

Balance365 Episode 326 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 (00:45.646)

Hello everyone. As we head into the summer months here in the Northern Hemisphere, we know that the challenges people face in their weight loss journey change. Today, Jen and I are going to discuss several considerations and strategies for those looking to continue their weight loss journeys through these warmer and often more social months. And in true Balance365 fashion, we're going to be discussing both mindset *and* actions, both of which contribute to your ability to take consistent action towards your goals. As we mentioned in this podcast, summer is a great time to learn how to build balanced plates. You can download our free guide, How to Build a Balanced Meal. If you have a history of restrictive dieting, you may have a skewed perspective of what healthy is. In this guide, you will learn what balanced eating actually means, how it's possible to meet your nutritional and weight loss goals, and why the components of a balanced meal are so important for managing hunger and cravings on a weight loss journey. Click the link in our show notes to download this guide or visit balance365.com/slash/balance-meal-guide. Enjoy!

ANNIE

Summer. It's coming.

JEN CAMPBELL

It's coming.

ANNIE

Are you excited? (*Laughs*).

JEN

Do I look excited?

ANNIE

I'm not excited.

JEN

It's so cooking hot where I live in the summertime that it's almost like how people feel about winter, a little bit. Like it's just so hot here.

ANNIE

Not enjoyable.

JEN

Well, it's like we, like my kids, can't even be outside between the hours of 11 and 3-type thing. So to be honest, I get really excited for spring and fall.

ANNIE

I, that's not what I thought you were going to say, but I mean, that's obviously very valid. I just don't love the, um, I'm, I'm a very routine person and I like my alone time and I like working in my house when it's quiet. And in the summer, there's...

JEN

Kids.

ANNIE

Noisy kids.

JEN

Yeah, it is. That's kind of rough, especially when they cannot go outside.

ANNIE

Oh, they can go outside. I tell them that all the time.

JEN

Get out there and fry! (*Laughs*)

ANNIE

You've got a garden hose.

JEN

Find some shade.

ANNIE

We have no trees. You can hang out in the garage with a fan.

JEN

Yes.

ANNIE

I don't know. I mean, what did you, I did that as a kid. You get on your bike, and you go jump in the pool, right?

JEN

Yeah. I mean, things are a little different now, but yeah.

ANNIE

"Well, when I was a kid..." (*laughs*)

JEN

Yes.

(03:07.182)

So I say to my kids, when we walk to school and people are driving by us, driving their kids to the same school and we're walking and they're like, uh, and I'm like, "When I was young, do you know how far I had to walk to get to school?"

ANNIE

Mm-hmm.

JEN

Yeah.

ANNIE

I had to get myself up and get myself dressed and ready every single - and there was no parent at home.

JEN

Yeah. Yeah, same with me.

ANNIE

Anyways. Okay. And that anyway, this is not our childhood-

JEN

- trauma.

ANNIE

Unpacking our childhood trauma (*both laugh*).

We're talking about the summer. And, summer weight loss strategies that work.

JEN

Yes. So summer is a tricky time. And this always comes up with our members and this, and, you know, what that's a reflection of is often just a change in routine or environment, right? The way Annie's guessing, well, suddenly your kids are home, which could, for her, could mean an extra

stressor or, you know, different foods in the house or whatever that means for you, but it's, it's a changing of seasons for a lot of people, especially in the Northern hemisphere. If you have kids, their schedule might be changing. Your family schedule might be changing. You might have your holidays booked during this time, et cetera.

ANNIE

Yeah. And, to be clear, this change in seasons doesn't just affect people with kids and their school schedules.

JEN

Right.

ANNIE

And this is, there's a change in environment that affects people regardless of how many kids you have or not.

JEN

Completely, right. So that is an issue. And even before we kick things off, okay, it is the end of May. And I remember this one member, I think I've shared the story on the podcast, it's one of my favorite member stories ever. Her husband is a teacher, so he's off every summer. And she just, it's like major, "Oh my gosh, we're two weeks into summer. I can't do this. I can't believe how much my schedule is off. My habits are all over the place." And I remember one question I asked her was, "Doesn't this happen every year?" And she was "Like, yeah, wow, it does!" And so I love the timing of the release of this podcast because hopefully if you are listening to it, it allows you to think ahead, which honestly is a lot of people's, that's like a real side track kind of issue for a lot of people. They're just not looking ahead.

ANNIE

(05:24.366)

No, and then by the time summer comes and then like the dust settles and you've like kind of recalibrated to accommodate different summer experiences, then it's like Fall again.

JEN

Right. Right, and you feel like you got steamrolled by summer and you made no progress and you might be feeling some type of way about that or resentful. So that's a great segue into the first strategy that I would like you all to think through, and implement. And that is number one, to decide if it's important to you to continue to see weight loss over the summer. And also, like full permission here, it's okay to take breaks. So, you know, Annie and I work with different clients who go through different seasons, and it's just truly not realistic or it would add too much stress to their lives, that are already maybe going to encounter some stress, to keep this expectation or belief that they should continue to lose weight in that season. And it's more like, you know what, there's this great quote, one of our members shared this quote a couple of years ago: there's a time to advance and a time to hold the line. And for some people listening, summer might be a time to just hold the line. And that's okay. And also to know if that does seem like,

“Okay, that’s maybe a better decision for me to hold the line over the next few months,” I also want everybody to know that just because you aren’t losing weight, like, you’re seeing it on the scale, it doesn’t mean that you aren’t taking meaningful action towards your health and wellness. It doesn’t mean that you aren’t taking this meaningful action that is going to set you up for success with future weight loss, right.

ANNIE

Yeah, it doesn't have to be either I'm pursuing weight loss or I'm not doing anything at all.

JEN

Right. Yeah.

ANNIE

There are some middle options.

JEN

Yeah. And also one thing to say is that if continuing to pursue weight loss through the summer, for whatever reason *could* cause you stress, it might be better for you in the long run to just hold the line over the summer, you know, practicing the habits you have that help you maintain the weight that you are at or have reached, and go into the Fall, not feeling stressed or some type of way about not losing weight, right? Just accept, right? It's just, it's absolutely revolutionary to women I coach, when we reach these different choice points. And it's like, “You know, you don't have to be trying to lose weight right now, or you don't have to be trying to change this behavior right now, or you don't -” and they're like, “Wait, I can just accept this?” It's like, yeah.

ANNIE

Mm-hmm, yeah.

JEN

So, all that to say, decide if it's important to you, or not. Imagine yourself transitioning into the Fall season. Kind of, I don't, whenever Fall hits for you, maybe that's August, September -ish, October -ish. What's important to you? What would you feel really good about accomplishing? Think about that.

ANNIE

Yeah. And it can also be, you know, weight loss can be important to you, and also summer might not be an optimal time to really go hard in the paint.

JEN

Absolutely.

ANNIE

In making progress.

JEN

Absolutely.

ANNIE

So having the maturity to say, "This is important to me. And because it's important to me, I'm actually going to just commit to doing what I can to maintain my habits, put the rest on hold, and I'm going to pick it back up in the Fall when it's a better time."

JEN

Yes.

ANNIE

When I have more capacity.

JEN

Yes. Now that said, we're not trying to discourage people. Just, we think it's important for women to have different pause points to reassess. So if it's important to you, awesome. This is the podcast for you. Annie, with your kids home over the summer, are there any goals that are important to you? To maintain, hold the line with?

ANNIE

Movement. We're going to talk about this in a little bit, but it's actually a little bit easier for me in the summer because I have more options.

JEN

That's also a good point for people to think about is that sometimes summer presents challenges in some areas, and sometimes it removes barriers in other areas, right.

ANNIE

Yeah.

JEN

So movement is important for you to maintain over the summer.

ANNIE

Yeah. And you know, I think, staying mindful, we've talked about this in podcasts past, but staying mindful of alcoholic drinks is important because there's again, as we're going to talk about, there's just more opportunities for outings and ball games and,

(09:57.87)

you know, social gatherings because the weather's nice and people are staying up later and whatnot. And alcohol tends to rise because it's like, "Oh, it's summer. Let's open up a bottle of Sauvblanc and sit on the patio.

JEN

And are there any goals that like aren't that important to you over the summer to be more diligent with?

ANNIE

I'm sure there have in the past, but currently, I feel like I am really enjoying just coasting in general.

JEN

Okay.

ANNIE

And I feel good about where I'm at. And so for me, I think it's just going to be more of a hold the line summer.

JEN

Awesome. For me, the goals that are important to me to maintain are just, they're movement in general. But what's not important to me is the mode of movement. I can shift. So, as mentioned, because it's so hot here, it's okay with me if my hiking actually decreases, and maybe I do more weightlifting in my air-conditioned home, right? Like I'm okay. So those movements important to me, but the mode of movement I will adjust based on the cooking hot environment here. And then, you know, like you, the challenges of navigating kids in the summer and then a couple of weeks of holidays, I think what I've let fall off in the past, that is, I want it to be important to me this summer, is just some of my key nutrition habits, like my protein every day. That just as things get kind of chaotic or we go on holidays, it's like, "No, like that's pretty important to me these days."

ANNIE

Mm-hmm. You know, now that you said that, I do think proactively planning for my kids' meal, like the meal - because they're home for more meals, you know, they aren't in the school year. And because I'm not in the habit of giving that a lot of consideration, it tends to be kind of on the fly, in the last minute, put together, which obviously doesn't have to affect my nutrition, but it does affect my stress.

JEN

Yeah.

ANNIE

Which then increases, you know, other things.

JEN

As you know, my kids were off for a couple of weeks in March and it was a really good teaser for me of like what summer is going to be like.

(12:13.838)

And my kids, just because I was working, they're kind of free ranging around the neighborhood in the house. My kids - we have this shelf in our pantry that's all our like lunchbox foods, and they pack it in, they pack it in the morning when they're packing their lunches. And they went through in less than a week, every granola bar, every, like every fruit cup. It's like my kids just, they were eating this out of house and home here. So same as you. That's actually a great point. I need to have some structure around my kids' eating and some different foods available.

ANNIE

That's why I got those fiber one bars.

JEN

Yeah (*laughs*).

ANNIE

Like you do not want to have two of those.

JEN

10. My kids would have 10.

ANNIE

They know, they know, like mom said one and she means it. Otherwise we're going to have some problems.

JEN

Yeah. So that's what's important for me, that's what's important for me and Annie, and that's what's not important. So just have your own little moment to think about how your routines can change. What goals might be important to you, what goals may not be important to you, need some flexibility, or you're just going to hold the line on.

ANNIE

Mm-hmm.

JEN

So number two, I want you to ask yourself, "What does the version of you who is leaner than you are now, what does she do to maintain her weight loss trajectory in the summer months, or just maintain her weight loss." Okay. So there's a quote that I share from time to time and it is, "First you become, and then you arrive." A lot of people have that backwards. They have this belief that first they have to lose the weight, then they will become the person that they want to be, right. And I'm like, no, it's actually the opposite. First, you become the person you want to be, and then you lose the weight. And that's also why you maintain it, because you've become the person. And so that means you need to start cultivating the mindset, cultivating the thoughts, the actions of someone who's lost the weight before you lose the weight, right?

(14:28.206)

ANNIE

Mm-hmm.

JEN

So, if you have a weight loss goal, you know, you desire to be leaner and that version of you probably thinks a little bit differently, problem-solves a little bit differently, and has some different boundaries around her health and wellness habits. So think about that version of you and how would she navigate the summer, right?

ANNIE

That version of me, definitely, like I said about the alcohol, she's very intentional. It is not a flippant spur-of-the-moment, "Oh, we've just got a bottle open. Let's just finish it -" prioritizing pleasure in the comfort, in the moment.

JEN

She got some breaks.

ANNIE

Yes. Yes. And she has better boundaries for sure. I love what you said about not being so attached to how you're moving. You said that well, and I see that already, but that it would be more of that into the summer where, I'm enjoying other opportunities to move my body, whether that's roller skating with my kids in the neighborhood or a bike ride or just more time outside. She's definitely embracing the fruits of summer. Literally the fruits.

JEN

Literally the fruits.

ANNIE

Yes.

JEN

Eating all the good in-season fruits. Yeah.

ANNIE

Yeah, yeah. What about you?

JEN

I remember a time when I would be steamrolled by summer. And one of the summers that I took some holidays, I drove all the way back to Saskatchewan, which is like a 16-hour drive for me where I live now, to where my family all lives. Took my kids. I think it was two weeks and I felt terrible when that two weeks was over. And it's because, like the amount of driving I did, like, so sitting, and then just being in different environments at different people's houses and just eating in a way that was just a little bit different than my normal, led to some digestive issues, which is

becoming a theme on our podcast that we get into. I won't get into it, but I did not feel good. So probably under-hydrated, too much sedentary time, and that's not what I want for myself in the summer. So for me, it's just similar to you. It's the version of me who is leaner, is way more intentional in the summer.

(16:46.318)

ANNIE

Mm-hmm.

JEN

Right. She doesn't just let summer happen to her. She's more intentional, and she makes sure that her foundations are happening. So if I could do that trip over again, as the leaner version of me, the more intentional version of me, I would say just planning movement throughout, you know, vacations, holidays, trips, weather, and again, it doesn't have to be this rigid. I'm lifting weights or whatever. I just need to plan for it. Going for walks, et cetera. Checking some of those big rock things. Do I have fruits and vegetables for today? Am I drinking water? What I have done in the past few years, I've seen this change in myself and it's become more important to me, that if I'm going to be in an environment for more than a few days, it doesn't have a ton of fruits and vegetables. I will go buy a veggie tray or something.

ANNIE

Yeah.

JEN

And it's just, I see it in me. I see it in my kids. It's just important to me. So those are kinds of things I'll do.

ANNIE

Yeah, I do have a week off in the summer and I will be at a workshop. I'll be by myself in a hotel room and I fully anticipate as soon as I get into town, hitting up the grocery store, getting some protein shakes, some fruits, some higher protein snacks that I can keep in the fridge so I'm not relying on vending machines or whatnot, whatever is available to me at the continental breakfast, which is usually carbs.

JEN

Yes.

ANNIE

Cereals.

JEN

Yes.

ANNIE

Which is, there's nothing wrong with that. It just doesn't contribute to the balance that I would like to maintain.

JEN

Yeah. So for everybody listening, that's it. That's just simply asking yourself, "What does this linear version of you think? How do they feel? And what are the actions or intentions that they have? Like how do they create this for themselves?" And your answer might be similar to me and Annie or it might be different. That's okay.

ANNIE

Yeah. I will tell you though that I, you know, without being actually in Jen's head, both of our answers, I'm certain this leaner version of us, or this intentional version of us, she's still human.

JEN

She's not perfect.

ANNIE

She still makes mistakes. She still has fun, right. We're talking about what she does most of the time.

JEN

Yeah, for sure.

ANNIE

Yeah

JEN

OK, so those were both more mindset-related. Let's transition to more action-oriented things. (19:03.374)

ANNIE

Mm-hmm.

JEN

So a really important question to ask yourself is, "What are the barriers to weight loss for me this summer?" And get very specific about this. So another question that you can ask yourself, this might be sort of a different question to get a similar result is, "Why can't I keep doing what I'm doing now to lose weight?" That's assuming you're losing weight, but, "Why can't I keep doing what I'm doing now or have done in the past to lose weight?"

ANNIE

I love that question.

JEN

Yeah. And it's not like an accusatory question. It's like, let's ask that question to bring the barriers up: well this, well this, well this. Okay. And once we identify the barriers, then we can start problem solving through them.

ANNIE

Mm-hmm. We can proactively plan.

JEN

Yes.

ANNIE

Instead of being surprised.

JEN

Totally. So as all of our longtime listeners know, as our members know, the Core Four is kind of the foundation of action in Balance365, our core four habits. And so the question might be, "How do I take the Core Four on holiday with me? Or like, what is the scaled version of the Core Four that I need while on holiday? What is the extra flexibility I might need? How does the Core Four show up when I'm socializing?"

ANNIE

Mm-hmm.

JEN

Right. I identified in a previous answer that holidays seem to be my kind of off track, and you've identified like it's more socializing for you that are the off track moments.

ANNIE

Yeah, yeah. But, with that being said, the Core Four is still absolutely applicable in those moments. I might not have the control over what's being served or offered. There might be more distractions than compared to when I'm eating at home by myself in my controlled environment, and quiet and whatever. But it still can be an opportunity to practice if I want it to be, right. And so usually when I am out socializing, my go-to Core Four habits are internal cues.

JEN

Mm-hmm.

ANNIE

Like hands-down, and prioritizing protein. So kind of like breaking down the balanced plate to one very specific component and honing in on that.

JEN

Yeah.

ANNIE

And letting the rest go.

JEN

I think for a lot of people I coach, or I should say some of the common barriers I've seen come up over the years is, change in environment. So I'm thinking of this one member, they had a lot where they had a camper parked the whole summer. So they just, they're there every week if they have the week off, or on the weekend. And she would talk about how like Friday was like a Costco trip and they'd load up with all these bags of chips. And it was just, they'd get out there and she's like, then it was just like, it's just chips. Like it's just eating all weekend. So for her, the barrier was environment, but also mindset of this like YOLO, I'm on holidays every single weekend.

ANNIE

"We're at the cabin, we're at the lake, we're at the ski house, we're at the -", you know.

JEN

Yeah. And I've also seen for some of our members over the years, another common one is less sleep. So whether that's attached to socializing or you just, you're staying up late because the sun is out more, whatever that is, less sleep can contribute to a little more, I guess chaoticness in their habits the next day, less energy. Again, like I shared, I've also had people mention less movement or less intentional movement around, maybe their kids are home and they used to go to the gym and all of a sudden, they can't, right? And that really interferes. And then extra calories just with whether that's socializing or whatever's happening for them, just these food-abundant environments. So once you can name out those barriers, those are common ones we've seen, and Annie's was alcohol. Some people's might be like mocktails on the -

ANNIE

Yeah. And I just want to say, like, no, no, judge, this is a safe space on this podcast, right?

JEN

Mm-hmm.

ANNIE

It's not just socializing that alcohol - I see an increase in alcohol. It's also a stress-management tool that I have to be very mindful of, because it is not, again, not uncommon. I see it already on spring break on days when my kids don't have school and I'm still working, that I notice it's just like, as the day goes on, my shoulders are just like rising into my ears and come four or five o'clock like, "Okay, I'm done." And I'm grabbing. I'm having a desire and urge to grab a drink just to calm down and relax. So it's not just socializing, but which is kind of what I meant by like, just having them at home creates an additional layer of stress that is not usually there.

JEN

Mmm, yeah.

ANNIE

And, and that results in some emotional eating and drinking urges that I have to manage.

JEN

Okay. So, for you then, another barrier to weight loss or weight maintenance would be emotionally eating or emotional drinking.

ANNIE

Yeah. I just have more time with my kids.

JEN

Yeah.

ANNIE

I love them.

JEN

(Laughs) You love them, but yes, they can be...

ANNIE

They also stress me out sometimes.

JEN

So for everybody listening, that's what we want you to do. We want you to list your barriers. Okay. And then we, and then you can, we can start problem-solving through them, right? Because what will lead to the next point is once you have your barriers, we look at them and they're real and we acknowledge them and they might be emotional eating, like kids home-more emotional eating, or they might be mindset, right? Wow. I get the YOLO. I get YOLO from the 1st of July to the 31st of August. You might have mindset issues. Then we need to plan out from their negotiables and non-negotiables of these barriers, right? So all or nothing would be Annie saying, "I'm not going to have one emotional drink the whole summer. Not one."

ANNIE

Mm-hmm

JEN

All or something has Annie thinking this through. Are there situations that she's okay with having a drink at the end of the day to unwind? And are there situations where she is not okay with it?

ANNIE

Yeah. Or like a frequency.

JEN

A frequency, yeah.

ANNIE

Maybe I'm okay with having, or even a quantity. Maybe a glass, you know, a couple of times a week I'm okay with. I'm not okay with two or three glasses even once a week.

JEN

Yeah.

ANNIE

You know, like, and, and that's super individual for people to determine.

JEN

That's the beauty of negotiables and non-negotiables. Everybody gets to decide their own. So Annie's might be one glass, two times a week. If I've crept above that, I'm in sort of a danger zone and need to reel myself in. Others might be "Nope, none. No emotional drinking." They don't want to do any emotional drinking. And that's okay too. You just have to decide your negotiables and non-negotiables for each barrier that you've identified.

ANNIE

Yeah.

JEN

Yeah.

ANNIE

I love it. What are yours? Do you have any?

JEN

I would say one of the biggest foundations for me is one of our core four habits, and it's sleep. And when summer hits, I need to prioritize also maintaining my sleep habit. Maybe not to the degree I do in the winter, but I do. So very easy to let that go for sure.

ANNIE

Mm-hmm.

JEN

Especially when my kids are home and they don't need to be in bed at a certain time. So it's basically through this school year, my kids' routine really is a habit trigger for my routine. Right? Like I get them out the door in the morning and I walk them to school, and that's my daily hike with my dog, right? So then when my kids are off, it's like, "Ah, my habit trigger is gone. When am I doing that hike?" Right? This it's the same thing at the end of the day. I get my kids all settled in for bed and then I start my nighttime routine.

ANNIE

Mm-hmm.

JEN

So for me, although I want some flexibility there, like a non-negotiable, I think is going to be a bedtime, at least kind of Sunday to Thursday, but maybe allowing my kids some flexibility in the summer. Like maybe, maybe I don't have to put them to bed (*laughs*). We'll see!

ANNIE

Listen, I've, I've had many talks with my kids. Like, "I need you to go to bed because I'm ready to go to bed, okay? Like let's do this together! (*Laughs*).

JEN

Yeah. So that would be, I think, a non-negotiable for me is having a bedtime Sunday to Thursday and not getting sleep deprived through the summer. I also love, I love eating in the summer. So I love all the vegetables, all the fruit. So it's almost like that's, you know, speaking about at the beginning of this episode, that's actually where a barrier is removed for me.

ANNIE

Yeah, same.

JEN

It's like fruits and vegetables just taste better in the summer. So my fruit and vegetable consumption often goes up in Summer and Fall. Everything is just so delicious.

ANNIE

Yeah, same. I think it is so fun to go to the grocery store and explore fruits and vegetables that I maybe haven't tried yet or don't get very often and then bring them home and experiment with them. It's enjoyable. There's so many hybrid varieties now, you know, like tangelos and cosmic apples and - that's not a hybrid, but it's a variation, I guess I should say.

JEN

Yeah, I don't think we have the same options as you in the States. You do have 370 million people or whatever to support that. But anyways, yeah.

ANNIE

I'll send you some unique fruit, that we have shipped in from other areas (*both laugh*).

JEN

And then the fifth strategy. So you've kind of thought out some of your negotiables and non-negotiables for your habits while you're navigating these different barriers. Think about what you can add that supports a fat-loss goal that will be helpful. And that's probably a better time for me to bring in this example of fresher foods. So for me, more salads, more fruits and

vegetables, that's always really exciting to me. I also think lean protein maybe feels more accessible to me in the summer, as far as we barbecue a lot. And I just love barbecued meat.

ANNIE

Yeah. I would say too that I'm OK with or I'm more comfortable or even desire more cold foods in the summer, just because they heat.

JEN

Hmm, okay.

ANNIE

And so eating things like salads or deli sandwiches.

JEN

Like simpler foods.

ANNIE

Yeah. I'm like absolutely OK with that.

JEN

Yeah. And then as Annie mentioned, you might notice that if you like being outside in the summer that there's actually that you can take advantage of more movement opportunities in the summer.

ANNIE

Yeah. I love lifting in my garage with the garage doors open and a nice breeze. And sometimes even if you're really lucky, it will rain.

JEN

Oh, that's lovely.

ANNIE

It is so nice.

JEN

Yeah.

ANNIE

The rain and like no music. But yeah, even just like walks or hikes or roller skating outside or, you know, swimming.

JEN

Yeah.

ANNIE

There's pickleball outside or tennis outside, like golf. So many opportunities to enjoy the outdoors and get some movement in.

JEN

Yeah, I love it. Okay, so to recap: we have number one, decide if it's important to you. And if it's a "hold the line" for a couple of months, own it, hold the line. If it is a weight loss season for you - own it. Let's keep it going. Two: ask yourself, what does the version of you who is leaner do during the summer to keep this weight loss journey going? Three, ask yourself what your barriers to weight loss could be, or continued weight loss, during the summer months. Number four, once you've teased out what those barriers are, what are your negotiables and non-negotiables in each of these areas? Maybe we are talking about sleep. Maybe we are talking about movement. Maybe we are talking about how you eat. Maybe we're talking about your hunger and satiety. What is negotiable and non-negotiable?

ANNIE

Mm-hmm.

JEN

Then last but not least, really think about what you can add to your life during the summer that supports your fat loss goal.

ANNIE

Yeah.

JEN

So we're adding and not taking away.

ANNIE

Yeah. And I do want to say, without knowing the individual listeners' specific situation, I'd be willing to bet that even if you have the most full summer schedule, there are versions of each of the Core Four habits that you could include in your summer if you want it.

JEN

Yep.

ANNIE

And that's why we designed the program that way. Because as we've said many times, Jen and I have full lives. We have kids. We have vacations. We have full time jobs that aren't in a gym. Like, we get it. We're in the same boat, right? Or in a similar boat. And we wanted skills and habits that women could work into real life, not make their life work for these habits.

JEN
Yep.

ANNIE
So if this is something important to you, back to square one, it's doable.

JEN
It's doable. Yes.

ANNIE
Mm-hmm. Okay, good chat.

JEN
Thank you everybody.

ANNIE
Here's to a good summer!

JEN
Yes.

ANNIE
Bye.

JEN
Bye 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 www.balance365.co to join coaching.