

Balance365 Episode 299 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. Welcome back to another member spotlight. We try to do these every couple of months to help give you a peek at our members' experience inside of Balance365. Today you'll meet Michelle, an absolutely incredible woman from New Hampshire who is also a busy mom of three and an oncologist nurse. When she found Balance365, she was floored by the idea that her needs could take up space in her busy family work life. And not just that they could, but they needed to, for her overall health and wellness. Listen to learn about all the incredible mindset shifts Michelle made, how her habits have changed, and why she's lost 30 pounds while working with us. I also want to share that if you've been wanting to get started with Balance365 our self-guided programs are on sale for Black Friday. And we've never run a sale like this before. Starting today, you can pick up both our self-guided programs, Fat Loss Foundations and Emotional Eating for 40% off, which is going to save you \$100US. Run, don't walk, to balance365.com/BlackFriday The sale ends midnight on Cyber Monday. Enjoy.

ANNIE

Michelle, welcome to the show. How are you?

MICHELLE

I'm good. Thanks. How are you?

ANNIE

I am so good. So happy to have you. I think there's a handful of aspects that I'm excited to dig into today. Jen, are you as equally as excited?

JEN CAMPBELL

I'm very excited. I don't feel, I don't think I know Michelle as well as you do, Annie. Michelle, I've only coached you a couple of times, I think.

MICHELLE

Yeah, I think once on Zoom, and then once in the Facebook group.

JEN

Yeah. I mean, you're lovely. [Laughs]

MICHELLE

So are you. [Laughs]

ANNIE

I have had the privilege of coaching Michelle a handful of times and the last time we talked was a few months ago about, and I don't even know the outcome, where you're at now, current time, but we talked about enjoying the fruits of your labor and just letting yourself coast with habits for a while, which I hope we touch on eventually. But before we get into where you are now and an update, I'd love to hear a little bit about you, like what do our members and our listeners need to know about you?

MICHELLE

Well, I'm 37 years old. I was born and raised right outside of Boston, Massachusetts. I currently live in Southern New Hampshire with my husband and our three kids. We have two boys, who are 10 and seven and a daughter who's four. And I am working as an oncology nurse, and I administer chemotherapy.

ANNIE

Very nice, awesome. Tell us, I think it sounds like you have some juicy details or a little bit of a backstory about how you found us. I don't even know what that includes. Will you tell us? How did you find Balance365?

MICHELLE

So I don't remember specific, s like through who but I know I found you sometime in 2020. I connected to you through Instagram. I was at a pretty low point, honestly. In 2020 I was postpartum with my third child. I had a lot of postpartum health issues and looking back definitely postpartum anxiety. I was working the night shift at a major Boston hospital, remote learning with my other two children. And I just fell out of control. I felt I didn't really realize, I wouldn't have used the word at the time but now you know, being in Balance365, I felt chaotic, I would say and honestly angry sometimes. I really relate to when Jen talks about, you know, how she used to put her kids to bed at night and go for the pantry, and she would get angry if somebody interrupted her alone time I 100% felt that. And obviously with a newborn and two other kids, I was interrupted a lot. So I just, I knew, I just had this strong urge for a major change. One day, I just looked at my husband, and I was like, "I cannot live like this anymore." So I don't really know exactly, you know, it all happened, like, over a span of months, but I basically purged my social media. I actually deleted my Facebook, and I am only friends with you guys on Facebook right now. [Laughs] I do not have -

JEN

[Laughs]

MICHELLE

- any other friends on Facebook.

ANNIE

I feel so lucky.

MICHELLE

[Laughs]

JEN

Yeah.

ANNIE

We made the cut.

MICHELLE

I only go on to go, and you know, in Balance365. I did keep my Instagram, but I purged it. And I started following a lot of moms, other women who were focused on, you know, simplifying their lives and you know, minimalizing things. So, I don't remember who it was, but somebody that I had followed shared one of your podcasts. And I listened to it, and I was hooked. I think I've binged your podcasts, like I would listen to as many as I could, while I was folding laundry, while I was prepping for work.

ANNIE

Do you remember which one it was?

MICHELLE

So, I don't remember what the first podcast I listened to was. But I know that one of the most the early influential ones was about asking for what you need. And I think you interviewed somebody, and I'm not -

JEN

Mm-hm. Mel.

MICHELLE

- wasn't sure who you interviewed. Honestly, that made me start having discussions with my husband about what didn't feel right in my life, and how I needed more me time, and I needed to work on some things with myself. And then, in 2021, I believe I purchased your self-guided program. And so I would listen to the podcast and, you know, did the self-guided program very slowly. And then in September of 2022, is when I joined coaching.

ANNIE

So Michelle, I'm hearing you were kind of going through a whole life transition. It wasn't necessarily focused on just your movement, or your food and nutrition habits, but across the

board, you were looking to bring some structure and balance and, like, hold more space for you in all aspects.

MICHELLE

Yeah, 100%. And I think, you know, I felt very alone in it. But looking back at other women, like I had had my third child and I had had, you know, so many years of being pregnant and breastfeeding and taking care of a newborn was like, so that had been like the last like, six, seven years of my life. And then 2020 happened, and I was a nurse working with, I worked in obstetrics at the time, so I was a nurse working with pregnant COVID patients. And, you know, taking all of the, you know, covered head to toe to protect myself, taking it all off to pump to have milk for my newborn, and then coming home and having to, you know, teach my other two kids because they weren't, they were out of school at the time. So I think it would have happened eventually, but I almost think the pandemic just kind of like really, really hit me hard. I just had a lot going on at the time. And I just knew, for the sake of my family, I just added my own health. I just needed some major changes.

ANNIE

That sounds intense.

MICHELLE

I mean, like that was about three years ago. I am a completely different person now. All in good ways. And obviously I don't have a newborn anymore. You know, my youngest just turned four. I have a new job, which sounds crazy, but I literally credit both of you. I do. I think the asking for what you need podcasts and then a, one on sleep were like the two that made me realize I could not work night shift anymore. It was such a toll on me. And I just thought it was part of being a nurse like, "Oh, I just want to have to work night shift. I get paid more money, and it works best for my family schedule. So I just have to suck it up and do it." And some of the things in your sleep podcast really resonated with me about, you know, the hormones and how lack of sleep affects different hormones. And I completely, it was like an aha, like, this is why I am eating the way I am eating because I am, I was like living in a survival mode, my body was always stressed, because I wasn't sleeping. And I was, you know, staying up for 24 hours at a time and then taking care of kids when I came home.

JEN

Oh, Michelle.

MICHELLE

And I just thought, because I saw other nurses doing it. So I thought like, "Why can't I do it?" Like almost like something's wrong with me. And then listening to your podcast made me realize like, there is nothing wrong with me, like I am a human being and I need sleep. And I need a regular eating schedule. And this is why I'm struggling so much. So that really led me to start looking for a new job. And I, it was a huge change for me and my family. But it was amazing. And I love my job now, and I sleep every night. And that is amazing.

JEN

What I'm hearing is that, you know, maybe this happened slowly as it does, I think, for a lot of women who lose themselves. It's that old analogy of the frog boiling in a pot of water, where if you put a frog in a pot of boiling water and you just turn it up one degree at a time, the frog will just boil to death, versus if it jumps into the boiling pot of water it'll jump right back out. And it sounds like just over time your life, or you know whether it was unconscious or conscious, your life structure did not revolve around your health wellness at all. It revolved around, it sounds like, what your family, what was what your family needed, what your kids needed. And you just hit the boiling point at some point.

MICHELLE

Yeah, that's a great way of putting it. I think that's exactly what happened.

JEN

Where if someone had said, hey, just one day came to you and been like, "Hey, you want to do this, this, this, this," you would have been like, "No way," you'd be the frog jumping out, but it just, I think for a lot of women we coach, this erosion. It's like an erosion just happens, and all of a sudden, we poke our head up, and are like, "How did I get here?"

MICHELLE

Yes, that's that's exactly what happened.

ANNIE

Michelle, you mentioned a little bit about your eating as it relates to lack of sleep. I'm curious about what your habits, behaviors, your tendencies were like before Balance365. Do you, have you tried a lot of other programs or diets?

MICHELLE

It's interesting. I was never a big dieter. I've definitely dieted in the past, you know, growing up. I was like, quote, unquote, like chubbier child in elementary school. And then I had, like, I hit, you know, my, like early teens, I had a growth spurt, I started playing sports. I honestly was tall. And then, in my teens and early 20s, if you had asked me at the time, I would never have described myself that way. My body completely changed. But I was still had the mind of the chubbier elementary school kid. So I still felt, I felt different. I always thought that I needed to lose weight. I wasn't necessarily always acting on it, though. I never technically joined Weight Watchers, but I would take my mom's Weight Watchers book, and I would figure out you know, my points or whatever, and look at how many points certain foods are and like what, what things I should be eating. And then, in my 20s, I did a lot of, you know, calorie-counting apps. But looking back, I would do the calories, but I would not look at the macros at all. Like I wouldn't be really looking at like, I need more protein or I should probably be decreasing my fat. I would, I was solely looking at calories. And my movement was like to have more calories or points to eat more food. It was not about health in any way. It was, it was basically strictly, like it was such a diet mindset. It was not health-centric. It was diet-centric, the way I was thinking.

ANNIE

So we, we've got the, we got the scoop on how we caught your attention. I'm so, so thankful to whoever shared that podcast in your, in your feed. I hope they made the cut, too, [laughs] when you purged, when you purged your social media. If we start off with your mindset, how do you think your mindset has changed since joining?

MICHELLE

So I think in the past, I had a fixed mindset, like this is how I am, I'm not going to change. I now know that I have a growth mindset, and I can change. And I've proven that in the past two years, I have changed so many major habits for myself and my family. I can't remember who said it, probably one of you guys, but change is hard. And I can do hard things. I like to repeat that. I have written in different places and in my house, and I say it in my head: I honestly truly believe that I can change. And obviously, I'm still, we all are still working to make ourselves the best versions that we can be. And I think that now I actually believe that I can do it. Which is somewhat mindset, somewhat because I know that I have already done so many changes. So it's like a little bit of a combination of the both like, I've proven to myself that I can do it. But I also have changed my mindset on changing my behaviors.

ANNIE

Hang on, you just told us that you were an OB nurse during the pandemic who was also nursing a newborn, and you didn't think you could do hard things? Like -

MICHELLE

[Laughs]

JEN

[Laughs]

ANNIE

- what what is happening here? Like you were living this life in this profession, mom to three kids, homeschooling kids, and you at that time truly felt like you couldn't change your behaviors.

MICHELLE

I did not think I could, no.

ANNIE

That is, that is quite the shift.

MICHELLE

Yes. A huge shift.

ANNIE

Amazing. Okay, so a fixed mindset to a growth mindset, you can change. That is a possibility for you. How else do you think your mindset has changed?

MICHELLE

I think now, I focus, I'm definitely more health centric now, as opposed to weight-centric. And I focus on my values. Obviously, you guys are huge on personal values, which is amazing. I know I had these values before. I couldn't name them. I didn't... Yeah, I guess I couldn't put like words to it. So now my habits are driven by these values becoming you know, the best version of myself, I can be the best mom, I can be the best nurse, the best wife. So, losing fat is still there. And it always was like, it was always a goal of mine. But as I've gone through the program, it has become just a small piece of the puzzle as opposed to be entire puzzle. There's so many other things that I want to improve. You know, my goals are like, I don't even think I wrote down fat loss. Like last year when I did my goals, or I think I wrote them down in like January or February for 2023. I don't even think I wrote fat loss on there. I have other goals that are just related to the health, wellness, and happiness of myself and my family. And those are just what's important now and what I'm focusing on.

ANNIE

How is that different now than when you joined?

MICHELLE

I think that I obviously always wanted a healthy, happy family. I think all parents want that. But I wasn't taking the steps to get there. I was almost just going in circles, like wondering why I couldn't change or why things weren't getting better, but I wasn't, or why I wasn't motivated. But it's because I wasn't in the right, I think I wasn't in the right frame of mind. I was also in a very chaotic place, too, like I almost had to settle, realize what I really wanted, and then work towards those goals.

ANNIE

Sure. Do you, do you recall Michelle as it relates to fat loss specifically, how important that was to you when you joined?

MICHELLE

Um, I mean, it was very important. It was a huge factor. But I honestly think feeling more in control of my life was probably the biggest factor for me. And obviously, being more in control of my eating habits and exercise and sleep. Those were huge, like huge stepping stones to then be more in control of my life in general. I know we'll get to the changes I've made. But I, in general, am a more organized person in every aspect of my life. I think that I am a better employee, I'm a better wife, I'm a better mother. My family is more organized. My house is more organized. And I think because my brain is more organized now, and I am very clear on what I want, and I just wasn't so clear before. It was like a big, I want my family and myself to be healthier and happier. But it was kind of like this vague idea. Now I have very clear goals of what I want.

ANNIE

I'm kind of giggling over here because I'm pretty sure that one of if not the first coaching conversations we had Michelle, it was about... I think you were trying to navigate... your kids had like a like that kind of witching hour of the day where they would, you know, really get really loud and maybe a little ornery. And you were wrestling with like, how do I navigate this time because all I want to do is like eat or numb or like, try to like overpower, and I get irritated. It was a really frustrating time for you. And you clearly have worked through that. But knowing your backstory now, that makes that first coaching conversation makes a lot of sense.

MICHELLE

Yeah, that was a huge one for me. That like after school chaos and then the dinner time. Over, I have learned that I easily get overstimulated. So, why I had three children and chose to become a nurse does not really make sense.

JEN

[Laughs]

MICHELLE

I love both, high level having three children, and I love being a nurse. So, I have learned how to deal with my overstimulation much better. Lots of deep breaths in my house after school, bedtime. And honestly, a lot of the skills I have learned have rubbed off on my husband, too, like he seems to handle the chaos better now too, because he's seeing me embody some of these tactics to keep myself calmer. And then just, I guess, meet, sort of meet myself where I'm at or meet the family where we're at. I know, I think Annie, you said, I'm going to totally butcher this. But it's something about like, frustration is, I think you've actually probably told me in this coaching call, and that coaching call you're referring to, but something about frustration being when expectation and reality don't meet, and there's like a big gap between them. There's some quote that I'm totally butchering, but that has been a big thing for me to remember, too, that I've sort of, you know, my expectations sometimes have come down a little bit about what I'm expecting of the kids after school. But then I have also, you know, put more things in place to make things more organized. So it's like a little bit of, you know, give and take to kind of make that time work.

ANNIE

Yeah, there's, you know, oftentimes when we are working with members to identify helpful solutions, there's kind of two ways of looking at it. And sometimes both are really helpful, and it can be, do we need to change the way we think about this situation and what, as it relates to your experience, like what do I expect after school, you know, if I continue to expect this beautiful calm, we're going to come home from school, and they're going to drop their backpack off and it's going to put, they're going to put it on the hook, and they're going to hang their coat up and they're going to get a snack out for themselves, and they're going to sit at the counter and they're going to eat it and we're going to talk about their day, versus you know, they come in like tornadoes, right? [Laughs] And they dump everything. So do we need to change the way we think and our expectations or, and, or can we change, like what we're doing in that time to

help promote more of a sense of calm or peace or connection or whatever, whatever we're desiring in that experience, right? And it sounds like both were helpful for you.

MICHELLE

Yes, both were helpful.

ANNIE

Yeah. I would love to. You kind of touched on some of the habits, specific habits that you've changed since June. I'd love to hear about them. I mean, I already know, but I'll just pretend I don't know.

MICHELLE

How much time do you have?

ANNIE

[Laughs]

MICHELLE

Because like, such a long list of the habits that I have successfully changed.

ANNIE

Let's, let's give it a go.

MICHELLE

[Laughs] All right. So I sleep eight hours a night now. I eat three meals and one snack most days, not every day. But most days. I have almost completely eliminated mindless snacking. And evening snacking is significantly less, I would say it's like occasionally now. I eat 100 plus grams of protein a day. I went from minimal fruits and vegetables to averaging four servings a day. I meal plan and food prep every week. And because of that, I am using more of my leftovers in future meals, and I have less food waste. I eat when I'm hungry, and I stop when I'm full. That is like so simple and sound. When you say it out loud, it sounds crazy. But it wasn't always easy. But it is so simple. And it was the most effective in my fat loss, was the most effective thing that I did. I went from buying coffee every day from a coffee place to home brewing every morning. And as Jen knows, I'm currently working on drinking a little bit less coffee, or a little bit less creamer. I can't drink my coffee black yet. I may be able to get to that point.

ANNIE

Do you hear that growth mindset - "yet"?

JEN

I think that you and I share a love of fancy coffees.

MICHELLE

Yes, yes. I definitely tried your Starbucks pumpkin order, and I loved it.

JEN

You did love it! Do you remember on the coaching call? You were like, "Mmm, no."

MICHELLE

Yeah.

JEN

I was like, "Just try it."

MICHELLE

And one time I got one that had like, far less sugar than, you know, what I would normally have. And it wasn't amazing. But I also was like, this is still a pretty good coffee like -

JEN

Yeah.

MICHELLE

I'm not saying I would get it this way every single time. But I was still satisfied with it.

JEN

Yeah. And it's going, "Well, this is now an option for me because I opened up my mind to trying some other things."

MICHELLE

So, I have also successfully decreased my alcohol intake. You know, during the pandemic, I was having a couple of drinks in front of the TV with my husband, honestly, almost every night that I wasn't working. So, probably like four or five nights a week, I was having at least a couple drinks while watching TV with my husband. At this point in time, I am having two to three drinks one to two times a week. Still a habit I'm working on now. And every week is a little bit different. But for the most part, I have a few drinks on the weekends. And I don't really have any drinks on the weekdays anymore. Although, as you all know, there are no set rules. Last night, my sister slept over. We watched an old movie, we opened wine, and I had two glasses. I thoroughly enjoyed it. I'll probably only have a couple more drinks, maybe Saturday this weekend because I just had some drinks last night. So, I'm learning to be flexible.

JEN

Can I ask you about the mindset behind that? Why did you want to decrease your alcohol intake? And how do you think about alcohol differently today versus when you were drinking more consistently?

MICHELLE

I think that part of it was automatic before. Part of it was stress relief. I used to think about it sometimes after leaving a stressful day at work. It's like oh, thinking about like, "Oh, I want a glass of wine tonight," or we would have tacos, and I would have a margarita. My husband makes margaritas, and we would have that with our tacos if I wasn't working the next day. So I think it was a bit of a combination of just kind of automatically doing it and then also using it as like a stress relief. I think a lot of times at social gatherings, it was just automatic. "Oh, there's alcohol here. Okay, I'm just going to have a drink."

JEN

Right. It's what I do.

MICHELLE

Yeah, that's just what I do. Or it's the weekend, it's a Friday night, I'm just going to have a drink. And I think now I'm, what's the word? Picky, I guess? I only have red wine, because that's what I like. Or, I like certain beers. Like, if I go to a brewery, and I want to try a beer, like that, it's very aligned with my goals. You know, going to a brewery and trying a new beer with my husband, on a date night or something like that. A nice glass of red wine. I do not want to be drinking cheap wine. I don't want...

JEN

It's gotta be worth it.

MICHELLE

It's not even worth it. It's not. And if I take a sip of a drink, and I don't like it, I just don't drink it. I think in the past, I would have just been like, "Oh, okay, I'll just, I'll just sip it," or, I don't know, I just, now I'm at the point where I deserve better than that. If I'm going to have alcohol, I want good alcohol, I want something I'm really enjoying. And I don't want to be doing it alone in front of the TV. I want to be doing it, if I'm like, like, last night with my sister enjoying some wine and her company, and watching an old movie or going on a date night with my husband, you know, meeting up with girlfriend, those are the things that I want to enjoy a glass or two. It's not mindless anymore. It's very intentional now. And I'm also thinking about how I want to feel in the morning. I want to wake up, and I want to feel good. I want to do a workout. I want to not be yelling at my kids because I'm tired or I have a headache. I don't want to be annoyed when my alarm goes off. I want to get out of bed and get stuff done first thing in the morning. So I think that is huge, too in terms of how many I'm having. I don't really want to have more than two or three because I don't want to feel horrible the next day.

JEN

Yeah.

ANNIE

I just want to repeat what you said: I deserve better. I have seen other Balance365 members come to that realization. Maybe it's through what they're saying yes to, as far as like desserts or alcohol or everything from relationships to careers. And I think that is such a profound

realization when you realize that maybe you've been tolerating or accepting or even inviting experiences, foods, relationships into your life that just aren't top quality, whatever that means to you and leveling up to saying like no, if it's going to be in my life, it's got to meet some minimum requirements. And if it doesn't, then I'm just going to, I'm going to pass. Do you see that in relation to food as well? Or is that specifically alcohol?

MICHELLE

I see that in every aspect of my life now. Feeling like I deserve better. I definitely do it with food. You, I can't remember, one of the podcasts, maybe that Halloween candy one or something? You, somebody, one of you said, "No, I'm not going to eat. There's certain candy my kids have that I just, it's just not great." I'm like that now. My kids have had candy in the pantry for weeks. You know, they get it at birthday parties and things like that. And I have pretty much zero temptation to have a lot of the candy that they have. I like dark chocolate, and I want quality dark chocolate if I'm gonna have chocolate. I don't want the candy they're coming home with in goodie bags.

JEN

Dried up, dried up year old - [laughs] the factory overproduced, so shoved it in a Halloween treat chocolate.

MICHELLE

Yeah, and no thanks. I would have in the past, I definitely would have eaten that in the past but I just don't want it anymore and yeah, like I am definitely a quality over quantity person, which I know I talked with Jen about in one of my recent coaching calls. I would rather have high-quality small coffee over coffee that's like so-so, which is why I'm brewing it at home so I know I'm liking it. I'm making what I want and just savoring what, savoring what I am enjoying

JEN

Everything you are saying is embodying so much of what we teach in Balance365, that, it truly is incredible to hear. Like to hear how that shows up in your life, and one thing I wanted to say, when you were talking about alcohol, is it sounds like you have brought, you know, you were drinking, you know, many nights of the week. And now less so. But at the kind of, at the heart of some of that, I hear like, I'm not just prioritizing my current self. My future self has a voice in my decisions now. And just with the, how do I want to feel in the morning, and, you know, it's just, it's really powerful to hear.

MICHELLE

And it's empowering, like, I can make that decision for myself. I'm not just going through the motions anymore, I am intentionally choosing these things for myself. And then also showing my kids like, this is how you can live.

JEN

Yeah, you're not just a ghost floating through your life with saying yes, saying no. No filter. You really are living intentionally.

MICHELLE

I am. I'm still working on it. But I am, at this point, the best version of myself, and I'm just working to always be that.

ANNIE

Isn't that so exciting? To have this experience where you feel like you are just becoming better and better, not in the sense of like, maybe how you or culture has defined better in a more traditional sense, and as in like, younger or more attractive or thinner or you know, all that BS, but better in a sense of like, more connected to your values, embodying your personal life vision, living life intentionally, like better in that sense, isn't that fun to think that it just is going to only continue from here on out?

MICHELLE

So it used to be overwhelming to think of these changing, changes. And now it is exciting. I look forward to know what the future holds. And I know that I can make these changes. Even if I'm not quite ready right now, for some of the changes that I want for the future. I know that I will get there, and I am working towards it.

ANNIE

That growth mindset, again. [Laughs]

MICHELLE

Yeah.

JEN

Also back to embodying what we teach and hearing this in you, I'm hearing that these are decisions not necessarily what, but who you are. And doing all of that mindset work, exploring your personal values, thinking about your vision for your life. What I'm also hearing is that we don't have, you know, when you talk about how you won't eat your kids chocolate anymore, this isn't because of what you know, the things we hear from diet culture is like, "I have finally figured out how to white knuckle my way through. And I did it." It's like, no, the desire isn't there anymore. And that's the real piece I think that is powerful and leads to sustainable change, because it's not sustainable to just be white-knuckling your way through cravings constantly. It's like when you realize the craving has gone away. The desire isn't there anymore. That's when you found sustainability.

MICHELLE

Exactly. And part of that is that I am treating myself so much better and so many ways. So it's all connected. You know, like I'm sleeping, I'm moving my body. I'm going on date nights, I'm you know, regularly getting my hair done like, just like these things like have all added up. I'm buying myself new clothes when I need new clothes, like I used to not do that. I used to buy the kids new clothes and not myself. And there, I think that it has all, it's all connected. And because I'm taking so much better care of myself in so many ways, that piece of old chocolate doesn't mean

as much anymore because I'm doing like all of these other things for myself. So it's all, I may not have made all the changes at the same time. But it's all, they're all interconnected, all the different changes that I have made.

ANNIE

Michelle, I pulled a comment that you left us from a progress survey this spring. For people listening, we send our members every month, we ask them to complete a progress survey to make sure that they're on the trajectory that they want to be on. And if not, that we are doing, what we can as coaches to help them shift that trajectory. But Michelle was on a great trajectory, is on a great trajectory. And she left us this comment. Do you mind if I read it?

MICHELLE

I don't, no.

ANNIE

Okay. She said, "20- to 22-pound weight loss, which I've been maintaining for several months, countless mindset shifts and habit changes, too many to name them all here," or in this podcast, apparently. [Laughs] "I am a completely different person than the woman who started this journey three years ago. I still have many changes to make. But I am so proud of how far I have come, I am living a happier, healthier life and feeling good about the example I'm setting for my children."

MICHELLE

Yes, I would 100% agree only now I am at 30 pound weight loss.

ANNIE

Well, I stand corrected. [Laughs]

MICHELLE

[Laughs] But all yes, all still true.

ANNIE

So it really sounds like your life. You are just, as you mentioned in this comment, completely different than when you joined.

MICHELLE

I am. And in turn, my household is run completely different. And my family is completely different. And all in positive ways. Nowhere near perfection, it is chaos here. We have three young kids. As you both know, we are just much better. We're happier. We're healthier. When I first started, I was striving for this word of content. Because I didn't feel content. I felt like I was always rushing and chaotic. And so that was a word that I kind of like, related to. And now I can genuinely say that I feel content and calm and happy. Not all the time. You know, not every hour of the day. But for the most part, that is how I feel now.

ANNIE

That's amazing.

JEN

I'm so happy for you, Michelle.

MICHELLE

Thank you.

ANNIE

Michelle, I'm sure there are a lot of people listening, who share an experience that you, a similar experience to what you described before joining back in 2020, 2021, where you felt chaotic, you were spending a lot of time in service to other people at the expense of yourself. You weren't feeling great. What advice would you give to people who are listening that were, that are where you once were?

MICHELLE

I think that I had a lot of shame that I couldn't make these changes myself. And that I wasn't in a better place. And I think that most women, most mothers, think that they should have their stuff together, they should be able to do this on their own, they should be able to figure it out. And I think this journey for myself, and also what I have seen, you know, in nursing for the past 15 years, I have taken care of anywhere from moms, you know, giving birth to their first child, to cancer patients to people on their deathbed. And I feel like the theme is that we need support. It is a human thing to need other people and to need community. And I think that women often feel like we need to do this on our own. And we shouldn't have to ask for help. But we need each other. We need support. We need communities. We need other women who have been there before helping us. I think we lack - we're getting better, but we lack that in our society and you guys are giving us that. So I think shame is maybe a big factor for a lot of women. And I also think that other people can often see things in yourself that you can't always see. So you guys have helped me, not just you. All of the coaches have helped me see things sometimes in coaching calls that I maybe didn't even realize what was happening. And then sometimes once things get pointed out, it's, it's like, "How did I not - how did I not see that that's what was happening? How did I not see that I am overeating at dinner because my kids are going crazy, and it's the end of the day and I am overstimulated?" That's why I was overeating at dinner. And it took one of you saying it for me to be like, "Oh, my God, yes. That's exactly what is happening." And now, it still happens sometimes. But I know what's happening. And it's happening less frequently. And I just have more control over it. I could not have gotten where I was three years ago to here. Maybe eventually, I would have gotten to here. Definitely not in a couple years without the help of you guys, it would have been much harder, and taken much longer. I don't know if I ever would have gotten here. It's hard to say, obviously. But so I think that's the big takeaway is that the support, the support is much needed.

ANNIE

We obviously agree. That's why we created the program and specifically coaching because Jen and I both kind of figured this out on our own. And we got there, as you mentioned, we were, we did get there, but it was rocky, and it was rough. And if we can save other women the time and the struggle and the figuring out where to spend their time and their effort, we're happy. We're happy to do that. I'm curious, Michelle, what would you say? I mean I think I know, but what would you tell someone who is listening and thinking of joining Balance365?

MICHELLE

I think that I would say that you deserve this. You deserve to feel good in your body and your mind. And that it's, it's okay to ask for help. I think that what you guys are doing is amazing. And I just think that all, I think all women need it. Most women, I guess not all women, but most women. Outside of fat loss I think that the skills that I have learned in this program are, they have helped me in every aspect of my life. I think I am better at my job, I'm a better mom, and I'm also healthier and happier. It has just trickled down to every other part of my life. And I can't, I just can't say enough good things.

JEN

Thank you.

ANNIE

Yeah, come for the fat loss. Stay for the life skills.

ALL

[Laugh]

ANNIE

Exactly. That can be our new tagline. Michelle, thank you so much for sharing your story and your long list of changes and results. It was so nice to hear from start to finish.

MICHELLE

Well, thank you for having me. This was great.

ANNIE

Thank you. We'll talk soon, okay?

MICHELLE

Okay.

JEN

Bye, Michelle.

MICHELLE

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.