Balance365 Episode 311 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 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.

ANNIE
Welcome back, my friends, to another Q&A episode. These are episodes where we answer any and all of our audience's burning questions about health, wellness, and weight loss. Before I tell you what today's question is, I want to read a review that a listener left for us on iTunes. She said, "I have literally spent thousands on social media, doctors, and influencers who try to help me organize eating exercise and mindset to improve my health. These ladies have summed up the process so well, and in such a complete and affordable way, on top of the fact that the podcast advice is free. Keep doing what you're doing. Jen and Annie, you and your coaches are the real deal." I cannot thank you enough to all of you who have left us a review, who have downloaded an episode, who have subscribed to our podcast, and who have shared an episode. Without listeners, there is no podcast. We are here for you and because of you. So thank you, thank you, thank you so much. Now for today's question. The question we're answering today is such a good question. And one that Jen and I could honestly talk for hours and hours about, and that is, "What were your aha moments that made weight loss click?" And spoiler alert, it wasn't about the food we were eating. So listen and learn my friends. If you want to get in on our live Q&As, join us in our free private Facebook group. Find the link for that group in our show notes or search weight loss without restriction on Facebook. Enjoy.

ANNIE
Any life-altering aha moments that made weight loss click for you?

JEN
I also love this question. I think, um, what I love about this question is that there are far too many people out there running around trying to figure out what to eat to lose weight. And what would be way more helpful is to look at people who have lost weight and kept it off, who are getting the result that you are looking for and asking them how they changed their thinking. So I love this. And, um, for me, my life-altering moment that made weight loss click for me is that, oh man, this is, there's so many. You go first.

ANNIE

[Laughs] Just punt it over to me. [Laughs] I agree. I, I was thinking about this before we went live and, um, I could speak for hours about how my mindset has changed, that has made weight loss much more manageable of a goal. I really think that the most influential decision, and this is maybe like not applicable to everyone as we've been talking about many times on the podcast and, um, but the truth was, was that I was selling myself short. I was, I was letting myself off the hook way too easily. I was blaming, uh, my lack of results on circumstances, on other people, on, um, the options that were available or not available, what I could and couldn't do, the time of, time that I had available on the day. And the truth is, is that was all just BS, right? That was not true. I just wasn't accountable to myself every time I would commit to something and it would get a little bit uncomfortable or a little bit difficult.

JEN
You were punching out.

ANNIE
Yeah. Like, "Oh, no thanks. I'm not going to do this anymore. I - you don't feel like it? Oh, that's okay. Just, you know, don't do it. If you don't want to, that's okay. You don't have to like, this isn't fun. That's okay. You don't have to do things that are not fun and hard." And that's fine. That's, that's fine. If that's working for you, go for it. But the truth was, I wasn't, I didn't feel good.I was in a body that was larger than I was comfortable with. I wasn't able to move and live and do the things that I wanted to in life. And truly it didn't feel good to continuously make these commitments and then not follow through on them. I wanted that accountability in the sense that I could take care of myself, that I was good for myself. And in order to, to fix that, I had to do that.

JEN
Yeah. I like that.

ANNIE
If I wanted to trust myself, I needed to behave in a way that was trustworthy. If I wanted that self-respect, I needed to behave in a way that I could respect myself. Like, and that, that no one else could do that. There wasn't a program, there wasn't a food, there wasn't a workout routine. I really had to step up to the plate for myself to do that.

JEN
Yeah. I love that. Follow through on the commitments you make to yourself.

ANNIE
Yeah. Yeah.

JEN
Yeah. Okay. You gave me some time to think. So I think my biggest aha moment.
So my story is that, um, I have been, you know, 25 pounds heavier than I am now. And I've been 25 pounds leaner than I am now. So unlike Annie, my weight loss story isn't like, I'm not

living my leanest lovable weight. I'm actually somewhere in the middle of my heaviest and lightest weight. Um, however, when I was at my heaviest weight, I'm going to talk about two moments. The first one was that I really needed to understand and acknowledge, that the core reason that I was overweight was because of all the restrictive dieting I had done. My relationship with myself, with food, even with exercise was just, it was so messed up. You know, I couldn't even think about changing my habits or losing weight without, you know, wanting to start bingeing with, without wanting to run to the, to the freezer and grab the ice cream. I truly only saw, uh, food and exercise as ways to lose weight or manage my weight. I didn't see them as anything else except that in my life. But an extension of that is I truly didn't see myself as anything more than a body, which is super sad. I had majorly objectified myself, which is really what we're taught to do in this diet culture we're living in. And I just saw myself as a collection of body parts in a number on the scale. So I had to start unpacking that. And I started, I had to start seeing myself as a whole person where my body was the least interesting thing about me and acknowledging that the reason I was struggling with my weight, the reason when, the reason I did find myself at 25 pounds heavier than I am now is because my relationship with food was so messed up, um, that I was just stuck in this reactive overeating cycle from my years and years and years of restricting, like essentially a survival mechanism had just kicked in and couldn't shut off. It was just overeating constantly. And so once I did that work, my next aha moment was that when you love yourself, when you care for yourself, weight loss can come from a place of self-care. When I stopped seeing food and exercise as tools to just lose weight, ironically, I was able to lose weight in a healthy and sustainable way because I'm no longer eating and moving just to lose weight. I'm eating and moving to feel healthy, to take care of myself now and in the future, to be the role model I want to be for my kids. And that is, that is completely a completely different, um, just way of approaching it. Right? It's no longer a panicked black-and-white binary all-or-nothing journey. It is just living every day the way you actually want to.

ANNIE
Yeah. Yeah. Well, I think that I, a lot of that resonates with me as well, because as it relates to taking care of yourself, I often thought that that meant just saying yes to yourself all the time, right? Whatever you want, have it, do it. Don't force or, uh, have to like grit your way through anything. Just, just give in to the pleasure and whatever you want in the moment. Right?

JEN
Yeah. So, and it's important to understand that Annie and I come from two completely different places. We're from two ends of a spectrum. Um, I was extremely perfectionist, and rigid. I guess, I guess self-care to me would have been like just three more pounds going to lose three more pounds, right? It was just, it was this total preoccupation and fixation on thinness. And it's not that Annie wasn't preoccupied with losing weight. She was, but you know, over here, she, her self-care was no boundaries with food.

ANNIE
Yeah. I was too, too loose, too soft.

JEN
A little too loose. [Laughs]

ANNIE
Yeah. A little, a little too indulgent, right? You needed to indulge a little bit more. I needed to indulge a little bit less. [Laughs]

JEN
Yes. And it was just, we were just on two ends of a spectrum and, and both of us have come to the middle and the results are different too. Right? So that is another aha moment. If we want to keep them going here, another aha moment for me was that I didn't have to have a goal weight and that actually in my whole history of pursuing weight loss in the small body, goal weights had hurt me, not helped me. So I became open to creating habits and a life I wanted to live. What felt healthy for me, um, and finding out what that weight was. And it turns out for me, it's like somewhere in the middle of my heaviest and my leanest weight. It turns out for Annie, it is, it's her leanest adult weight. And, you know, you just, I think a lot of women need to, could really benefit from, um, not trying to control the outcome so much.

ANNIE
Yeah. As, as much as I thought that my lofty goals, you know, posting pictures around my kitchen and pantry of these fitness models, as much as I thought that was motivating me, it was actually just leaving me really miserable and discouraging because I felt so the gap between me and them was so large that I couldn't get there. I, that it was, there was too much of a disconnect. And so like you, letting go of what the end result was and focusing in on the process and my behaviors, I actually did come a hell of a lot closer to that than I ever dreamed of. I never dreamed that I'd be 40 and, and have the biceps that I do or the strength that I have like never, never. So in, in a lot of ways, like not only can they be really goals be really suffocating, they can also become like a cage or a ceiling to what you're capable of. Because, had I stayed committed to having a goal, I probably would have sold myself short on what I was, what I could do.

JEN
And I know this is different than what a lot of people have heard because, you know, we're taught to create very specific goals. We're taught to create smart goals, right? And one of them is very specific. And I guess I'm going to go in the other direction. I'm going to say, look, like it's not helpful. We can't control what our weight is as much as we've been led to believe. Now, if you want to create very specific goals around your behaviors, which you're actually doing in a day, that's another thing, but very specific weight loss goals, I don't know if I've ever seen them help a woman. I never want to say never. I never, I don't want to be all or nothing. I just, I don't think they're helpful. And that's my general opinion.

ANNIE
Yeah. I agree. I agree.

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 https://www.balance365.com/ to join coaching.