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## SPEAKERS

Christina Smith, Sarah Thomas

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### Christina Smith

Before I forget, today, we have Sarah Thomas and she is from burn fat and feast. And she is going to be telling us why. If you're doing the same workouts you were doing in your 20s and 30s, why those might not be working in our 40s and 50s and beyond. And what we can be doing that might be better. I had no idea that exercise and eating could change. Through midlife, I thought if I was pretty healthy in my 20s and 30s, that it would magically just stay that way. I was like, Oh, I must have really good genes. And I'm like, What's happening to my genes? So, so Sarah is going to be teaching us a little bit about our health, through midlife and how we can start really making some progress. So I'm really looking forward to that. Thank you, Sarah, for being here.



### Sarah Thomas 00:54

Yes, thank you so much for having me. I am so excited to talk to you guys today about all the things wellness. And Christina, you mentioned that health, fitness part nutrition fitness part, I'm going to actually kind of go beyond that a little bit today. To to give you guys like a full picture of what things look like in midlife, because I think that's really important. Part of that missing link is because we're like, Okay, well, let's just keep eating and working out like we always did. And there's just a little bit more to to the entire wellness puzzle. So super excited.



### Christina Smith

Me too. You want to tell us a little bit about you and what it is that you do. So we have a little background?



### Sarah Thomas 01:40

Yeah, absolutely. So I am Sarah Thomas. I currently live in Nashville, Tennessee, south of the city and a little suburb, we have been here for almost 20 years. Nashville is the place to be

these days. Most of you know, like, Yeah, everybody wants to come, they want to visit and they want to stay and then they want to move and all the things. It's great. It's great. But we're we're almost closed here, just so just saying. We got lucky flooding in flux. It's awesome. But I say that because we've been here almost 20 years, we've seen a lot of change, and the area. We love this area, we do have three kids, I have a 10 year old son, a 14 year old daughter and an almost 16 year old daughter. So we are in the thick every time I say that. Yep, there's what it looks like it. We are in the thick of it. Uh huh. It's awesome. I 100% love these ages, way more than I did when they were younger. Having two teenage daughters is not a bad thing. So if you're almost there, and you're listening, it's going to be okay. It's actually really fun. I own a business, burn fat and feast. We are a wellness based business, we're a comprehensive wellness based business for. For women, we are a lifestyle program. We equip women with mental and physical strength to lose the excess weight. But also to increase metabolism. to balance out hormones, we are research based approach. I'm also really big in teaching my women, the why behind the house, we're gonna talk a lot about that today. Of it's not just do this and do that. But I want you to know, I want you to have be empowered to know why you're doing it. And that's going to help you as you, you know, go through through life now and beyond when you get older. I don't know if I said this, but I'm almost 46 years old. I like to say that, especially on these talks, because I'm not your 25 year old, you know, fitness professional. I have been in the fitness space for 26 years now, as a fitness instructor, a personal trainer and a nutrition specialist. And things have changed quite a bit in my industry. There's a lot of really terrible information out there as well in my industry. And there's a lot of research that's been done in my industry that's been funded by marketing companies. So I say that because there's really some terrible information that we have been fed. And I like to just dig into a lot of that with what I do. And so you know, the long the short of it. That's me, my husband also is an entrepreneur. So we're the crazy people that have two businesses that we're running in the middle of raising three kids in our life. So it



Christina Smith

sounds like a lot. Yeah, so let's get started. What what is it that we want to continue doing that maybe doesn't work anymore? Is what I'm wondering. Like, I'm sure you have lots of friends that are like I've been running five miles every day for you know, 20 years now all of a sudden I'm gaining weight or something's off

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Sarah Thomas 04:59

yeah, Oh, this is this is what I hear on a regular basis. And it's either like you, Christina saying, I've always been thin, I've always been, you know, no issues. And suddenly now I'm seeing this happen. Or I hear the, you know, I've did low carb for a while and it worked for a little while, but it wasn't sustainable. I also hear people say no, just like, I just keep doing more exercise and like more exercise is going to be better, right? And, and then they're like, Oh, I can't do that either. And that's not sustainable. And I don't have hours to work out. So it's, it's that when you kind of put it all together in an umbrella, it's the Eat less move more approach that we feel like should work. And it doesn't work. And I'm going to start with that and kind of explain to you why that doesn't work from a perspective of it's more complicated than what we perceive it as. So yes, that could work temporarily, right? You can go to the gym, and you can like spend an hour in the gym for two months. And then you can under eat for two months and be like, Okay, right, like my clothes fit better. And that's awesome. But it's just not a sustainable way to live.

And that's what I'm all about. I'm about a lifestyle. And I'm also about teaching you how to do this from the inside out so that you're not just you don't just like look healthy, but you're actually healthy on the inside. That's really important for us to be like live long lives, right? So alright, so the first thing here is an essay. And if you've ever heard me talk, you probably heard me say this. But we're not math equations. Plain and simple. So when you talk about eating food, and you're saying okay, well, calories in versus calories out, right? You know, if I just eat less and move more, that means you know what I've what I've taken in as far as calories, and what I've expended. That should all make sense, numbers wise as a math equation, but we're not math equations, y'all. And as we get older, we start to realize this more and more and more. Because guess what, we're complex, especially women, way more complex than men. This is one of the reasons why you're like, oh my gosh, my husband can do all the things and see all the results and I can't, but we are complex. We have hormones that are ever changing, especially in midlife, metabolism changes, we have muscle, we have fat in our bone, we have bone density, stress, age, a ton of environmental toxins all around us. So these are just a few things that I want you to think about when you're going okay, calories in versus versus out. Alright, that's not really the end all be all. That's because we have all these other things that we need to consider when we're looking at fat loss, or we're looking at any type of maybe weight loss restriction or weight loss resistance that we've had in the past. So that's that's the very first thing. The second thing that I want you to understand is that what you eat impacts your metabolic health differently. And so meaning this, so when you under eat your macronutrients, and sidenote, macronutrients are proteins, fats, and carbohydrates. There are three macros. That's all there are those three things, none of them are bad, they're all good. And we should eat all of them. Okay? So when you under eat your macronutrients, those three things you slow down your metabolism. And so many women say Well, I'm getting older, my metabolism slow. Like it doesn't have to be that way. It doesn't mean just because you're getting older, your metabolism has to be slow. Yes, it does slow down as we get older, but you can do things to increase that metabolism to help you burn things faster, etc. So when you under eat your macronutrients to slow down your metabolism number one. But going back to what I said originally here is that you what you eat impacts your metabolic health differently. Your body processes calories as energy. That's what calories are their energy sources. Okay, that's, that's your energy. And so you either store those calories as energy, or you store it as fat depending on what it is what your body needs at that time. So when I say what you eat impacts your metabolic health differently. 100 calories is not 100 calories. 100 calories of broccoli is processed in your body differently than 100 calories of gummy bears. 100 100 But if you're doing it as a math equation, it should be who cares right? 100 100 But this is this part of my point here. This is not That's not it. It's not just 100 calories if you're eating gummy bears clean Clearly, your body is going to process that differently than the broccoli. Right? Okay, just to kind of give you a little bit more of a visual. So your metabolism slows down when you aren't fueling it enough. So when you're under eating, your metabolism, halts, it was created that way, that's the way our body was made to survive. And when you do that, no metab metabolism doesn't start running on high again, just because you start eating more food, alright, so if you're in that, that place right now, and you're like, oh, my gosh, that's totally me, I'm under eating, I have zero energy. And I'm just gonna start eating a ton of food again, you have to kind of get back into it a little step by step process there. But once you you no longer live in that calorie deficit day in and day out, your metabolism will stay halted. And you can actually start gaining fat quickly if you don't do it strategically. So you want you're ultimately you want your metabolism to stay high, you want to be doing the things that you need to do all the time. And we'll kind of talk about how you can, if you are there right now, or your metabolism is halted, and you're adding fat, that what you can do to actually make this, reverse it basically and a little bit when we get into that part. Alright, so we're not math equations, our body takes food and it processes it differently in our body, depending on what it

is. And I'll just go back and say when I was talking about the broccoli, and the gummy bears, those are both carbohydrates. Okay, so we're talking about the three macronutrients, they're both parts, but they're different types of carbs. And so your body is going to use those carbohydrates for its quick energy fuel source, because it's the easiest thing for your body to use. But again, it's gonna use those very differently and your body. So the other thing I want to talk about what what's not working is the exercise piece. So when you over exercise, or you under exercise, your body shuts down, either end of the spectrum. And, and I should, I should have said this earlier, before I started talking, I've been I've done ever, I've done all of this, I've over exercised, I've under eaten, I was an anorexic teenager, I was an obese child. I've done it all, truly. And I've used myself as the best guinea pig out there, I would say. And so I do have personal experience with all of the above. But He's also worked with 1000s of clients through these changes, too. But when you when you over exercise, and I I'll just use myself as an example, I over exercise for probably two decades, decades of my life. For two hours a day, I would go the gym and do two a days, you know what that means. That means you go in the morning, and then you go later in the evening. I was involved in the pageant world for for a minute. And I was told, you know, I don't have the body type, you need to lay now that it and so yeah, that's probably the worst thing I could possibly have done. I worked really, really hard to regain my metabolism back from that. And that was in my 20s. Not in my 40s at that point in time, but your body shuts down. Okay, so either end of the spectrum, it's going to shut down, it's that is called starvation mode. And this also happens when you're under eating. And I said this a minute ago, but our body was made to do that. So think back to like way back our ancestors, they would hunt for food all day, and then they would feast. So our body was essentially created so that when it didn't have food, it could be for hours, it could be for a day or longer that it would, it would help kind of keep everything in place by shutting down. And so it would hold on to everything, your body would hold on to the fat, it would hold on to the muscle as long as it could until it had to use it for energy, so that you could literally survive. That's how we were created. And then you we would feast so we were made to actually fast and feast and that's what our body loves. But when you do that for a long time your body shuts down over exercising under eating, your body starts shutting down. Now the reverse of that eating all day long eating breakfast and it's not at lunch and it's not and dinner and a snack will help you gain fat because you do not allow your body a chance to rest on the inside your digestive system is not resting. You don't even allow it to tap into any fat stores to use as energy it's going to use the food as energy first and foremost. Alright, so two other things I'll talk about of like why this is not working and then we'll we'll get into like Okay, great. Now what can I do? Part? All right. The overtraining, I'll talk a little bit more about that. But if you are, if you have been in the mindset of like, I'm just going to do more, I'm going to burn off that vacation food, I'm going to, you know, burn off what I ate yesterday, you really need to start changing that mindset, again, calories in, calories out, that's not even a thing. Overtraining is going to do so many other damaging things. Some of those include increasing your cortisol, which is your one of your stress hormones adrenaline and cortisol or stress hormones, it increases your cortisol. And if when your cortisol is high for an extended period of time, you're in a fight or flight mode. And again, your body shuts down, it's not going to let you do anything. As far as releasing fat in your body, it's going to hold on to it, it also will wreck your metabolism, if you're overtraining, it also can wreck your immune system, you will end up being sick more often. And let's just be honest here, like you're not going to be in a very good mood, nobody wants to be around you. I'm killing myself, and I'm under eating, and I am so irritable, we've been there. But as women, we probably have all been there at some point in time. So elevated cortisol levels will cause your body to break down muscle as well. This is a huge, huge deal, guys. Because in our 20s, we start losing muscle mass, little, little small increments, when we hit about 35, our muscle mass starts to decrease at a more rapid rate. And every decade, it decreases a little bit more rapidly, right? Like think about that you see

elderly people, you don't see many elderly people with like a lot of muscle mass on their body, where we're losing muscle mass as we get older. But if you have elevated cortisol levels, and you are causing your body to stay in that fight or flight mode, you're breaking down muscle mass more than you need to, we don't need that we need to be actually building muscle mass and retaining, maintaining what we have. When your cortisol is high, you also will store more body fat around your midsection, especially. And then long, super intense workouts are, they're just gonna start wearing down your joints as well, your knees will start hurting, you're not your hips are hurting. And we need those things for a long time. We need those joints, we do not need them to start breaking down more than than they maybe will later in life. And then there's the stress, the stress in general, when you are stressed out about what you're eating all the time, how you're going to work out, Am I doing the right thing, just that constant thinking about food and exercise, it increases your stress period, just throughout your day. Again, you're gonna hold on to everything that your body has. Christina, I'll stop right there before we kind of go forward until like, what you what you can do if you have questions, or, or or if you want to continue, that's fine. Totally. I just want to make sure I'm not going going forward to



Christina Smith

that questions about what they've been doing. And I mean, I've been doing nothing, that's my honesty. Almost nothing. Like go for a walk. I go for a hike on the weekends. But in between, I haven't been doing much, which isn't very different than the life I had before. Like I well, I used to work in a restaurant for 12 years. So that really helped me keep that weight down because I was just always on my feet running, running, running. And now I sit in front of a computer. So now my bums getting big. My bellies getting big. Anybody else feel this? Am I the only one I just got into new jeans the other day, I had to go buy some pants and none of my old ones fit so. Yeah, so I'm looking forward to hearing what we can be doing.



Sarah Thomas 18:57

Yeah, yeah. In your I mean, yeah, so it again, like you're you're not alone. Most of us are sitting way too long throughout our day. I mean, me too. I'm I'm here a lot. Every day has been many hours. And I think that's a big misconception. People oftentimes will say, yeah, you work out all the time. No, I work out for 30 minutes just like I teach my clients to do that's it. And I'm sitting here a lot working on the you know, non glamorous parts of my business in my job that people don't You don't know all the ins and outs of right but but we are all doing this so much more than we should, which is one of the reasons why we need to be more intentional about even if it's not a workout just getting up to move. You know, if you're working at home, like Get up, take those breaks and be intentional about those breaks because it's so so easy to be like oh my gosh, it's been three hours and I've been sitting and doing nothing.



Christina Smith

Yeah, Jessica says that she sits for about eight to 10 hours a day. During the week, so I hear you, sister, that's where I am to. It's just I mean, it's everywhere, right. And we have so many jobs that we sit in front of our computers all day long. And it's great to have that rising desk. If

we actually raise it up. It can sometimes I even forget that part, I try to fit that in during the day where there's at least one period where I'm standing for a while. And that doesn't always happen either.

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Sarah Thomas 20:26

I'm with you, Christina. And mine also lifts and I'm like, gosh, I haven't done that all week. I was just thinking that yesterday, I'm not stance that stood at my desk all week long. So yes, I know it is. It's one of those things that we have to be super aware and be really intentional about. I do think that you know, since COVID, and most people are, their job is somewhat change, and they're at home more just the fact that we don't necessarily have to get up and walk to our car and, and go from your car and parking lot. And like walk into an office. And typically in an office, you're like, Okay, it's not, it's not your home. So you're not super comfortable. You're you're moving more actually in an office space than you do when you are at home. So I think those are always things to be super intentional about. And yeah, we can definitely touch on on that too. As far as like what we can do throughout our day to help that to. Good, Penny said that she sets a lot, she tries to get up every couple hours. That's awesome. Good for you. Good for you. The other thing that I'll just touch on really quick, and we'll talk about this a little bit in a minute, too, with, you know, what we can do is sleep. And I didn't mention that earlier. But sleep is huge. One of those things that people are like, I mean, it's not that big of a deal. It is a big deal. It's a big deal. If you're not sleeping, you are sabotaging yourself. If you're not sleeping eight hours a night, you're literally sabotaging your fat loss efforts. Not only that, but there are so many studies out now. And I'm kind of a research nerd mentioned this earlier. But I'm always like reading like, let's send other thing and what are we talking about now. But there's so many sleep studies out now that are saying that if we sleep for seven hours, seven hours, we used to say seven, eight hours was good, but seven hours or less, that we're walking around with a brain that feels intoxicated, and feels foggy, and feels like it, you know, you can't function optimally and you're not as creative as you would be. And so sleep is a really, really big deal. It's where our body repairs. And it resets not just our brain, but our muscles, our digestion. And I mean, I will say from my personal experience, too, I were as a badge of honor for many years of like, I don't need sleep, I'm good six hours, I'm fine. I'm gonna power through. Those were my heaviest days, where I was like, I don't understand why I'm like maintaining fat on my body right now. Well, because I was only sleeping five to six hours. And I am not kidding you changing nothing else in my life, other than being intentional, about eight hours of sleep. 10 pounds, gone, nothing else changed 10 pounds. Like, that's how impactful your sleep is. And we can talk a little bit more about that in a minute. Okay, do you want me to go ahead and go move forward, Christina?



Christina Smith

Yeah, go ahead. I love the sleep thing. Because I even heard that like women's hormones process while we're sleeping where men's can like they can process all day long. I have to find this study so that you can read it. But yeah, I just read a study where it was like, Yeah, women need more sleep because some of our body functions only reset while we're sleeping where some of men's can just reset during their day, the way that their hormones process or something. So I mean, sleep is the one thing that I'm good at. I mean, you got me there.



Good. Good. Yeah. Christina. Yes. I feel like I saw something similar to that too. I also that reminded me this is this kind of relates to that how our hormones are so different. And maybe this was a related study or a sister study? I don't know. But so basically, our hormones and our like, let's look at our menstrual menstrual cycle. So our hormones are so different throughout the month, right? And so how we feel today, energy wise, could be very different from next, what is Wednesday today, next Wednesday, it will will feel very different this week versus next week versus men, their hormones reset and 24 hours. And so in essence, every day at 6am A man feels the same because hormones are on the same path. And it's certainly at Circle it cycles through just like ours do, but their cycle through and 24 hours an hour cycle through and 28 ish days. So I thought and again, that I wonder if they're related. But I just thought that was so interesting. And a good reminder to have like, okay, it's fine if I don't feel the same every Wednesday morning. And that's normally when like, I do podcast episodes and whatever, like, that's normally when I'm recording and Sundays, I'm like, Oh my gosh, why am I so off this week? Well, probably because I'm just in that phase of my cycle where I need a little bit more rest. But anyway, so it's just a, it's just very interesting. Another reason why we are different, and we should have a little bit more grace, maybe with our spouses and, or not. Okay, awesome. So let's get into what we can do and what we know that works. So there's there. Like I said earlier there, this is multifaceted. It's not just food, it's not just exercise, it's not just sleep, we have call it a the wellness puzzle, because it truly is a puzzle. And as we get older, it is even more of a puzzle that we have to kind of maneuver around than ever. But it's possible there, it's possible to put all the pieces in the right place to have a beautiful picture. So I'm going to walk through some of these and kind of like Christina just said, she was like, I got the sleep part awesome. You will probably check some of these off and be like, Nope, I'm good there, I got this. And that's great, then that's one less thing that you really need to worry about. But there are many of these things that I'll talk about today that we skip over, like the sleep part, because we're just like, isn't that important? These are all super important. Alright, so I'm gonna start with the first one that I dig into immediately with our members. And that's mindset, and mindset and management. And I will, again, use myself here and say, for a long time, I thought of mindset as like was humming, okay, whatever, great, be positive. Again, like, it doesn't really matter that much. Again, it does matter a lot, it matters too much. And I kind of go through some pieces of if you struggle with mindset, what you can do here. So creating a positive mindset, and granting grace with yourself. We talk about progress over perfection, and our community all the time. It's super important. We need to know that in order to have a sustainable lifestyle, and a long lifestyle that we can truly live that we need to have flexibility. And we need to grant ourselves grace. I mean, just raise your hand right now, if you have ever just beat yourself down because you've had a really bad week and you didn't exercise and you didn't eat good. And you're just like, oh my gosh, I'm a terrible human being. But God, like it's one week, like, it's okay. It's okay. We we need to learn how to grant ourselves grace and say, You know what? Okay, this is not my best day. tomorrow's a new day. And here's what I'm going to do tomorrow to make it 1% better than it was today. And that's all we need. 1% better, and remind myself this daily, doesn't mean tomorrow is gonna be amazing. But 1% Better is better than it was the day before. I don't know if you guys know or follow Tony Robbins. But he is an entrepreneur and does a lot with like business and success. And so he mentioned in one of his talks years ago, success equals 80% mindset and 20% mechanics. And that is so true. And this is why we lead with mindset 80% Your Success All right, I don't care if you're talking about wellness. If you're talking about relationships, whatever the success is to you and your life right now. 80% mindset and only 20% of the mechanics. And I mentioned earlier I have two teenage daughters. I talk about mindset with my daughters all the time and I will say they roll their eyes on the daily about it, but I have to teach them how important this is. They're competitive dancers. They need this in place. Now they need to understand how important it is

to visualize and be positive and tell themselves I am capable I can do this. I am worthy every single day because it doesn't matter how talented they are as a dancer if they don't believe events that will show when they're on stage. Right? So 80% mindset 20% mechanics, it begins right here within your own ears. And so the question is like, how do we get there? How do we do it? If you're like, Yeah, that's me, I need a need this, I don't know how I think all the thoughts, I think throughout the day are negative towards myself. If that's you, here's some things that you can do to kind of help you get out of that hole that you've put yourself. And the first one is just to be true to yourself. Keep your eyes in your own lane. Social media is so bad for this, it doesn't matter I have unfollowed so many people and being in the space that I am in, I mean, if I were to scroll, health and fitness and wellness accounts all day long, I would go to bed feeling like the most unworthy unfit person in the entire universe. Because that's what I was surrounding myself with. And it looks like they're doing all the things amazing, and I am not. So be true to yourself, know that your journey is your journey. And just keep your eyes in your own lane. If you need help with this, make a list of things that you do, or people you surround yourself. Or if you're big on social media, you scroll a lot, what accounts are following and ask yourself, Does this make me feel good? Or does this make me feel less than that makes you feel less than if there are people you're surrounding yourself with in life that make you feel less than and don't feel your cup, it's time to make some changes, time to make some changes there. So that's the first thing stay in your own lane, be true to yourself. The second thing is, it's okay to let go. I am a big advocate for therapy, and counseling, whatever you want to call it, I go myself on a regular basis. We all have past trauma that we want to deal with and things that we want to be better with. This is part of this process of letting go I'm not here to you know, tell you, you have to go to counseling, but it's one way that can help you. When I say let go, there are times where in our lives where we've we've heard things and we see it as the truth. Right, we see whatever we've been told as the truth because we believe those things. I'll use myself as an example here again, and say, when I was a child, like I mentioned, I was an obese child for years of my life. And I was told that it's okay. You're just a bigger person. And you'll always be this size. And just just be okay with it. You're not going to be the most outgoing person and I was super duper shy, like so shy. Never a million years ago, I think I'd have a business and like do something like this. I'm about to go to a summit Saturday and speak to 7000 people live like never right. But I was told this in my life. And as a kid, whatever you hear, right? Like, that's what you believe. And that becomes your truth. So sometimes we have to let go of what we've been told is our truth. Because it's not your truth. We believe it, because we were told it. But when you start telling yourself, everything's working in my favor, when you say it, you believe it, it will become your new reality. And you have that power to have a new reality. So you also must believe that these changes can happen in all seasons of your life. So if you're 50, you're 16 you're like, right, but can I you have to believe that if you don't believe it, just because you tried X, Y and Z before, you know when you feel like you've failed. Again, that's a feeling that you failed. If you don't believe that you can make these changes at this point in your life. You won't believe it, it will happen. If you believe it, it will happen if you believe you can't do it. Well, then you can't. It's simply that true? Isn't that powerful? Right?



Christina Smith

Right. It's like they say what you focus on grows. And so if we're constantly focusing on how this stuff doesn't work for me, or like I have a client with this old belief that all fats are bad. all fats are bad and I'm like that can't be our body needs fats like it all the cells wouldn't be able to move if we didn't have fats or whatever. And so it's sometimes we have to let go of some of these old beliefs is what you're saying so that we can folk Guess on these new beliefs. And I always love like, even if you could just crack it open a little bit, right? Like, even if you're just



like, I'm open to seeing proof that I'm wrong, or I'm open to seeing how this might be possible, rather than like, just if I can't just jump in and be like, 100%, I'm going to be awesome. And you know, 120 pounds or whatever next year. Instead, if I'm like, I'm open to seeing how I could, how I could get there that at least keeps your brain in the right lane. Of getting off kilter?

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Sarah Thomas 35:34

Yes, absolutely. Yes. I love that you said that, Christina, if we're not open to it, then then we're going to remain closed. And we'll stay in that comfort zone of uncomfortable here. I'm not happy here. But I'm comfortable here. And I know that if I put myself out there, that will be scary, right? So we have to be open to that we have to be open to doing something different. Yeah, it doesn't mean doesn't mean it has to be all the 5 million things. And I'm a firm believer that in order to live a healthy lifestyle and make changes that you have to fit it into what you're doing in your day, I am not here to say, you know, 123456, all these things you have to do and put this on your plate to add more to your day. Because if you do that, and you see it that way, kind of being closed that way of like oh my gosh, now she said I have to do this. And now I have to do that. It will not matter, you will not stick with it, you will go back to those old habits because you are seeing it as I have to do these things in order to be healthy. But when you switch that mindset, you're open to okay, I sit at my desk for eight to 10 hours a day, how can I incorporate what I'm doing in my day, in pull pull some of these things into my day. So it fits in my day. I go for walks every day. Because I said a lot and how in doing that movement. It's called neat movement. It's your non exercise movement is super important. And it's it's been researched a ton of how and why you should do just move throughout the day. Bank, mainly our body was made to move like that's what we were created to do, right? We were made to actually use the muscles. But But I go for a walk every day. I don't always have time to go for a walk every day. But I fit it into my day. And so some days, for example today, I was out early this morning and I did 20 minutes. My my like goal for myself every day is at least three miles. So three to four is what I normally like to walk. But that doesn't mean it always happens at one time. And it's fine. It doesn't matter. I went out 20 minutes this morning. That's all I had. I had this other things happening, I'm going to hopefully go out for another 20 minutes later in the day. So it's not I didn't I'm not looking at it as I have to do that. It's here's my day, how does this fit into my day? Rather than Oh, I have to whatever so. So I love that you brought that up about just being open openness, such a mindset piece. And I think the last thing I'll say about this part about mindset is you have to celebrate the daily wins. We call these NSPS and our community non scale victories, because who cares what the number on the scale says that number on the scale is only your body's relationship to gravity. Let that sink in for a minute, your body's relationship to gravity. That's it. Who cares. So we talk about non scale victories a lot. And within this it's celebrate breeding daily wins every day, we encourage our members to share them and our community daily. Because it the small things are what compound into massive changes. If you've never read the compound effect. Go read it. It's simple book, but it like it makes so much sense. And that's part of it. It's like it's the teeny tiny things that you're doing that make massive changes in your life and that change who you are for the better. And so there are so many things that happen in your day that you can celebrate that so often we're just like, ah, not a big deal. They're a big deal guys celebrate these things. Like I went out for 20 minute walk this morning. I could be like, Oh my gosh, was only like two miles. Well, okay, great. Celebrate you moved your body today? Or like, oh, I don't really know or having for dinner, but it was healthy. Great. Great. That's awesome. I've had ladies in our community say, Well, my kids are We're still alive and they're not fighting today. Awesome. Non scale victory. That's amazing, right? I



### Christina Smith

know, my clients are listening to this and they're going, that's what Christina tells us to do to celebrate everything, right? Because it's like, we, it's funny that like, there are some women who are working on their health with me. And I just coached them. I'm not a nutritional coach, but I'm just like, I don't I'll ask them. How did your week go? And what happens is, oh, well, Monday, I had that top cake. And I didn't really want to have that cupcake. And they come up with like, all these things that they did wrong. And it's like, but you make a million choices a day, I'm sure surely surely there's at least three great things you can celebrate about yourself and the choices that you made today, at least three like I mean, but it's so funny how our brain goes directly to what didn't go right. Rather than like the millions of things that we actually did, right?

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### Sarah Thomas 40:55

Yeah. 100%, because we are so incredibly hard on ourselves. I mean, we are our own worst critic in every way, shape, and form. Women are the worst, I bet you if you were to ask men this question, like just randomly on the street, they could be great. I did this and they would be so it'd be so much easier for them than it is women. Wait, why did we do that we beat ourselves down for no reason, I bet you, if you were to ask your friend, or someone close to you about a win, they would be able to come up with three really easily for you. Right. So it's that is so important. Like, we have to celebrate the little things. And again, like and I'm sure Christine has probably talked about this before, too, like the research there says the more you do it, right, the more you practice it, the easier it becomes. And it changes how you feel. And it changes how you see yourself, it changes how you walk, how you hold your body, like everything. So practice that on a regular basis. I think one of the things that helped me do this myself was to write down like affirmations, daily mantras, or whatever things that I wanted to speak to myself about myself that was more positive. And I if I could take you into my bathroom, I've got on a post it note on my bathroom wall right now, the ones that I say to myself every single day, I still do this every day, because again, we don't practice it, we get away from it, and then we find ourselves back into that hole. So those daily like I am one of them right now that I have to always remind myself of is I am worthy of being the best mom that my kids have in their life. And to me that means shutting it off. And going to be with them as a business owner, anyone out there you you know, you know what that that looks like? But those but those are so important to continue to have you growing on the inside that that mindset piece. Okay, that was a lot on mindset. I know, it was a lot. I won't go into so much detail on every other thing, but it's that it's like it's that important, right? Okay, so the next one is gut health healing. And so kind of still focusing on the inside. This is where I walk my clients through the process of first we got to work on the mindset, then we have to work on the internal health. And that goes into gut health healing, if you if you're just not focused on how things are working inside, how you're feeling how your digestive system is working, then doing something on the outside, again, is going to be temporary. It's very important that we are healthy beings on the inside, the outside will start to show and it will show on a regular basis when you are healthy on the inside. So most of us have some sort of gut issues going on. Even if you don't know it. Even if you're like, I'm good. I don't get bloated. I don't feel like gassy or anything like that. That doesn't mean you are you have a healthy gut. It can show up so many different ways. Yes, it can be bloating, yes, it can be belly discomfort. But it can also be headaches. It can be fatigue. It can be joint pain, I cannot tell you how many women come to me and they're like, my joints hurt. Well, that's because of your gut. If you are sick, at least

80% of our immune system is housed in our gut, in our gut. So it might not be because you're around all the germs all the time. It could simply be because there's so much unhealthy bacteria in your belly, that you cannot stay well. So we have bacteria in our belly. It's supposed to be there. We've got good and bad we want more of the good bacteria than the bad bacteria and how we how we get the bad out and put more good in I'm speaking very surface level there is that number one, eat better whole food nutrition. Clearly if it comes from a box, if it has a package, it doesn't go bad. The food doesn't go back sits there. Burn? You're right. I mean, you guys have seen like the McDonald's studies or like, the burger doesn't go bad. The bread doesn't mold. I mean, how low what is happening? Chick fil A sandwiches have over 60 ingredients, and then that's not whole food. You can go Chick fil A all day long, but like, I just chose healthy. No, you're not. No, you're not healthy food. And so if you are feeling any type of any of those symptoms, right now, the first thing you should start with is just flooding your body with whole food. My clients that start with me, when they when they begin and we lay out what it looks like. And we do meal plans for our clients every single week, they can follow them or not follow them, that's totally up to them. But when they see how much food they can eat, every single time, they'll say I can't I can't eat this much. Like I'm stuffed, I can't eat this much food. That's what I'm talking about. When you eat whole foods, you're not hungry, you should never be hungry throughout the day. And as you flood your body with more of that the cravings start to diminish, diminish. And that's always the next the next thing well, but I gotta speak to that, I get it. And that's fine. You can continue to have your chocolate or whatever. But the more you flood your body with better food, the less you're gonna have those cravings, the headaches, the fatigue, the sleep issues, the irritability. So obviously, that's, that's more, you know, in your face when right like, we're like, okay, right, I know, I should eat whole foods. But the other thing about eating whole foods and but what before I talked about more whole foods, I'll say this other way to help your gut heal is through intermittent fasting. And there's a ton of bad information out there. So much bad information that I was almost like, didn't even bring this up today. But it is important for your gut health. So I want to at least kind of touch on this part. When I say intermittent fasting, it can be done a lot of different ways. And I'm not an advocate necessarily for one or the other. But I am an advocate for women's hormone balance. And if you do practice intermittent fasting on a regular basis, your hormones are not going to be balanced. So we do not teach our members to do this every single day. But big picture here with intermittent fasting, you have to give your body a chance to rest. Digestive rest, just like you're not going to go like work your biceps every day, those bicep muscles need a chance to rest to help repair. Same thing with your gut. If you are eating all day long throughout the day, you are your digestive system is on overload. It is working way too hard for you all day long every day. And the only time you're giving it a chance to heal is while you're sleeping, right? If you're eating and then you maybe you eat after dinner, and then you go to bed and you wake up you eat first thing in the morning, that's not a very long time for our body to help heal on the inside our gut, our digestive system needs at least 12 hours to start the healing process. And so if you have if you guys have more questions about intermittent fasting, I will certainly dive more into that. But just want to touch on that because it is a really good thing that you can do for gut health. But too much of a good thing is not a bad thing. Okay, I'll just I'll leave it there for now. But that is one piece of healing your gut. Alright, so we're talking about the food and you know, flooding your body with healthy food. We we discussed macro management Earlier, I talked about your macros being your proteins, your fats and your carbohydrates. And within macro management is not depriving yourself of the carbohydrates. Right. Let's just get that out there and just speak to the elephant in the room right now. Yeah, right. Like you can eat carbohydrates, and you should eat carbohydrates, ladies. So carbohydrates are energy source. That's where we get the energy throughout the day. If you don't eat carbohydrates, just raise your hand. Have you eaten a low carb diet before and felt so angry at everyone around you? Yeah,



you're irritated.

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Sarah Thomas 49:52

Oh my gosh, you don't have any energy. And let me just say the energy that you get from carbohydrates. It's not just for like physically for your body, it's for your brain. For your brain health, your brain thrives on carbohydrates to as its energy source. Again, too much of a good thing, right? It depends on what type of carbohydrate it is, we talked about the gummy bears in the broccoli earlier. So we do have to choose our carbohydrates. However, never have I ever told my clients that they cannot have a banana, or sweet potato, or rice, or crackers, or anything in between, you can still eat those things and feel amazing inside and out. So carbohydrates are important we do I teach my clients how to strategically eat them. And this sounds way more complicated than it is we give our clients a system. But we have higher carbohydrate days, we have some lower carbohydrate days, we do a little bit of like a carbohydrate cycling type of approach with it. Superduper effective, but we also pair our exercise with how we're eating that day too. And I'll talk a little bit about that when we get to exercise. But the carbohydrates are important. The fat is important as well. Fat doesn't make you fat. Our body needs fat, so that we can release fat again, I know like, you know, we're talking math equations here, that doesn't make sense. But that's the way it works. You have to eat fat in order for your body to be like, Oh, okay, well, I don't need the stored fat anymore. So I'm just gonna let that go. I'm gonna release it. So eating fat is now we're talking healthy fats obviously, coming from nuts, avocado, oils, good oils, not your seed oil. So like avocado oils, coconut oils, that sort of thing. Trying to stay away from like, sunflower and canola oils, vegetable oils. And here's the sad part. If you look at like a bag of chips, that's, that's what that's what's in it. It's the bad oils, it's the oils that are going to keep us feeling bloated, hold onto fat. And so we do want to make sure that we're mindful of the the types of fat that we're eating. But that is a good thing. And we when we drop our carbohydrates on days, like our our members are free to eat all the fat, like, load up ladies, all the fat you want. I eat an entire avocado on those days, I eat as many nuts as as I want portion control is not a thing. Red meat, like I'm just telling you, you're not limited. You don't, you don't have to feel like you're limited. When you're eating. If if there's a method to the madness, that's part of the puzzle piece, right? If the puzzle pieces are fitting, right. And protein, I'll talk I'll talk about protein for a minute to protein is superduper important. I will say this, I feel like sometimes depending on like, who you follow and what you read, sometimes proteins put on a pedestal of like protein is the most important macronutrient it is important and as women and as we get older, it is super important as well, because protein helps to repair our muscles, and it helps to build muscles. And as we get older, remember I said we lose muscle mass. And so in order to maintain muscle mass and keep building muscle, we need protein. As we get older, we do need a little bit more protein again, just because of the the aging process. But I don't want you to leave this thinking, oh my gosh, you said eat all the protein, you want to eat moderate protein. So as a general rule for protein, we have like it let's say you weigh 130 pounds to eat 130 grams of protein is plenty. And some of you probably don't need that much. Some of you're like oh my gosh, that's so much protein. But here's the thing, if you really look at what how much protein is like a fist of protein is is a is a portion size. So whatever your fist is, like you normally are probably eating more than that. Like that's not that's not a very much. So you're normally at each sitting, you're probably eating more than that. If you feel like you're under eating protein, focus on eating a

protein every single time you eat. That's one of the basics that I teach my members is eat a protein all the time. If it's a snack, fine, eat a protein, you can have an apple, you have crackers, you can have nuts, whatever, you can have whatever, but you have to have protein too. And so when you eat protein every single time you eat throughout the day, getting that getting enough protein in is not not a problem at all. So So that's that macro management part. We talked a little bit earlier about rest, so I won't dive in a ton with rest. But you do need sleep, you need recovery days. So if you're over exerciser and you're like oh day off Whatever I don't need a day off, I'm gonna get ahead by doing more, you need recovery days. That doesn't mean you can't go for a walk or do something fun, you still couldn't move your body. And I highly recommend that you do that. But your body needs recovery days from like intense workout or, you know, overloading those muscles for things. Again, we talked about digestive rest, that is super important. But just asleep in general to repair those muscles, repair your gut, clear your mind, we must make that a priority. I'll dive in a little bit to effective exercise next. Because what we did in our 20s, and worked so well, is not necessarily going to work the best for us in this season of life. In your 20s, and I don't know, again, I'll speak to myself here. I mean, I, I was like, hey, I can just go 30 minutes on the treadmill. And I have like five pounds gone, like the beer and pizza ate and college like it's gone fine. No worries. It's not the case, not the case as you get older, because it's just not the sustainable way to exercise. And so we're gonna put a lot by a lot of the pieces together that are already talked about today with like muscle mass, how that's important how that increases your metabolism. And so our focus as we get older needs to be on how can I be as effective as possible in the shortest amount of time, like, are you in for that, because I don't want to spend an hour working out and have an hour to workout. And so 20 to 30 minutes of effective exercise is all that your body needs for a few reasons. Exercise increases our cortisol, again, that's a good thing, it should increase but it shouldn't stay elevated. So if you're working out for an hour or longer, you're you're creating a high cortisol level for an extended period of time, which we don't need, we're in the danger zone there. So we're only going to live that cortisol for a short amount of time. That's a good thing as we get older. When we use exercises that promote muscle building, we need that because we're losing muscle mass. And the more muscle you have on your body, the more calories you're gonna burn when you're sleeping, when you're sleeping, right. So if I'm sitting here, and I have a friend sitting here beside me, we weigh the same, but I have more muscle mass on my body, and we're just hanging out talking, I'm burning more calories. I'm burning more, I'm winning, I'm winning the race right now. Because I have more muscle on my body. And it takes more energy for our body to stay in homeostasis when we have the muscle mass. So you are winning the aging game if you have more muscle mass on your body. So when you're thinking about exercise, it is important to kind of have a plan in place. Depending on how many days a week you're working out. You know, if you're only working out three days a week, I would say at least two of those need to be strength training, only one needs to be cardio. There's just such a misconception around cardio cardio, we are going to burn calories like at that moment in time, like we're burning some calories. But that's it when we strength train, there's something called epoch epoch is basically the afterburn think of it as the afterburner fat. It's what your body burns days later, days later. So if you do strength training, today, your body is going to be struggling to repair two days from now. And because of that, your metabolism is increasing. So that's how important the strength training piece is. And so you know, different protocols, depending on how many workouts you're going to do a week. But if you're like, Okay, I just want to do like, I'm gonna start with two workouts a week strength train, just drink, train, don't even worry about the cardio. Yes, the cardio helps our you know, our heart health, but truly an essence, that's all it's doing. It's not changing the shape of your body. It's doing nothing to change your shape or your body. Again, this is a mindset thing, right? I like cardio, because I'm sweating, and my heart rates up and your heart rate can still get up high if you're doing effective strength training workouts. And the last, the last little piece

I'll touch on here as far as what we can do, to kind of pull all these pieces together is to have a community connection. have accountability. And again, I think accountability is is not perceived as as really the definition of the word. A lot of people will be like, Oh, just you know, it just didn't hold me accountable. Well, that's, that's That's your job. Your job is to hold you accountable. It's not Christina job. It's not anybody else's job to do that for you. We have to take ownership and accountability. And yes, we can put He says in place and we have so many things in place in our our community where we help our ladies hold them accountable and the check ins and all the things. But at the end of the day, you have to take ownership of that accountability. And that starts back with the mindset and why you're doing this. But the other piece is that community connection, when you have that community connection, you're more accountable. Because those people are like, where are you? What happens? You were on vacation last week. But what happened this week, so that community connection is so incredibly important work. We're social beings, we're supposed to be connected to community, whether that's virtual, or that's in person, I think both of them have amazing benefits, and we should have both in place in our lives. But the community connection is what is going to help you grow. When you surround yourself with like minded people who are growing right beside you, you're gonna grow with them. It's human nature to grow with those, and it's gonna help you get closer to your goals. It's also going to help you celebrate with other people, all those non scale victories, those daily wins. And, like, Christina, I know you can talk on this too. I mean, it's just so incredibly important to surround yourself with people who are there in your corner. And not just to celebrate, but like, let help lift you up, like, Hey, guys, I'm really on the struggle bus right now. That's when you need to lean into that support that community connection, even even more. Okay, Mister, I'll start Christina, I know I'm throwing out a lot of information.



### Christina Smith

That's all right, it was all really good. So there's like five pieces that I think I got from this, there was that mindset management, which we all know is really, really important. Looking at our gut and healing our gut was another important piece, which I loved about the whole foods because I do have clients who are like, but I went to Chick fil A and got a grilled chicken breast instead of you know, a McDonald's burger isn't that healthier, and I'm like. And then the macro management, I think, is really important too, because we've been hearing all this stuff about like, oh, cut out all the carbs. And that sounded, that's always sounded crazy to me as well. What I did love about that piece that you talked about was fasting. And I don't do like my husband does an everyday fast, he does whatever. And that's just because he would eat all day long and never stopped. So he does his own fast. But for me, it's like a natural fast. When I started listening to my body, there are certain days during my cycle where my body's like, we're just not very hungry. And I think that we forgot how to tune into our bodies and really ask ourselves, Am I hungry right now? Am I just eating lunch? Because that's what I do every day at 12? Or am I actually hungry, you know. And so that's become like, a big thing for me is like being able and I know that there are some days where I don't want to eat anything around my period. And there's some days where it's like, let's just eat the whole house. How about that. And listen to that has helped me a bit. I also heard that we were talking about exercise and how strength training is very, very important, which I have heard before. And I'm thrilled with that, because cardio has never been my favorite. Strength training is much better. And then you know, having support and community connections, I think that that's really awesome, too. Because especially when it comes to that mindset piece about celebrating ourselves, because if we have other women, the reason we're afraid to celebrate ourselves, I believe is because we were always told that that's like bragging or showing off or we have like such negative terms

for it as women. And so if we had other women or other people around us that we're celebrating, it almost gives us permission to celebrate as well and like to really see that as a way of living rather than like an indulgence or something. Yeah, absolutely. Beautiful. So we did have a couple of questions. I think Erica asked if you had favorite books on this subject because she has PCOS. And she is looking for books that can help her with that.

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Sarah Thomas 1:04:38

For PCOS in general or like wellness in general. Your favorite

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books about any of the things that you were just talking about? I heard you mentioned one already that I wrote down. Yeah. Oh gosh, so many factors. The one you were talking about?

S

Sarah Thomas 1:04:56

Yes. Yeah. And that's more of kind of like a mind than mindset piece. Hi, I'm so actually my nurse practitioner that I see she's a functional medicine practitioner. She has a book that is really good. And it kind of touches, it touches on a lot of things that I talked about, she kind of goes into some detail about some other things too. It's called Wild and well, and I know you can get it anywhere, like any any book place. I'm not sure if it's on, like Audible, but you can actually get the real thing called Wild and Well, her name is Danny Williamson. I'm super duper like she's superduper smart. Highly recommend that that kind of gives you like a an overall like big picture. And for PCOS. Yeah, you know, go go with these basics, these basics. I mean, I cannot tell you how many times we have had women with PCOS. Prediabetes like so many other issues, Crohn's disease, and they have cured themselves of these issues, audio immune issues. The list goes on on from these basic things that we've talked about today.



Christina Smith

Beautiful, thank you. All right, y'all, if you haven't filled out the form for the raffle yet go do that now. Because we're gonna raffle in a minute because anybody else have questions? And changing menopausal hormones. It's what Julie's talking about? What later recommendations on getting more info on changing menopausal hormones. Okay, to pop off.

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So I'm just wondering on the food and and when you're looking at the female hormones and going into menopause and, you know, kind of like, I was just really interested in that cortisol spike of working out. And I guess that was I was trying to like channel in how would that translate into those hormones? Is there any information? Yeah,

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yeah. So

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Sarah Thomas 1:06:59

yeah, good question. So during perimenopause, and menopause, our hormones are like, Oh, this roller coaster, like crazy roller coaster. Things can just start changing, be high, be low, you know, throughout the year, it could be just a few months, that's typically perimenopause, where you're like, okay, my estrogen was high. And now it's low. And so there are a lot of things happening here, what I recommend, if you feel like you're you fell off, like all the things feel very off and you have, again, some of these basic things in place. Number one, get your bloodwork done regularly, like at least once a year, make that attack priority. And if you don't go to someone, I'm not knocking anyone, but if but sometimes Western medicine doctors don't do a full panel, and they're not looking at all the hormones. They're not looking at cortisol, they're not looking at some of those things. And those panels, again, not knocking them and not bucketing everybody here, but sometimes that has been the case. So find someone who's going to do a really good in depth blood panel and really look at those hormones. And the other thing I would say is to do a food sensitivity, blood draw every year. I mean, there's lots of things you can do at home and are okay, but I would do and I do this once a year, I just got one once they take all my blood and almost pass out I can't even help hardly handle on just a baby. But, but truly like just do it all at once. And then you know because as we go through perimenopause and menopause, not just as hormones are changing, we also can see that we have a lot of changes in our food sensitivities. So for example, I'm really sensitive right now to some green vegetables that I would eat because their health like they're healthy, like that's what we eat. I'm really sensitive to them right now. Last year, I was not this year I am and so I'm limiting those right now. And when I get my blood drawn again, I will see where I am. Can I ease myself back into those sometimes it's a situation where it's like you just had too much, you know, again, too much of a good thing. I went through a phase where I ate chicken every day and it was like oh, you're sensitive to chicken. I'm like, right because because I have so much in my body right now. I'm Dutch test is good. Yes, the Dutch test is is a good one. You can also do a food sensitivity, I think through Dutch as well. But that's what I recommend. So you can kind of see the big picture of what is happening. And then from there, make sure that you are connected by a good practitioner who isn't gonna throw pills that you bioidentical hormones are amazing. You don't have I always need those. So just have a baseline and go from there.



Christina Smith

But what I learned about blood testing what from LA Dameron, who's talking about menopause, she does hurt. That's her entire game. And she's on the summit. And she was telling me the one thing that lots of doctors don't tell you is the best time to test your hormone levels, which is usually a few days after ovulation. Because not only are you testing the hormone levels, but you're also able to see the relationship between the estrogen and the progesterone, to see how those are balancing. And then that tells you a little bit more than if I had no idea I've gotten hormone testing before and a doctor just sends me down like it doesn't he doesn't care what time of the month it is like. And so I think it's really important that there's like little things like that, that I think a lot of our you know, not knocking the doctors, they just can't know



everything. And that they don't know that there's a best time of the month to actually check. Because just because you're balanced on one day does not mean like the rest of the month. You're okay. Oh,

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Sarah Thomas 1:11:14

yes, absolutely. Christina, I have low iron. And I have my blood drawn like right after I had my period once and I truly wasn't even thinking about it. And she was like, Oh, my gosh, your iron is so much lower. And then we'll retest it. I was like, Oh, well done, because I just lost a ton of blood. And so yeah, I mean, that's just an easy example. But that's so very true. That time of the month has a big difference. And that's why I feel like a lot of like holistic, more functional medicine doctors are just, they're they're trained to be a little bit more of like your whole whole being, and really focus on some of those things that somebody else might



Christina Smith

work together.