fits into that piece of compassionate parenting of yourself, that movement is part of the way you care for yourself. It's not punishment, it's not something you have to do; it's something you want to do because this is how we care for human bodies.

LORRAINE

Well, yeah, that's such a powerful connection there too. And even things like you know, I've done physio for, I have a bad hip and leg just from having two babies. And going through physio was always just such a challenging thing for me, and I would do my exercises for a few days, and then miss a day and then lose all of my steam and say, like, I'm done, I screwed up, that's it, and just switch that, too, into, like, when I do these exercises, I do feel better in my body. And if I miss a day, that's okay, because life happens, like what unrealistic expectations I having of myself in this area, and start calling those out. So you know it again, it all comes back to almost battling that perfectionism and the all-or-something mindset, which is another huge mindset shift that will change your life, you know. So it's incredible that when you talk about changing your mind, first, which is really what Balance365 does, which is really the key to everything. It's incredible how you can change and not even recognize yourself and then not recognize your former self from who you were before because you don't realize you put in these little incremental habits to actually hit your goals.

ANNIE

That's awesome. That's, I love that. So you've lost the weight. You've lost the perfectionist thinking, you've ditched the dieting, you've gained peace, and you've gained new perspectives. A whole new identity possibly. [Laughs] I know, because you publicly share your amazing experience with Balance365 that you probably have some thoughts on what you want to tell people who are listening that might be on the fence that might be thinking about, "Is this right for me?" What would you want them to know?

LORRAINE

I've been waiting for this question.

ANNIE & JEN

[Laugh]

LORRAINE

Can I couple it with, you know, people who are kind of where I once was. And also people who are on the fence that joining?

ANNIE

Yeah, you can speak to whoever you want to.

LORRAINE

The biggest thing that I want to say is first, stop and give yourself a huge hug. Because the struggle is real. And it's not your fault. It's not your fault that you haven't been able to sustain your goals or get where you want to or figure this out yet. Our society does not set us up for success in this area, and the true keys to it, I haven't seen anywhere else other than Balance365. So stop beating yourself up. Stop shaming yourself. My favorite saying that I think you've seen is you didn't fail the diet; the diet failed you. Those words changed my life. And if you're thinking of joining Balance365, oh, my gosh, just do it. Do it, and don't look back. The answers you're looking for are here. There's nothing else like this out there that I've seen. And I've done a lot of looking. And if you let it, the fundamental shifts from this program will seep into every crevice of your life and make it better. I can honestly say I believe that with all of my heart. I remember when I was teetering on the fence of like, "Should I do this? Like it doesn't feel like the right time." And then just coming to the conclusion of like, what is the right time? I've spent years dealing with this stuff. And life is never going to be perfect or challenge-free. If not now, then when? So I 100% jumped in, you have nothing to lose and everything to gain. Give it a shot.

JEN

Thanks, Lorraine.

LORRAINE

You're very, very welcome.

ANNIE

That's like a mic drop, right there. [Laughs]

LORRAINE

[Laughs] Can you tell I get a little bit passionate?

ANNIE

Well, you're in good company because we do, too. We so appreciate you sharing your experience, your story with us today, for sharing the good word both online but also in the conversations that you're having with your friends and your family. It's so appreciated. Anything else to add before we wrap up?

LORRAINE

You know, I don't know if I told you this. I think I mentioned it to Jen that as soon as I started listening to your podcast, it was like a new life goal in my head that I wanted to be on your podcast one day. [Laughs]

ANNIE

This is like goal, goal crushed.

LORRAINE

This is like the greatest gift I could have while I transition, you know, wrapping up my mat leave, transitioning back to work. I thought maybe if it did happen, it would be years from now when I had time to really be a master at everything and perfect everything. And so I just want to be upfront that I haven't done this all perfectly. And you also don't need to, and if I can get where I am now and see the progress I've had now with a little bit of imperfect action and some mindset shifts. Like just imagine what else is possible. Being a year on this program, being two years in this program, I'm so excited to keep going down that road and seeing where it takes me.

ANNIE

You know, we can have you back, too, in a year if you want. There's no limit.

LORRAINE

No pressure. I'm sure I'll want to yap about this stuff just as much as I can now. It's really life-changing. And it feels like it's, sorry, life-changing. It feels, it feels different. And it feels like this is just going to be, this is just the rest of my life. So I hope to see you in a year or two.

ANNIE

I love it. Well, thank you again, and we will talk soon. Okay?

LORRAINE

Thanks so much.

JEN

Thanks, Lorraine.

LORRAINE

I really appreciate it.

ANNIE

Bye-bye.

JEN

Bye.

ANNIE

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.