

Balance365 Episode 307 Transcript

ANNIE BREES (Intro): Welcome to Balance365 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 thousands 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.

We are back with another amazing member spotlight this week. You're going to meet Yvette. Yvette has struggled with her weight since she was a child. And, like many of our members, she has been on a diet for as long as she can remember. Before Balance365, Yvette always focused on what food she ate, giving no attention to how she ate. She recalls noticing that other people seemed to stop eating when they were full or satisfied, but she couldn't relate to that. She shared, "I thought that people were born knowing how to do it. And I was broken." But she wasn't broken. Since joining Balance365, Yvette now sees skills like internal cues and balanced plates as skills that she can develop just like any other skill.

Since developing these skills, she's lowered her blood pressure, developed a sustainable movement practice that, in her words, doesn't feel like a chore, increased her confidence, and lost 30 pounds, but the really amazing part is this former perfectionist accomplished all of this with what she calls C level work.

If you're convinced that you need to be perfect to get results, you've got to listen to Yvette's story. If you want results like this, get on our waitlist, my friends. Visit balance365.com/waitlist to add your name to our list, so you can be the first to know when our doors open again. Enjoy.

Jen, just a few months ago, I mentioned to you that we needed to get this member on the podcast because week after week, she was posting incredible updates in the Facebook group, and she's here.

JEN CAMPBELL: She's here.

ANNIE: Yvette, welcome. How are you?

YVETTE: I am very well and so excited to be here. This is actually on my, um, intention for when I started the program. I wanted to, uh, be a spotlight member, so I'm here.

JEN: What a great goal!

ANNIE: You made it! Goal crushed! I cannot wait to hear more details about your story, because I feel like I only know the tip of the iceberg based off of what you've shared in the group and in

our progress assessment. But before we get into all of that, will you tell us a little bit about yourself, who you are, what you want us to know?

YVETTE: Sure. In my current life, I am a psychotherapist in private practice. I work primarily as a custody evaluator, but I also work with people going through divorces, and I consult with people going through custody evaluations. I help them through the process and how to prepare for that. And I am living in Texas now, but I've lived in Los Angeles and Mexico and in London.

JEN: Ooh.

YVETTE: And, uh, - Yeah, that was fun.

JEN: Yeah.

YVETTE: And, um, let's see. I live with my husband and my dog, Penny, and in my spare time, I like to travel, uh, hang out with friends, try different wines, and do some photography, read. Let's see, what else? Have good conversations.

JEN: Ah, you're so interesting. [Laughs] I want to be that interesting. Can I ask, what's your most favorite place you've traveled?

YVETTE: Oh, goodness. I think it's Prague and Paris.

JEN: Oh my gosh. Amazing.

YVETTE: Yeah, I think they're both my favorites.

JEN: Right on. And can I ask about your favorite wine?

YVETTE: Oh, I don't have one, but I just tried a white burgundy the other night. And I didn't even know that that existed.

JEN: White burgundy?

YVETTE: Yeah.

ANNIE: What color is it? [Laughs]

YVETTE: I - [Laughs]

ANNIE: does it taste like a red?

YVETTE: No. Um, it's pretty well-balanced. It's not very fruity. Uh, because as I've gotten to know more wines, I've, you know, when I first started drinking wine, it was basically like sugar water, that's what I like. [Laughs]

JEN: Yeah.

YVETTE: But, uh, so I've learned a little bit more. My palate I think has changed and so it seems to be pretty balanced between like acidity and fruitiness and it's not very dry. So.

JEN: That's fun. Where's it from? I've never, I actually live in a wine region in Canada and I've never heard of that ever.

YVETTE: It was a French wine. Yeah.

JEN: Okay. Okay. Well, I will be on the lookout for that.

YVETTE: Yeah. Let me know what you think.

JEN: Yeah.

ANNIE: I just discovered there, there's orange wine.

JEN: What?

YVETTE: Yeah.

ANNIE: Mm-hmm. It has something to do with, uh, the rind or the, the tannins or something. I don't know. Clearly not a, clearly not a wine connoisseur.

JEN: This is getting too, yeah. [Laughs]

YVETTE: yes. I'm not a connoisseur here either. More, more just like a taster.

ANNIE: Yeah. I, me too. Smells like a red.

JEN: [Laughs]

ANNIE: That's the extent.

YVETTE: [Laughs] I like that.

ANNIE: Looks like a red. Smells like a red. Let's, uh, bring it back to something I do know about, uh, Balance365. How, how did you find us? Do you remember?

YVETTE: Uh, yeah, it was a very sort of roundabout, um, way. So I joined a popular weight loss program, um, that I had started and ended, I don't know, 20, 30, 40, 50 times. You know, it's the one that I kept going back to. And I was committed to like, "This is the time that it's going to work. I just know it," and I was, I thought it was about the food. That's a, I always thought it was about the food. And so I was on Pinterest looking for recipes specific to this, um, program. And I saw, um, somebody's post. It was somebody that used to be affiliated with your program.

JEN: Mm-Hmm.

YVETTE: Something about how she was never going to do Weight Watchers again. And I was like, "Oh, let me read this," and there was so much there that resonated that I started following your podcast and probably your Facebook or Instagram page. And, um, I'm not somebody who quickly adopts things, you know? I kind of like lurk around for a while. So I stalked you guys for a while, and I listened to the podcast. I finally bought the self program and read it. And I kept looking for like something magic, like, is there a page I didn't get, you know, like...

JEN: Where's the magic bullet? (Laughs)

YVETTE: Yes. Yes. Because I was like, it can't be this simple. It can't. So I was still trying to do the other program at the time and, you know, all the same things that always showed up, showed up again.

Um, and so finally I just like, I'm going to do this. I'm going to join, um, coaching. And I think at that point I had listened to you guys for about a year and I felt like you guys were safe because you were congruent, what you, your message and how you guys, um, behaved and talk were all aligned, which is not what I had always heard in from other programs and other people.

And so, um, I joined and at first, I'm going to be honest, I was still trying to do the other program along with you guys. (Laughs)

ANNIE: That's okay.

YVETTE: I couldn't give it up. I couldn't give it up. So, um, eventually I stopped and I was all in.

JEN: Total curiosity here. Did you find, so we know this happens and that's okay. Like we get it. There was a long period of time even for me where I was like not dieting but dieting and (laughs) you kind of have a foot in both worlds. And I guess is there a time when you realized, like, this is not congruent. Like I need to be all in on one or the other.

YVETTE: Um, I can't say that there was something specific, like not this big, like aha lightning moment for me, but, uh, I think it was about learning to trust the process and I knew that I wasn't a special snowflake, you know, yes. I'm special. Like you said, in your podcast that was released earlier today. Yes, I'm special, but I'm not that special.

Like, and I saw that it was working for other people. And so like, well, if I'm going to do this, I'm going to do it right. So. It was scary to let go of the other, um, program because, I mean, I knew it wasn't working, but it was still like, what is it, the devil, you know, so yeah.

JEN: It's not working, but it's comfortable.

YVETTE: Yeah. Yeah. Yeah.

JEN: Yeah.

ANNIE: So Yvette, you had, I'm curious, I want to know a little bit more about life before Balance365. You clearly had joined and rejoined, like many of us have, this, this popular program over and over and over again. When did that start for you? Do you have a long history of dieting?

YVETTE: Oh my gosh. Um. I don't remember when I wasn't dieting. I've struggled with my weight since I was a child. And, uh you know, my parents, you know, did the best they could with what they had, what they knew. Um, yeah, this is where I might start getting a little, a little teary. But, um, yeah, I've, um, I was an overweight child. I didn't know why, um. And I thought I was broken because, um, it seemed like other people knew how to do it, other girls, and I didn't. And so, um, I mean, I always remember food being an issue. Um, that's why where I feel now I am with my journey is so huge to me because I'm 55 years old and for the first time in, I'm going to say 45 years, like, I feel like I finally know what I'm doing. Like, I finally have the skills to, to take care of myself properly.

ANNIE: What, what are some of the beliefs you said, um, you felt like you were broken? Like what were you experiencing as a kid that made you feel that way? Like what were your behaviors around food or even just growing up in general

YVETTE: So I now realize that there was a lot of emotional turmoil in my life as a child. And the only way that I knew how to deal with it was to stuff myself. And I remember several times we would go out to dinner and I would stuff myself so much that when I was in bed, um, I now know it was heartburn, but, uh, I felt like I was having a heart attack. So here I was 11 years old thinking I was having a heart attack, but I was so scared. Because once again, it was, you know, I was the one with the problem, I thought. So I was so scared that I wouldn't even get up and tell my parents. So I remember thinking, "Well, I might be having a heart attack, but I'm too scared to tell my parents that I might be having a heart attack," and, um yeah, I would overeat and, um, so I wouldn't feel right, like. It was a coping.

JEN: So you developed at a young age, you developed, um, just, uh, emotional eating behaviors. And I guess you didn't understand it at the time. And was there a time when you started to understand this is emotional eating?

YVETTE: Not as a child. No, no. Because I, so I stopped doing that. I stopped, um, when I was in my early teens. I stopped with stuffing myself, but I was dieting then, right?

JEN: Oh.

YVETTE: So it was... right. So it wasn't coming from a healthy place of, um, knowing what to do with those emotions. It was from, uh, a dieting place. And so, uh, I did the diet pills, you know, I was in high school and did, I think it was like Fen-Phen back in the day, um...

ANNIE: Yup, been there. [Laughs]

YVETTE: Yep. We would go to Mexico and get them because I lived in Los Angeles and so it was really easy to go down there and get them.

ANNIE: I'm, I'm pretty sure when I was in high school, they were, some form of it was available at like drugstores.

YVETTE: Really?

ANNIE: Yeah. It's wild thinking about that now, but.

YVETTE: Yeah. Yeah. So...

ANNIE: So you, you have like 40 years of dieting experience, essentially.

YVETTE: Yes. Yeah. So for people out there who are older and think it's too late, it never is. I think you guys had a member a couple of podcasts ago who was also around my age and talked about like it's never too late and I'm here to second that.

ANNIE: You mentioned a little bit ago, um, that when you joined, you thought it was about the food.

YVETTE: Yes.

ANNIE: So, so you joined and you said you're kind of half in half out, like not fully committed, but eventually you joined coaching and then what?

YVETTE: I realized that it wasn't about the food. So this seems so silly now, but up until I joined your program, I didn't know about internal cues. [Laughs] I got -

ANNIE: Not silly at all.

YVETTE: [Laughs] I saw my younger sister who, uh, has some really good internal cues. And as a matter of fact, we were talking about it, um, a couple of weeks ago. I was like, "Yeah, Lucy,

that thing that you do just naturally where you eat and then you're like, I'm done and it doesn't matter how good the food is," and, um, like you can just, like, you can't even imagine taking another bite. Like, yeah, I did not come with that naturally. It's, taken me a while to develop. And, um, I remember a long time ago, Jen in one of the podcasts mentioned, like it's a skill. And that made me feel so much better because once again, I thought I was defective and I was like, "Oh, it's a skill. I've learned, you know, thousands of other skills in my life. I can learn this one," so that made me feel really good.

JEN: Yeah, it's like kicking a ball and saying, um, you either can kick a ball or you can't. But actually, kicking a ball is a skill that you can learn, as are internal cues. You can learn it.

YVETTE: Yeah, that felt so much better than to think that I was broken.

JEN: Yeah. So was that the first habit you tackled then?

YVETTE: Oh no. That was scary. No. I mean, I'm, I'm still very much a work in progress on that line. I think I'm, you know, maybe step two of internal cues. Uh, no, let's see. What did I do? Uh movement actually and, so I'm not somebody that had a good movement practice. Like my eating I was either all in or not at all. So, you know, very very erratic. Let's see. I was already attending yoga class weekly because, back when I was in my 30s, I had heard that as we get older, especially for women, if we fall and break our hip, that it's, pretty much the end because then you get pneumonia and then you die. And I was like, "Oh my God, I'm such a klutz now; what's going to happen to me when I'm older?" so I started doing yoga and that was very helpful. Um, and that started me on a trajectory of thinking like, okay, I am somebody who moves. I'm not just the person who doesn't do any type of movement. But then I started, when I joined your program, you know, baby steps. So, every time I went to the bathroom, this is probably TMI, but what the heck, um, I would do 10 squats and 10 pushups and I was like, okay, I can, I can do this just to try to start changing my identity as I am somebody who moves. I am somebody who does intentional movement and you know, I did that probably for, I don't know. A few months and then one day I saw a definition in my arm. I was like, "What the heck is this? Cause I've never had that before."

JEN: (Laughs) Yeah. Consistency works.

YVETTE: Right. Just that minimal thing. Right? And so, um, that got me to feeling better and feeling, um, like I could tackle more movement. Like, man, if I could just do this, like imagine what else I can do. And so, I joined a gym, and I go there, you know, maybe once, twice a week. That's my kind of ideal movement day, but, um, if not, I have a little stair stepper here at home that I'll get on for 10 minutes and, you know, go do something else and then I'll just kind of get on there for another 10 minutes. And, and that's all been really, really helpful. I used to have knee pain. The other day. I thought about it. I'm like, "Oh my gosh, that knee pain. It's not even a thing anymore. Incredible." That felt so good.

JEN: No kidding.

ANNIE: Yvette, I'm, I'm hearing, when you're talking about, I don't know if this relates to the program as a whole or just related to movement specifically, but when you're talking, I'm hearing that maybe you weren't so sure that you could change your habits or even your identity. It was important to you, clearly, but I'm curious how confident you were that you could change your habits when you joined.

YVETTE: I knew that it was possible. I just, the way I've always approached things has been, like very linear, you know, I've always been a good student, and get things done, but habit change is not linear. And so I was always deterred because I thought it should be. And so, um, at first I had to get over the idea of perfectionism. That was probably my biggest stumbling block, because the moment something wasn't perfect anymore, I thought I needed to completely start over. And so, that's demoralizing, right? Like when, if you're, if you're aiming for 100%, and you don't reach it, then eventually you just stop trying. Or at least I did.

JEN: Yvette, can I ask how perfectionism, like how did you actually see that show up, say, in your eating habits? Like what would that look like for you?

YVETTE: Oh, my goodness. Okay. So let's see, depending on the eating program that I was, you know, trying to do, um, the moment I went out to dinner and we go out a lot, if something wasn't on my plan or wasn't the right amount of calories or whatever, um, then like, I wouldn't track it. And so then it was like, if I push it aside, I don't see it. It didn't happen, but rather than getting right back on, I would feel bad about myself because once again, what's wrong with me. And I wouldn't, it would derail me for a week, a weekend, you know, the, perpetual "I'll start on Monday."

Also I, um, primarily vegetarian, I'll say vegetarian-ish, I wanted to be vegan. And so that just created a lot of food drama for, for me. Um, so now I've even, like I said, I'm vegetarian-ish, um, because the stricter I make my rules for myself, the more I am likely to break them and not meet them. And the more it derails me. So rather than aiming for level A work, I'm like level C. It's good enough.

JEN: Do you find though, um, that you're actually more, you're actually better able to implement living a vegetarian lifestyle, the less perfect you're aiming for?

YVETTE: Yes. And that's with everything in life, right?

JEN: Right. Because it's like what's sustainable for me rather than what's perfect. It's what's actually sustainable for me that I can do day in and day out.

YVETTE: Right. And for me, it has been easier to let go of strict rules because I'm less likely to fail.

JEN: Yeah. Totally.

YVETTE: That's the bottom line. I'm less likely to fail. And the more wins I get under my, my belt in any area, the better I'm going to feel about continuing and, you know, possibly building on it. I guess I always had from the, from, from my old, um, beliefs, like if I'm too gentle on myself, then I'm never going to meet those goals, right? Like that's old programming. But I've found it's just the opposite. And so that has, I apply that now to all areas of my life, really.

ANNIE: I think that is, I, I felt that myself and I see that in a lot of members that, we might have some, a lot of practice and some strongly rooted beliefs that we need, uh, shame and punishment and like rigid rules and a lot of criticism to keep ourselves like adhering to whatever our commitments are. And when we don't, we beat ourselves up and tell ourselves we need to try harder. And we're hoping that that motivates us, but in the end, we're just all miserable. And the flip side of the, or the opposite end of the spectrum is, like it was actually celebrating what you can do and how shifting your focus from like what you're doing well and what you can do and what's going right can leave you like more motivated, like, "Okay, I got this small win, I'm going to do more, and I'm going to do more," and it just like builds and builds and builds and that feels so much better than feeling like you're feeling all the time.

YVETTE: Absolutely. Yes. 100%.

ANNIE: Yeah. Okay. So you knew change was possible, but you also recognized that, um, you had to shift your mindset in order for that change to occur. Including like working through your perfectionism. Okay. Okay. What are any other mindset changes or shifts that, that you've experienced that have been helpful?

YVETTE: I mean the all, all or something that's definitely been helpful. I mean that ties in with, letting go of perfectionism. Um, also just approaching the habits as a skill. I think that that's been very helpful for me. It just takes away the drama, because prior to joining this program, there was so much drama, uh, regarding my wellness and this, um, peace of mind that during this program has brought, for me has been, um, one of the biggest wins, honestly. For the first time in my life, I don't worry about my weight. I don't worry about social events. I don't worry about, "Am I doing the right diet," right? Like, oh, there's this new diet out there. Oh, there's this new way of exercising. Oh, there's like, I just, okay. Doesn't apply to me. Good for them. Not for me. And, simplicity is one of my core values. And so the Balance365 program. It works very well for me because of that.

JEN: Very simple.

YVETTE: Very simple. Yeah.

ANNIE: There are no other pages. You got it all.

YVETTE: I know! Those magic. Where are those magic pages? (Laughs)

ANNIE: This is it.

JEN: Where's the list of weight loss foods? (Laughs)

YVETTE: Come on. There's superfoods. I know there are.

ANNIE: Um, okay, so we got, we got started talking about your movement habit. I think that's evolved a little bit since, uh, pushups and squats though, hasn't it?

YVETTE: (Laughs) Yeah. Yeah. I mean, it hasn't because there are times in my life when, when I'm, you know, actually going to the gym and lifting, more, more times. And right now it's just, that's not working out for me. And, I know I'm gonna get back there. There's once again, no drama like I just know that that isn't working right now, but I will be, and so right now I'm doing push-ups and squats and getting on my stair stepper here at home and I do like 5, 10 minutes of yoga on the floor when I'm watching TV. It's good.

JEN: But that is consistency, right? Like people don't get that. They're like, because you know what perfectionists do? They hear the word consistency and they go, "Oh yeah, I got to be perfect consistently," like they just don't get what consistency is. And consistency is developing the ability to scale your commitment up or down to meet the season of life you're in, the mindset you're in, the energy you have, and that is consistency. Sometimes you're at the gym lifting heavy weights, and sometimes you've scaled back and you are, um, doing yoga at home, you're getting on your stair stepper, but what you're doing is you're consistently moving your body.

YVETTE: Yes.

JEN: Yeah.

YVETTE: And now I miss it. I, I miss when I am not engaging in my habits the way I want to, I miss it. Like that is my comfort zone now, to the point where even when I travel now, I bring my workout gear and work out at the hotel. Like that was like, that was never me. Like I, in the past, I would have used it as an excuse to not, um, work out, like, oh, I'm on vacation. Like I can eat all the things, and I can, you know, not work out. But now I, it's not a punishment. It's, I feel good for doing it.

JEN: It's self care. You've developed the desire because it's self-care. It's not self-punishment.

YVETTE: That is my comfort zone now. So.

JEN: Awesome.

YVETTE: I never thought I would have been that person. I thought those were like weird zealots. What's wrong with these people?

ANNIE: Hey, hey, hey, hey now. (Laughs)

YVETTE: I used to think. Not now. Not now.

ANNIE: Yvette, what, what other habits have you changed?

YVETTE: Um, meals have become easier because as long as there's the protein and some freggies and a carb and that's no problem. Like that one shows up, like we have plenty of choices for that. Then I'm good, and when I eat out, I don't worry about it. I try to be more mindful of my internal cues on those days, at those meals. But yeah, it's just a lot easier, meal planning is easier.

JEN: Is it easier because nutrition feels simpler for you now?

YVETTE: That and you know getting away from the perfectionism has also, because I don't, I no longer feel like my meals need to look a certain way or be a certain way It's just like okay, this is healthy ish. I like that ish on everything now.

JEN: Yes, totally. It works.

ANNIE: So instead of swinging from like A plus work to F, back to A plus to F, you're just like, year round year round.

YVETTE: See, man.

ANNIE: Yeah. Okay. So what, what kind of results or what kind of changes both physically, emotionally, have you noticed from consistent C-work since you've joined?

YVETTE: So I was surprised. I went to see my doctor a couple of weeks ago and she told me that in the time I'd seen her and I started seeing this particular doctor about the same time I joined the program, I've lost almost 30 pounds. Which that just about floored me. Uh, now mind you initially when I joined the program, because for the first time in my life, I wasn't dieting. Right? So I had to eat everything. And I gained a little bit of weight and then, you know, came down a little bit and plateaued for a while. And, um, I remember feeling really bad about myself at the time. And, uh, one of you said like, it just means that you're eating, you know, like the right amount of food for your body now. So I was like, okay, so like, this just means that I need to start decreasing. And, I guess I felt good, confident at that time. And so I just started doing that, paying more attention to internal cues and serving myself less. And...

JEN: it doesn't sound like you had a lot of drama around it. And the other question I'm curious about is often when, when we see people in a plateau, it can feel like you're not, you know, quote-unquote doing anything, but that's because we have so much programming around, like, you know, weight loss equals success. But in my experience coaching women for eight years,

like there's a lot, like a lot happening in those periods when they're maintaining their weight. And often it is like a ton of mindset work. Did you experience that?

YVETTE: A hundred percent. Yes. Okay. So let me backpedal a little bit. When I joined the program, I knew that I was going to be here for the long haul. Once I committed, I was like, I'm not stopping. Like this is, this is where I'm landing. And I think that was very helpful because I understood that I've had, you know, 40 years, 45 years of dieting and that I wasn't going to change that all of this in six months. So that was really helpful because I didn't think okay, so I'm stalling or I'm plateauing I'm going to quit. It was like, okay. This is just where we are now and I'm gonna move forward. Um, and yes, there was a lot of mindset work that was happening at that at that time. I would listen to your podcast at least once a day. And so I kind of joked that I was like, you know, like it was like coming in to me, but the information was coming through osmosis, like, because it was just always going, going, going, going, going. And so of course, listening to all the other members on what they were going through, I could identify with what they were going through and it was so helpful. And, it just helped me to do all the internal work to them, be okay, to do the, um, the habit changes.

JEN: The change without the mindset work, just like, it just isn't effective and that's, that's just the truth. And when I see people undervaluing mindset work, I'm like, "Oh boy, we are going in the wrong direction," because the mindset work is the foundation for the home you're about to build. And we know without the mindset work, we have no foundation and it just crumbles over and over again, which is, dieters really.

YVETTE: Absolutely. Because so much of it comes down to intention, right? Like you are either, choosing to eat half a cookie or no cookie out of shame and punishment, or you're choosing to eat it out of taking care of yourself and just enjoying what you need.

JEN: Yeah. Yeah.

YVETTE: Taking in what you need and leaving the rest behind.

ANNIE: Yvette, I want to circle back, you said It surprised you. That your weight surprised you.

YVETTE: Oh, yeah. I'm one of those people that weighs myself every day because I initially, I was so scared of the of the scale like it was like once again so much drama right like, "Oh, I haven't weighed myself in two months. What's it gonna say?" So, I started weighing myself every day and, I just take an average, at the end of the week because I know that there's general regular fluctuations and, uh, no drama. So I guess I hadn't really taken down like the initial weight or something. And so I thought I had only lost like maybe 20 pounds. But you know, it's been so slow. Uh, there's months that I only lose a pound. If at all, it didn't really seem to be real. Honestly it hasn't seemed to be real until recently. Like I'm at a point where my clothes are all fitting like much bigger. And so, you know, with fall, whatever the Texas fall is, I've pulled out clothes from last year and the majority of them are really big on me now. And, um,

that's been interesting. Like, yeah, I didn't think I'd lost that much, I guess. That's so weird to wrap my brain around that.

JEN: I mean, have you picked up 30 pounds lately? It is a lot.

YVETTE: Yeah, no, absolutely. But yeah, it happens, it happened gradually. And, um, yeah.

JEN: That's totally understandable. But it must feel good to sit back and go, I've lost 30 pounds. Like, that's significant.

YVETTE: Yeah. No, absolutely. Um, for the first time in, I mean, God knows how long I'm in regular sizes now. Which feels so good to be able to go to any shop and like purchase clothes there. That's felt really great. Because the changes happen so slowly that, it just has taken my brain some time to really adjust to. The road that I've been, I've been on. And I mean, I still want to lose some more, um, some more fat. So, um, it's good to be where I am now and look forward to, to the future.

JEN: Good. You're gonna keep going.

YVETTE: Maybe I'll, maybe I'll come back for like the second one.

JEN: Yeah, we do. We have a couple of those. After the after, we call it.

YVETTE: After the after.

ANNIE: Well, that's a good segue into, clearly you want to still continue this trajectory and continue, continue to pursue fat loss, but at this point, how sustainable does everything feel to you?

YVETTE: I mean, the same thing, right? Like no drama, like it's just rinse, lather, repeat. I mean, I know that as I move forward, my habits will get tighter, right? I think it's now satisfied will probably be less, you know, that's, that's something that I remember early on, like I mourned the amount of food that it took me to be satisfied, because I came from the mindset of certain foods being all you can eat. Right? And so the tactic was you just fill up your plate with these things. And, but these types of foods and they're fruits and vegetables. So, you know, pregame. Uh, so I was used to that very like stuffed feeling. And in my mind back then, it was okay because it was from fruits and vegetables. So honoring my satiety cues and stopping, even though it's fruits and vegetables, has been really, really, been different for me. And at first I was like, what do you mean that this, like, I can't be satisfied with this. Yeah, that was odd for me to more in the amount of food like that.

ANNIE: That's, that's a really common, uh, member experience that we get really comfortable and used to eating certain volume of food. And when we realize that it doesn't take that much to

feel satisfied. It's really normal to be like, "but I want to eat that. I don't need it. I'm full. I'm good. I'm satisfied. But I still want to eat more."

JEN: Well, it brings, it can bring like some, I don't know if this was your experience Yvette, but it can bring so, food, food is joyful. So I won't argue that, but there's a lot of people we work with who are over-reliant on food for joy, comfort, pleasure, de-stressing. And so it can feel like when you realize you don't need the volume of food you think you need, or that you've become accustomed to, you're also kind of letting go of that a little bit. And realizing that you have to find that in other places or give that to yourself. That can be hard.

YVETTE: What's ironic is that I now enjoy food more than I did before.

JEN: Oh, that is awesome. I love that.

YVETTE: So before, like, especially when we would go out to dinner, I was like, why am I even here? Like, I can't order this. I can't eat this. I can't eat that. Cause that's too bad. That's too. This, that's not on the program. Blah, blah, blah, blah, blah. So I would always end up ordering the same stuff, eat all of it. Kind of like hating it, right? Like I'm not even enjoying this, but I'm still going to shove it all down. And now I order what I want. And I, most of the time I stop when I'm satisfied. And I'm like, Oh, I didn't know I could eat this and like I'm losing weight and it's, it's great. I'm actually enjoying food now.

JEN: You can enjoy food without the volume, you're learning or you have learned. You can still enjoy food. We can still prolong the experience even by eating slower, by savoring our food. It doesn't have to be about volume.

YVETTE: It's kind of like wine tasting.

JEN: Ooh, yeah. You can, you don't have to get drunk. You don't have to get hammered. (Laughs) I love that. That's a great comparison.

ANNIE: Yeah, when you have too much, it's no fun. (Laughs)

JEN: It's no fun at all.

YVETTE: Yes, yes. So you can use that in your marketing. Everybody go to wine tastings.

ANNIE: Okay, hey, I would happily support that. So to recap, Yvette, you have built an awesome movement habit. You have developed the, the skill and continue to work on the internal cue skills, which you thought you didn't have, or you weren't even aware of, you know, two, three years ago, you have done consistent C minus work. You haven't been perfect in, in your commitments, but you've maintained C work. You are, have no knee pain and no drama around the food or the scale, and you're down 30 pounds.

YVETTE: And my blood pressure is down. My doctor is talking about reducing my blood pressure medication and maybe working towards getting rid of the blood pressure medication.

JEN: Wow. How does that feel?

YVETTE: That's amazing. Yeah.

ANNIE: And you're still eating all the foods you love. You still have your wine tastings. You're still going out to eat. You're still going on vacation. This is pretty awesome.

YVETTE: It's amazing. Yeah. Yeah. I, I'm so happy to be here. It's the best thing I've ever done for myself, other than marrying my wonderful husband. This is the best thing I've ever done for myself.

ANNIE: That's, that's so awesome. I'm curious, um, if you knew that there were people listening who were maybe on the fence or thinking about joining Balance365, what would you want them to hear?

YVETTE: Well, if they're engaged at all with the podcast, the material, the information, there's obviously something there that resonates for them. That's speaking to them. That's calling to them. So trust yourself and move forward. Like there's a reason why they're. They'll hear. So do it.

ANNIE: No drama. (Laughs) Just do it. Just join.

JEN: Thanks, Yvette, for coming on. This was so wonderful. And it's always, honestly, it's very fulfilling as a coach to see somebody having the journey that we would want them to have, that we want all of our members to have. I got so much out of this as well. So thank you.

YVETTE: Aw. Thank you. Thank you ladies. Thank you so much for doing what you do.

ANNIE: Thank you for sharing it with us and thank you for showing up in the Facebook group consistently. You're, we joke before we started hitting record that you leave these comments that you've clearly given your reflection, like some reflection, some, some mindfulness, some intention of like, what's going well, what's not going well, what, what changes do I need in the week or the month ahead? And I joke that it's like, "Okay, great, good chat. We'll see you later." You, you're clearly developing, among many other skills, the ability to assess your commitments and scale up or down as needed to reach your goals, which is amazing.

YVETTE: Thank you. It's you know, thanks to you guys for doing this. Thank you for setting up this program, so that we can live healthy without drama.

JEN: That's our new slogan. (Laughs)

YVETTE: Yes. (Laughs) There's enough drama in this world. We don't need health and well-being to add to it.

JEN: Totally. Wonderful.

ANNIE: Well, thank you so much, Yvette. We hope to talk to you soon.

YVETTE: Thank you.

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.