

Balance365 Episode 279 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

Welcome back to Balance365 Life Radio where today we are sharing another member story. Meet Stephanie. Stephanie is a busy full-time working mom who actually ditched the toxic fad dieting cycle well before finding Balance365, but as many women do, Stephanie catapulted to the other end of the eating spectrum and found herself in another cycle she couldn't seem to exit: a free for all with food. After a tough conversation with her doctor about the health trajectory that she was on, Stephanie decided to join Balance365. But as you'll learn, Stephanie had hesitations about joining. She really thought weight loss without restriction was just too good to be true. But decided if not this, then what? Because the one thing she was certain of was that she could never go back to the restrictive dieting life. Stephanie has been working with us for about a year and a half now, and her health has done a complete 180. She's dramatically changed her mindset, rediscovered her love of exercise, improved her health markers, and she's down 55 pounds. She shares with us, "I'm so thankful for the program for waking me up to the knowledge that I am in control of my life. And I can pass that better mindset on to my kids." We hope you love hearing about Stephanie's journey today. And if you are interested in evidence-based nutrition and wellness coaching with world-class coaching support, get on our waitlist. Enrollment to Balance365 opens September 18. And we would love to see you there. Visit balance365.com/waitlist Enjoy.

ANNIE

Jen, this podcast guest has the nicest voice. Every time I coach her on a call, I'm sorry if this is embarrassing to her, but I'm like, I want her to read me a bedtime story.

JEN CAMPBELL

[Laughs]

ANNIE

It is so soothing and comforting. And I'm sure our listeners are going to enjoy listening to her as well. Stephanie, welcome to the show. How are you?

STEPHANIE

Thank you. I'm good. How are you?

ANNIE

I'm so good. Do you agree with me? Jen, do you think so?

JEN

Yeah. Listen, listen to that. It was beautiful.

STEPHANIE

That's nice to hear. Because obviously, no one ever likes the sound of their own voice. So it's reassuring. Thanks.

ANNIE

Well, when you record yourself week after week and then have to listen to yourself on a podcast, you get used to it. But I do understand how unnerving it can be to hear the sound of your own voice. But trust me. You have a very pleasant voice. So I'm excited to record this episode with you and talk about your experience in Balance365. But before we get into what happened since you joined, I'd love to hear just a little bit about you, who you are, what you're into. What do you want people to know?

STEPHANIE

Well, I live in Michigan. I'm married. I have two boys. They're five and two years old. I work full-time at a university. And that's kind of the basics.

JEN

What do you like to do, Stephanie?

STEPHANIE

What do I like to do? Well, I'm trying to get into stand-up paddleboarding.

JEN

Right on.

STEPHANIE

I like to do CrossFit. I like weightlifting. I like crafts and writing. I've been working on my writing habit lately.

JEN

Right on.

ANNIE

Super fun. How did you find Balance365? Do you remember?

STEPHANIE

I do. I'm on a mailing list for Heather Osby. And I had bought one of her programs while I was pregnant, exercise programs, and I was still on her mailing list, and she plugged your emotional eating workshop. And that's how I found you. It hit me at the right time and right when I needed it.

JEN

Thank you, Heather. If Heather's listening.

ANNIE

Yeah, what a small world. She lives in my town, and she's a friend, so, and I -

STEPHANIE

Oh really?

ANNIE

- never knew that. That's so fun. What a fun connection. So emotional eating must have jumped out to you, at the time what was going on in your life at the time that you received that email that had you thinking like, "Oh yes, I need help with this"?

STEPHANIE

So it was kind of a build-up over a couple of years. We...Well, first of all, even though I didn't have like a very extensive, like dieting background in my life, I always had all these like, diet rules in my head and a lot of like shame and guilt around eating and stuff. But I had started to hear a lot about like anti-diet viewpoints and had read Intuitive Eating. And that all like really resonated with me. So I had one day just kind of made this decision that I wasn't going to feel bad about not dieting anymore. And that I was just gonna eat whatever I wanted, whenever I wanted, and just not feel bad about it. And so that was good in a way, but then I kind of swung in the other direction. And so there's that, plus we moved to a new area away from the gym that I had been going to for a while. I got pregnant with my second son, and then we had the pandemic. And so there was a lot of, a lot more emotional eating, and everything just kind of snowballed to where I had gained quite a bit of weight in just a couple of years. And I developed plantar fasciitis, it was so bad that I could barely walk some days. And you know, my cholesterol was up and all that. And I went to the doctor's office for the plantar fasciitis. And she told me I think as gently as she could, that weight loss would help with that. And then she started talking about different diets that I can do. And I felt so conflicted, because I had made this promise to myself that I wasn't going to diet anymore. So it felt like, if I went back on that, that would be a self-betrayal. But I did also believe that she was right, you know, I knew I wasn't happy, I was not on a good trajectory for my health. So I was really conflicted. And I also knew, like from past experience and from, you know, watching my mom go on diets and lose weight, and then gain the weight back again, and you know, other people in my family, my friends, all go through that cycle, I knew that even if I did manage to lose weight, it would be very likely that I'd gain it all back. So I left that appointment feeling kind of hopeless. But then, a short time later, I got the newsletter. And I knew that emotional eating was part of my problem. And it was a free workshop. So I decided to check it out.

JEN

Right on. Wow, you've had a journey. Really. It sounds like you had a couple circumstances happen in your life that kind of nudged you towards this trajectory that you didn't want to be on, like a big move, having another baby, the pandemic.

STEPHANIE

Yeah.

JEN

These were big things.

ANNIE

Stephanie, I'd love to circle back to your promise that you made to yourself about not dieting, and you said, I think you said something to the effect of, 'I'm just going to eat all the foods.'

STEPHANIE

[Laughs] Basically.

ANNIE

"However much I want, whenever I want." Like, remove all the morality and the rules that you've maybe previously had. What was that like for you?

STEPHANIE

Well, like at first, I think it was, you know, freeing, they lifted this burden of, you know, the guilts and everything around food. But then just kind of over time, it just got to be too much, where I was basically like snacking all day, I would, especially in the afternoon, I'd, you know, maybe feel like a little bit of hunger, but then I would eat more than I really needed. And then I wouldn't be hungry for dinner. But then I would eat dinner because it was, you know, family time. I didn't want to miss out on that. So it was just, you know, I started realizing that I was actually really uncomfortable with that. And I didn't quite know how to get myself into like, a middle area.

JEN

Would it be accurate to say that at that time you were struggling to understand the difference between like self-loving boundaries with nutrition and -

STEPHANIE

Yeah, for sure.

JEN

- diet rules?

ANNIE

This is something that we're seeing more and more. Jen and I have been having ongoing conversations about it from members and even just women in our Facebook group, or that follow us on social media. The anti-diet, food freedom, "I can eat all the things whenever I want, no food is off limits" perspective is really welcomed and exciting. And once you find yourself in that stage, a lot of women are like, "Okay, I need to rein it in a little bit. But I don't know how to do that without a diet or a set of rules that are hard and fast and that I need to follow all the time." And that is like that middle ground that you're describing is kind of gray for a lot of people like, where is that? What does that even look like? Is that even an option?

STEPHANIE

Yeah, definitely. And when I started looking at, you know, Balance365, that, you know, that was kind of the promise, but I just couldn't wrap my head around it like, how is that possible? Sounds too good to be true.

JEN

Did you have to, was it a leap of faith to join? Like, "This is too good to be true? And I'm gonna do it anyway." [Laughs]

STEPHANIE

Yeah, that's pretty much exactly how it went.

ANNIE

So tell us, okay, so you were, you have this experience with food freedom, you had worked on some of the food morality and the beliefs you had. And you also were seeing the value and setting some boundaries with foods. So it could help preserve and protect your health and support you feeling good in your body. So you join Balance365. And then what?

STEPHANIE

So it's kind of hard to say like, what actually happened first, because you know, when you first join, there's so much new information. There's like the course materials, and you're listening to coaching calls. And I think that I got a lot like just from osmosis. In particular, like an increased awareness of what I was doing. And kind of starting to learn, like maybe some of the reasons why I was doing the things I was doing. But, so I think that helped, just kind of like slow me down and get me thinking more about how I was eating. But then the first habit that I actually worked on, was just waiting until I was hungry to eat. And I had kind of had this, like, mild anxiety about hunger, like, anytime I left the house, like I would have snacks with me, just in case, you know, as if I would starve on my like hour-long errand out of the house. So I talked with Annie there on my first coaching call, and she said, "Why don't you just wait until you're hungry, and then just sit with that feeling for five minutes?" And so that ended up being a lot easier than I thought it would be. And, you know, it just got me, I guess, more comfortable with the idea of not eating all the time. And so I mean, now, for the most part, I just eat three meals a day, sometimes I'll have a snack. But I think that that, you know, first habit that I focused on really went a long way to help me get to where I need to be.

JEN

Are you aware of anything, like the why behind your fear of hunger?

STEPHANIE

I mean, I think some of it comes from just like reading health and, health magazines and diet stuff about like, you know, if you get too hungry, then you're going to lose control, and you're going to eat way more food than you need. So I think that was, I think that was a big part of it. I just kind of internalized that mindset.

JEN

Right. If I get hungry, I will lose control. So I need to have food available at all times and actually avoid this feeling of hunger.

STEPHANIE

Yeah.

ANNIE

Stephanie, I love that you mentioned that it was easier than you thought. Because in coaching women, it seems as though it's really common that the anticipated fear of, or like the anticipation of discomfort of a new experience, a new habit, or practicing a new skill is far worse than what it actually is. But we get so worked up in our heads about like, "Oh, this is going to be terrible. I'm going to do this. I'm going to think this, I'm going to want this." And we almost talk ourselves out of it because we're focusing on how horrible it's going to be. And then you actually do it. And it's like, "Oh, that was fine. I can do that."

JEN

"It's fine." [Laughs]

ANNIE

"I survived." [Laughs] Right? I also remember some early conversations about sweets. Do you remember those?

STEPHANIE

Not specifically but I'm sure they happened, because sweets were an issue.

ANNIE

Well. I mean, yeah, you just really enjoyed them. And I remember a couple of conversations about working on some strategies to set some boundaries and limitations with the frequency and the quantity of your sweet treats. Do you recall any of those conversations and what was helpful in those?

STEPHANIE

I think we had talked about you know, why I like them so much, which was just kind of like pleasure seeking. And so trying to find ways to just have, like, other unrelated moments of joy in my life, I would say, to kind of offset those cravings is definitely something I have worked on.

JEN

We have these conversations in Balance365 that can feel pretty deep or heavy at times, but it's just that there's a lot of women out there who have filled their lives with things that don't bring them joy. And what they do have that brings them joy starts to narrow. And for many of our members that are dealing with emotional eating issues, it is food. And the thing is, food can bring us joy. So it's like, it's actually a valid choice, right? To eat, to seek out this joy, or moment for yourself, or relax, whatever that is for a person. And so it does take, in some ways, it takes a bit of restructuring, first of all of your thoughts and your mindset, but restructuring of your life to actually go, "You do deserve joy." But how much joy you're seeking out in food, it seems as if it's starting to cause you some problems. So what else can you do for joy? Does that feel accurate for you?

STEPHANIE

Yeah, definitely.

JEN

And was that helpful for you?

STEPHANIE

For sure, yeah. I mean, my life now, compared to when I started, is just so completely different. And part of that is because I've made an effort to make, you know, not that I didn't have time for myself before, but I wasn't really using it. Well, it was a lot of like scrolling my phone or watching TV. And so just being a little more intentional about finding things that can really fulfill me in different ways. And I think that has helped just kind of even out some of my emotions and stress that I was feeling before, so it kind of lessened my need to have food to soothe those feelings.

ANNIE

I shared in a comment in the Facebook group, a reply to you pretty recently, that we had had some ongoing discussions about your morning and evening routine and how you incorporated writing as a more regular part of your routine because it brought you the joy and that like creative outlet that you were seeking. And it was also causing some problems with your sleep habit. [Laughs] And -

STEPHANIE

Yeah.

ANNIE

I had sensed at the time that you were feeling a little frustrated about it, but had encouraged you to zoom out and recall like, "Remember when you weren't doing this at all, and you were really craving it. And you were using sweets in place of the, you know, the creative, pleasurable

writing experience that you truly found, like satisfying and fulfilling." Sure, it has maybe some other problems that we discussed, but it's like such a beautiful journey I think of, okay, here, you come in, and you're using sweets to satisfy this desire. And you've now swapped it in with something that sounds like a really awesome addition to your evening routine that you're enjoying, right?

STEPHANIE

Yeah, definitely. I'm, looking forward to it during the day. Whereas it kind of at the beginning, I was like, "How am I going to make this work? And do I want to do this?" And yeah, so it's, it definitely helped me out.

ANNIE

I would, I would like to circle back. You mentioned your life is quite a bit different today than it was when you joined. What other ways is your life different? Do you think?

STEPHANIE

Well, how I'm incorporating movement into my life is really different. When I joined, you know, I had said earlier that we moved away from the gym I had been going to and when I joined this program, I had just started going to a new gym, CrossFit gym after two years away, so I was really rusty with that. But I also, I have a like really challenging schedule, you know, with the kids and working full time and so it has taken me a lot of work to try and figure out how to make the time for that. And I finally have gotten to a place where I have this sort of patchwork system that ensures that I get a workout in somewhere throughout the week. You know, whether it's like, I'm working on on my lunch break at work, you know, on days I'm in the office, days I work from home, I can go to a CrossFit class. If neither of those work out, I can do something at home, or I go for a run. And that has been really important to me, because I've realized that movement is a foundational habit. So if I get my regular workouts in, it just makes everything so much easier, mentally, physically, and emotionally. And I'm really enjoying it too. And increasing my strength and my skills. And I used to hate running, but now I'm running for, you know, voluntarily, which is an unexpected change. But...

JEN

[Laughs] Can I ask you about the mindset behind that?

STEPHANIE

Mm-hm.

JEN

Would you, how did you go from, "I hate running?"

STEPHANIE

[Laughs]

JEN

What was the -

ANNIE

Yes. Yes.

JEN

- bridge?

STEPHANIE

Please tell us. [Laughs]

JEN

"I hate running. I like running."

ANNIE

I am listening.

STEPHANIE

Well, okay. So it's a little specific, it starts out a little specific to CrossFit, because there's this workout that we do every year. It's called Murph. It starts and ends with a one-mile run. So...

ANNIE

I'm out.

JEN

Oh.

STEPHANIE

I really...

ANNIE

No. [Laughs]

JEN

You say, CrossFit, and I'm out.

ALL

[Laugh]

JEN

That's how, that's how averse I am.

STEPHANIE

So I wanted to be able to survive the running part of the workout, that was kind of my initial motivator. And also, like running is just something that's like, simple, you don't really have to think about it, you know, I can, you know, run for even 10 minutes, 15 minutes, 20 minutes, whatever, on my lunch break really easily. So it's like, pretty short. So I just kind of started doing that. And you know, at work, we have an indoor track, so I could do it in the winter. And I learned to like, slow down and not try and, you know, PR my mile time, every single time. And so just I think slowing down was actually probably the key, because I just finished without feeling completely terrible. And then I liked how that felt. And so I kept going, and I kept going for longer and longer runs. And I've worked my way up to two miles. And I don't have any aspirations with running but you know, maybe it'll turn into a 5k at some point or something like that. I don't know.

JEN

Do you remember any kind of click of like, "I hate this" to, "Hey, this is fine." And did you decide you're going to learn to like it, or did you just find yourself there? "Oh, I like this."

STEPHANIE

Yeah, I just found myself there. I don't know if there was any specific moment where it clicked, though. Just kind of a little bit of a mystery.

JEN

You realized one day, "This is fine."

STEPHANIE

Yeah.

JEN

"I can do this." Good.

STEPHANIE

I guess I think I had to, like, kind of get over any hang-ups about it. You know how fast I was. Because -

JEN

Perfectionism type...

STEPHANIE

Yeah.

JEN

Yeah.

STEPHANIE

Yeah, like I was, you know, trying to run a mile as fast as I could. And once I kind of accepted that, you know, I'm just, I'm just like, practicing, I don't have to make any certain time right now.

JEN

Well, to become a runner, you just need to run, you don't need to hit a certain time, you don't, like it's like, you just need to put one foot in front of the other. That is a runner. It's not hitting, you know, these distances, these times. And that's amazing.

ANNIE

I'm hearing some parallels that I think are applicable to your Balance365 experience because I remember in your member spotlight post on Facebook, you expressed that you were really eager to get results fast when you joined. And that was something that you kind of had to reframe, or shift your perspective on, similar to running, like be less concerned with the pace or how fast you're going and also like the value in slowing down so you don't feel terrible, either in the process or after you're done running. Right? Is, do you think that parallels your experience with Balance365? Going a little bit slower, focusing more on the process than the outcome, even though you've got amazing results? Was that helpful?

STEPHANIE

Yeah, I hadn't really thought about the connection before but it's true. Yeah, at some point, I kind of like hit like a plateau. And that's when I really got, you know, in my weight loss and that was, was really frustrating. But I just, you know, tried to focus on shifting my focus to like, what I was doing, you know, the habits I was working on, and not what impact it had on the scale. And I think that became like a really healthy way to approach it. And over time, it kind of shifted even more to like, now I'm kinda like, don't really care about weight because I have, I've been able to get like body composition testing at my gym. And as far as like scale weight, I've probably maintain, been maintaining now for like six months or so. But I know from the body composition analysis that over that time, like I have lost fat and I've gained muscle. So once I learned that, it kind of just reinforced the limits of the scale and just made me care less about like that number and more focused on just getting my protein and getting my workouts in and getting stronger.

JEN

I'm hearing that in your weight loss journey, there was just, again, a time back to the analogy of, you just had to keep putting one foot in front of the other and focus on that. Rather than the outcome.

STEPHANIE

Yeah, definitely. I think persistence is so important. Because it's like, you're not going to be able to maintain the same level of your, you know, work on your habits and stuff the whole time. There's going to be ups and downs, but like, as long as you just keep going,

JEN

Yeah. Just not quit. Yeah.

ANNIE

Stephanie, I'd love to dig into your results. And I appreciate that you mentioned a plateau because I think weight loss is often glamorized in the diet, health, wellness, fitness industry, that you set out on this weight loss journey, and you lose two pounds a week, every week for months and months and months. And then you reach your weight loss goal, and it's all rainbows and unicorns. And if you've ever lost weight, I'm speaking from personal and professional experience, you know that it is not always smooth sailing like that. So I know you started with hunger as one of your first habits that you practiced. Did you get results from waiting for hunger? Like when did, when did you start to notice results? And then what did you do to work through that plateau? Do you think?

STEPHANIE

Yeah, I had results from pretty early on. With, again, waiting for hunger. And I think just because it was like such a dramatic difference from how I was eating all the time to just eating like actual meals. But then after a little while, it did really slow down.

JEN

I'm actually curious if the internal cues habit, is that the only kind of habit you were working on until you hit that plateau?

STEPHANIE

I don't remember exactly. I don't think so. I think at some point, I started adding, focusing on adding protein.

JEN

Okay.

STEPHANIE

And I think that made a big difference to just, you know, helping with hunger, and...

JEN

Just a lot of layering it sounds like.

STEPHANIE

Definitely a lot of layers.

JEN

Not extreme habits, but just adding in these different layers, and they were supporting you along the way.

STEPHANIE

Yeah. And it wasn't like a super linear process. It was just kind of like adding in little things here and there. Still working on other things. And you know, for a while I was really focused on stopping at satisfied at dinner. And I think that made a big difference. It's still something I'm

working on a little bit, but I'm definitely better on it. Yeah, so the internal cues was like key habit for sure, adding in protein, adding in vegetables. And then when I hit the plateau, I was just, you know, it was kind of discouraging. I mean, I knew at first that it was like, somewhat normal. But after a while, it got pretty annoying. And I think that's probably when I started trying to dig into the noticing when I was satisfied and stopped being satisfied. Of course, reaching out in the, on the coaching calls and coaching threads to kind of work through those things.

JEN

What did you have to work through? What was tough for you about that?

STEPHANIE

About stopping at satisfied?

JEN

Yeah.

STEPHANIE

I think that was more of like the pleasure seeking. Yeah, I think that was like the main thing. And sometimes also just like stress, you know, with young kids, it's sometimes just stressful at dinner.

JEN

Yeah.

STEPHANIE

And you're not necessarily like paying attention to what you're eating.

JEN

Just trying to get through it. [Laughs]

STEPHANIE

Yeah, exactly.

JEN

Yes. Yeah, absolutely.

STEPHANIE

So I think one of the things that Jen and I talked about was like kind of bringing in the balanced plate a little more with that and making sure that I had lean protein and lots of vegetables, and I feel like that was really helpful, too, at dinnertime just to make sure the plate was, you know what I wanted it to be for what would be filling and satisfying. But maybe, I don't know, maybe a little easier to stop at satisfied with those types of foods than like a lot of carbs.

JEN

Yeah, they're just more filling, right? Yeah.

ANNIE

Again, I think that's so important because when you have a weight loss goal, it is really common to feel like, you might get some quick wins with some early habits or skills. And I've shared on this podcast before, to me that's like the low hanging fruit. In my experience, like, oh, I can with some, a few small changes that feel relatively easy ish, I can get some amazing results. But for most people, there will come a time when those changes just aren't eliciting the same type of result over time. And then you have to get up the ladder, if you want. If you want to continue seeing results, you have to get out the ladder and dig in a little deeper. And for you that was working on stopping at satisfied.

STEPHANIE

That was definitely a tough one.

JEN

I was thinking that when you were talking about hunger, because I was thinking if you went from this, like food freedom eating all day to "I'm going to eat when I'm hungry," like that, that was major low hanging fruit like that, that would have been a habit that truly did have a big impact. And I mean, clearly if you started losing weight right away, it was yeah, it was quite a powerful habit for you.

STEPHANIE

Mm-hm. Yeah.

ANNIE

I'd love to talk a little bit more specifically about the results that you have seen, Stephanie, what results, like scale, non scale? How are you feeling your body? What are your, like, top, I want to celebrate these results?

STEPHANIE

Well, scale-wise, I've lost about 55 pounds. Which, you know, when I joined, I tried not to have any expectations. But that has exceeded my expectation, like the non-expectations [laughs] that I had.

JEN

[Laughs] Exceeded my non-expectations.

STEPHANIE

The expectations I didn't dare to dream.

ANNIE

How long? What was the timeframe for that? Do you recall?

STEPHANIE

I don't remember exactly. Just because I like you know, it happened in stages with all the plateaus. I mean, I think it was, it was over a year.

JEN

I think that's really important. Because I know just a lot of people and their expectations of weight loss. And you know, all these programs out there, lose 55 pounds in 55 days type thing, like it's like a, you know, this really does take time, these sustainable journeys that preserve your health, your mental health, and your physical health along the way. They're going to take some time.

STEPHANIE

Yeah, and I also, so my plantar fasciitis that I talked about earlier, that has subsided, my bloodwork has improved. You know, I'm getting stronger at the gym, I can do pull ups now, strict pull ups.

ANNIE

Amazing.

STEPHANIE

Which is really exciting. Yeah.

JEN

That's very amazing.

ANNIE

And you have some goals, you're not done yet. Right? And tell us, tell us about what you're currently pursuing.

STEPHANIE

Well, I'm currently focused on this writing habit, and making sure that it doesn't disrupt my sleep.

JEN

[Laughs]

STEPHANIE

Yeah, and beyond that, it's really just like, strength, you know, increasing my strength. I am, I'm about to turn 40 this month, I don't know if anyone can relate.

ALL

[Laugh]

JEN

Happy birthday. Annie just turned 40 -

ANNIE
Mm-hm.

JEN
- as well. Yeah.

STEPHANIE
So I've been thinking a lot about, like getting older. And you know how I want to age and, you know, being in this program, I think has really put me on the right path and to have you know, to have a healthy, long life where I can be active. And, you know, just have a vibrant life.

JEN
I'm hearing that you are a healthy person, Stephanie, would you say, "I'm a healthy person"?

STEPHANIE
Yeah, I do feel that way now.

JEN
And it's just dramatic, really to hear, you know, your day at the doctor's office, troubling blood markers, feeling this excess weight, you know, no boundaries around food to really, really taking care of yourself building up strength improved health markers, like you've really done, you know, some amazing work for yourself here.

STEPHANIE
Yeah, I'm just so grateful for this program and the changes that it has helped me make.

ANNIE
I love this. I'm going to paraphrase this but I think it's Mark Manson. He talks about, the goal in life is to get better problems, quote, unquote, better problems. And what I hear is like you came to us with a problem of food and weight concerns and health concerns, and now your problems are, how do I fit in writing without disrupting my sleep schedule? How am I going to get my first bar muscle up? And, you know, keep maintaining my strength? Like those are pretty fun problems, wouldn't you say?

STEPHANIE
Yeah, they're definitely...Yeah, fun problems. I like that.

ANNIE
[Laughs] How do you feel about your current, like eating skills and habits?

STEPHANIE
I feel pretty good about them. I mean, I think there's still things I could work on. But I'm not really, like worried about that anymore. Like, that's something that I can, I know will come with

time, as long as I stick with it. And I know when I first started working on internal cues, especially, I would hear people say things like, you know, people who have had done the work, they would say, "Well, now I don't even think about the food, like I just eat when I'm hungry. And I stop when I'm full. And I don't think about it." And I, that was just such a foreign concept to me. I didn't understand how that was possible. But I'm definitely, I'm definitely there with a lot of the habits. So.

ANNIE

That is, that's so fun to hear. I can absolutely relate to some of the concepts that we have in Balance365. They felt like a foreign language years ago, I was like, but I don't get how do you lose weight without tracking absolutely everything? That, just a decade ago, I didn't get it. But I, so I can completely relate. I'm curious, Stephanie, if you knew that someone was listening that thought like you did, and had this, "I don't understand how is that even possible? How can you live your life without thinking about food and just eat when you're hungry and stop when you're full?" What advice or encouragement would you have for them?

STEPHANIE

I don't know how convincing this would be. But, you know, it really does sound like it's too good to be true. But I think this program is the exception to that rule. And maybe it takes like a little leap of faith to to believe it. But you know, give it, give it a try. It's probably different than anything else you've tried that hasn't ended up working out for you. So try it this way.

JEN

Just give it a try.

ANNIE

Have a little faith.

JEN

Yeah. I thought it'd be really fun to wrap up the interview with Annie and I sharing our coach perspective on why we think you've had so much success.

STEPHANIE

Okay.

JEN

Okay, so I'll go first. I think Annie has coached you quite a bit more than me. So I'm sure she has some really good nuggets there. But I, I have always found you to be a very thoughtful person that really thinks through, you know, the information you're taking in, but also our coaching sessions. And I have found that you have a wonderful skill of managing your thoughts and feelings. And you're not a reactive person. You're not reacting. I've never seen you catastrophizing. You just seem, you seem to be very good at putting that one foot in front of the other and just very thoughtful along the way. And I think that's why you've had so much success.

STEPHANIE

Thank you. Yeah, I think that's true to a point. But also like when I first started, maybe I kept some of that catastrophizing in my head.

JEN

Well, you did a good job of keeping it in your head.

STEPHANIE

Yeah.

JEN

And that's how you present to me anyways. And I do think, you know, if I were to talk about, you know, of all the clients we've had, all the women we've coached, I would say that that vibe, or finding that vibe, if you are a catastrophizer...Hello, my name is Jen. Me too. It is just building the skill - Annie's laughing her head off right now, because she's thinking of the last eight years of catastrophes. [Laughs]

ANNIE

It has escalated quickly. Let me just say that. [Laughs]

JEN

It's learning to manage that, you know, you might not be able to stop. That might come the, catastrophic thoughts, the catastrophic feelings, but it's learning not to just react to them and burn down your whole life and all your plans as they're happening. It's to carefully walk yourself through it. And I would say that that is a skill I see our members developing that really contributes to success. So good, good working.

STEPHANIE

Thank you, yeah, I was gonna clarify that I catastrophize, but then I talk myself down, I think.

JEN

Mm-hm. Yeah.

STEPHANIE

Yeah.

ANNIE

I would say, Stephanie, in addition to what Jen said, your willingness to try. And then truly try, not just say you're going to try, has been, I have to assume has been really helpful. In your experience, I cannot think of a coaching conversation where you haven't followed through on your commitment. And we have talked about some skills and habits that we anticipated would stir up some discomfort. And you were very optimistic and willing to like, give it a go and see what happens. And I know that that's come up in your running, as we've talked about on this

podcast. It's come up when you hit a plateau, like, just stick with the process, keep going one foot in front of the other. And that's clearly taken you a long way.

STEPHANIE

Thank you.

ANNIE

Are you so uncomfortable right now? [Laughs]

STEPHANIE

[Laughs] Just a little.

JEN

Steph, thank you for trusting us.

STEPHANIE

Yeah, I...thank you for being people that are trustworthy.

ANNIE

Well, as we've said before, Jen and I have been lied to too many times to do that to anyone else. That's why we did this program because women deserve better.

JEN

They deserve the truth, and they deserve the support they need to make the changes they want to make.

STEPHANIE

Thank you so much for doing that. I really appreciate you both so much and everything you've done for me and everything you're doing for women everywhere.

ANNIE

Thank you.

JEN

Thanks, Steph.

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.