

-- Speaker 1 00:00:27 Hi everyone. Welcome to Dr. MCs Self-Care Cabaret podcast. I'm Theresa Melito-Conners a doctoral level educational administrator and mental health practitioner focused on helping you our world's helpers. Every day we have a choice to prioritize our wellbeing, to incorporate reflection, recovery, renewal, and resilience strategies into our lives. However, those of us who step up and serve our communities in healthcare, education, nonprofit spaces and more can struggle with putting ourselves first. I've seen this firsthand. It's a challenge. Enter Dr. MCs Self-Care cabaret podcast. Here we have real intimate conversations with leading experts, passionate about accessible, sustainable self-care in its 10 domains. It's all about the hard work we can take on together to find our spotlight. And before we dive into today's interview, I just wanna talk a little bit about movement. A lot of folks have complicated relationships with movement and exercise. They feel like it has to be a means to an end.

Speaker 1 00:01:34 It has to be excessive or extreme to count. And I just wanna remind you that all movement counts. All movement is good. And there might be different reasons why you like to move your body, but I invite you and encourage you to think about what feels good for you for movement. For me, I know I've said this a million times, it's always about five minute dance parties. Just throw on your favorite song, dance for a few minutes. That counts. You only got five minutes. You can do movement in just a couple of moments or get outside. The weather's starting to warm up if you happen to be, um, near the area where I am in Massachusetts, in the greater Boston area or approaching summer. So you, you know, get outside, get that sunshine. Go for a quick walk. It doesn't have to be epic, and it doesn't have to be extreme to count.

Speaker 1 00:02:28 Stretching is another really good thing to do. So remember, movement should be joyful. And that's a great segue into today's guest where we are chatting with Dr. Lisa Folden. Dr. Folden is a North Carolina licensed physical therapist, N A S M, certified Behavior Change Specialist and Anti-D Diet, health and Body Image Coach. She also owns Healthy Fit Physical Therapy and Wellness Consultants in Charlotte, North Carolina as a body positive women's health expert and health at every size. Ambassador Dr. Folden assists women seeking healthier lifestyles. Her weight neutral approach encourages intuitive eating, body acceptance, and breaking up with toxic diet culture. She is a mom of three published author and speaker who understands the complex needs of the modern busy woman and mom. Therefore, her goal is to see as many people as possible living their best lives without worrying about their weight. Her work is so important. I have been following Dr. Lisa on social media and her content resonated hard with me and it is such an honor to welcome her to the podcast today. And without further delay, here is our conversation. All right, Dr. Lisa, we are up and running here. Thank you so much for coming to hang out with me.

Speaker 2 00:04:05 Of course. Thanks for having me. I'm glad we made it work finally. We're so busy. No busy.

Speaker 1 00:04:11 And then I think, you know, it's a great self care lesson actually in um, us trying to get this recording happening because if I remember right the first time we had it scheduled a month or so ago, you were just not feeling, you're feeling a little, eh, maybe just not, not in it to win that day. <laugh>.

Speaker 2 00:04:29 Not at all. I was not at my best and I was, I was gonna have to fake it <laugh> to get through. And so I called you and you were so gracious <laugh> and let us reschedule. So I appreciated that of

Speaker 1 00:04:41 Course. And then the second time we rescheduled, I was sick. So <laugh> it was like back and forth. And I gotta be honest, I still have a little bit of a cough today. I hope that, uh, I hope I don't cough through this interview, but, um, so that was good. Just a great example for folks of like, sometimes you just gotta say, not today, I need a break. And that's okay. Not

Speaker 2 00:04:57 Today, right? Absolutely. So

Speaker 1 00:05:00 How do you like to practice self-care?

Speaker 2 00:05:04 Self-care is my favorite. So a few different things. I like to keep sort of an arsenal or vault full of options because everythi --

-- ng that you like to do doesn't always work for a particular day. So one of my favorite things is just fresh air. Hmm. It could be through a window or it's standing on the porch. I am, um, getting into my old lady, I guess, uh, bag now. Cause I like to watch birds, which is hilarious to me because I would laugh at people <laugh>. Um, but I really enjoy them. I also, you know, like I like a hot bath, a shower, I like a spa day, you know, that works in the budget at the moment. Um, I really love to read. I'm very much into like, uh, sensory mindfulness these days. So I do a lot of like, uh, candles on the warmer just to smell them and focus in on that.

Speaker 2 00:05:50 Um, all of those things kind of calm anxiety for me and bring me back to like a more peaceful place. I'm a meditator every day for the most part, which really helps. And stretching is a big part of my self care. Like, it's gotten to the point where I feel like I have to stretch. Yeah, for sure. But still, it, it feels good and I enjoy it. So yeah, my main ones, I'll go for walks here and there. I, I really enjoy a hike when I can get to, like, I'm in North Carolina so I can get to Crowders Mountain, South Carolina. And that's a really good way for me to self-care when I can make time for that. So those are probably the main ones. Nice.

Speaker 1 00:06:25 Well I like how you described kind of having, um, an as you said, an arsenal or like a, I envisioned like a tool bag or a toolbox where you got your different coping mechanisms and, and different things that you can rely on depending upon like what's going on, like spa days every day. That's not real, real life. Right. <laugh> but

Speaker 2 00:06:44 Not real life. Not my real life. Lying either.

Speaker 1 00:06:47 And I don't think any of my listeners, if it is, I they're lying. So that's not real. But having that like, you know, even just getting outside like everything you mentioned is simple, like simple stuff that you can do really anywhere Right. And free. Yep. It's cost accessible,

Speaker 2 00:07:02 Free. Yep. And that's important. That's really, I actually did a, I do a talk sometimes on accessible, uh, self-care because, you know, just like diet culture takes health mm-hmm. <affirmative> and screws it to the wind. Like same thing with like <laugh> wellness culture and it becomes about spending and extravagant trips and which are beautiful things if you can afford them and it makes sense. But self care, everybody needs to experience self-care on a daily basis. So I do like to talk to people about, you know, accessible self-care so they know they have options every single day of their lives. Absolutely. You don't have to wait till the weekend. You don't have to wait to, you have a lot of money or for a girl's trip, like you can do self. I'm literally, literally looking at a puzzle. I have a puzzle in my dining room table that I grabbed cuz I just, for whatever reason, I'm like, I wanna do a puzzle again and I play music and do it and I just find it relaxing and that's a very cost effective way to self care. So yeah, that's really important to

Speaker 1 00:07:55 Me. Love it. Yeah, I always, in my workshops it's, we're always talking about free, accessible, easy and effective things. A lot of my audience is teachers, like that's not a group that usually has extra funds and time and energy. So definit and people are always like in awe at the end of the presentation. Cause I'm always like, now all these things we talked about, how much do they cost? And they're all like, you see like the, the light bulb go off. It's like, oh yeah.

Speaker 2 00:08:21 Oh yeah. I love that you tend

Speaker 1 00:08:22 To mention a little bit into the, the, the diet stuff. So I do wanna talk to you a bit about um, kind of your work in this arena and being anti-D diet. Cuz I am also anti-D diet. Yes. So you talk a little bit kind of about that and what that means.

Speaker 2 00:08:38 Yeah. So, you know, the anti-d diet lifestyle is, I would say not mainstream <laugh>. No. But it's growing and it's growing and that's so beautiful to see. Um, but growing up in a very, you know, in the eighties just very standard. Everything was about, you know, let's get physical, let's lose weight. It was fed to me as a child that working out exercising, dieting and getting thinner were lifelong goals because that is how you maintain good health and take care of yourself --

-- . And my father was a fitness competitor. He was a bodybuilder. Uh, he right, he a whole different lifestyle. He, uh, he passed away, but um, at his peak, he was Mr. Michigan in 1989. Wow. Lightweight division. Yes. So very successful body building career. I spent a lot of time at the powerhouse gym with him and I saw these people and all these crazy things they were doing to look the way they looked.

Speaker 2 00:09:33 So that was my norm. That was my baseline. Right. And going through physical therapy school, you know, we're, we're taught very standard, you know, American medical system, weight is the problem, right? Being fat is a problem, gaining weight is wrong. So I just, that was what I was. And so, you know, to make the shift to anti-d diet, to an anti-D diet lifestyle, it came from personal experience dealing with like trying to lose weight over and over again. And realizing like something is not clicking here. Cause I'm a pretty disciplined, like hardcore type a structured person. So same, it's like it's, this is not working right. So finding the books, finding the research and it all making sense and clicking, I know PhD, so research is like everything, right? Like it has to make sense. And when I realized what I was doing was really, you know, hurting myself and backwards and not conducive, it was like, okay, everything has to change.

Speaker 2 00:10:28 So I changed the way I approached fitness and health and wellness and then the way I, you know, approached it in the care for my patients and my clients. And so it really essentially means I, I have zero hope or belief in a diet. I don't believe that there is any diet that will make me lose the weight and help me keep it off forever. Um, I know that diets fail at a rate of at least 97%. You know, that's just the reality. And I believe that those 3%, they're probably participating in a lot of disordered activities to maintain that weight loss anyway. And I just, I don't wanna live there anymore and I want as many people who are open and willing <laugh> to not live there anymore. I know it's hard, right? Because when I made that shift, it was a, a loss of identity.

Speaker 2 00:11:12 Yeah. Because that was a part of who I was. I was the little militant fitness girl telling you to eat a salad and let's go for a run, you know? And <laugh> changing that in some ways changed my personality. So that was kind of a shift, kind of figuring out who I am outside of diet and, you know, wellness culture and, and fitness and all this stuff. So, um, but it just means, you know, letting go of that idea that diets are the way that they're actually healthy or good or beneficial in any way. Because really the opposite is true. So,

Speaker 1 00:11:44 And diets are not self-care. You're not honoring your body. You're not honoring yourself at all. It's terrible. And I mean, and I, I'm in recovery for, uh, multiple eating disorders. I kind of let things get pretty out of control at at one point, you know, because I feared fatness, I feared, um Right. Loss of a thin body. Like, and, and there was such a mm-hmm. <affirmative>, there was a time period in the, especially in the beginning of the healing journey where my body fought back really hard and I gained weight really quickly. And yeah, it felt like my body was failing me and it felt like mm-hmm. <affirmative>, I was mourning the loss of being in a thin body. Like it was, it was very real. Right. And it took a long time for me to be like, no, wait a minute, I'm still cute. I can still do things. I'm still worthy, I'm still value, like, everything. And like, getting to that point, like, cuz I just didn't, I just didn't feel good. Didn't even feel like my body as my body was really trying to save my life in, you know, gaining the weight to, to heal. It was just such, it's so like though just deeply rooted in like everything,

Speaker 2 00:12:53 It is so deeply rooted and you said something important. It was, it's the fear of fatness. Like we fear even proximity to fatness, then people fear fatness. You know what I mean? It's so, it's so sad. But it is our reality, especially in America, you know, I'm sure certain other countries as well, but really in America, the idea of thinness is just beat into our brains that we have to look a certain way. And, and every step we take farther away from that. The worst our health is. Cause that's usually the ringer, right? Because we're like, oh, I wanna --

-- be healthy. So the worst our health is, is what we are taught to believe. And then the worst, our, our, our place in life, like, we're less valuable. We can't do the same things. People are gonna look at us differently. And it's a, there's a lot of self-work to get through that. Like I still go through it, I coach people through it and it's hard. It is really hard to leave that place, you know? So kudos to you in your recovery. I know it's not easy <laugh>. Well you're welcome.

Speaker 1 00:13:53 I understand that health is so much more complicated than your weight. So that actually leads me a little bit into my next question, cuz in your work, I think it's so cool that you bring in aspects of joyful movement and anti-d diet and really meeting clients where they're at mm-hmm. <affirmative> and a health at every size perspective. Can you, so can you talk like a little bit about that?

Speaker 2 00:14:11 Yeah. So it's really important to me in my practice to honor and respect people's journeys and people's bodies and you know, who they are as, as people. And so it's really important to be weight inclusive. And so, you know, health at every size as, as sort of defined by as the association for size, diversity, and health. Um, they kind of break it down to different categories. And it really is about respecting the client, respecting the patient, the person you're working with, their needs, their wants, their wishes, their journey. Um, I would say it even requires somewhat of a trauma informed lens, which is why I actually got a trauma informed certification. Because I feel like it's really, really important, you know, to understand what people have been through and to bring, when you're working with people as a physical therapist, right. You know, you can get lost. Like, I'm fixing a knee, I'm fixing a knee, but this is a whole person, right? Right. <laugh> with a whole body and a mind and a soul and things that they're going through. So really, um, being mindful of their story and who they are and what their activators are and how you can help. But really being respectful, um, encouraging, you know, weight, inclusivity, having a space that is comfortable for people in all body sizes so that they, you know, have basic integrity. Sit, you know, sit somewhere

Speaker 1 00:15:23 Comfortable,

Speaker 2 00:15:24 They can sit somewhere Like that is a huge, like you can, I've been, I was on Amazon like for weeks. Like let me get a really good chair that looks pretty and looks nice and can hold the weight and not make people feel like, oh, it's gonna collapse on, like, there's nothing more frustrating than going into a space where they're supposed to care about you and there's nowhere you can sit. Yeah. Like, that's awful. So most doctors are really important to me.

Speaker 1 00:15:47 Don't have arm armless chairs, like problem solved armless chairs. Like that's armless

Speaker 2 00:15:51 Chairs

Speaker 1 00:15:53 <laugh>.

Speaker 2 00:15:53 That's the start. That's the start. Yep. I have a beautiful armless chair that's like 29 inches wide. It's just, and it's so strong and sturdy and I'm like, I'm gonna get a second one too, cuz I want <laugh>. I, I just want that to be the norm. That should just be the norm, you know? So, um, so yeah, health at every size, their principles and ideas are, uh, sort of infiltrated into all aspects of my practice and how I treat people. Uh, the equipment that I have, making sure I have blood pressure cuffs that can fit around people's arms and, you know, things. And that's not to say it's perfect because unfortunately, sometimes access to this, these materials and equipment is costly for a small business owner slash entrepreneur. You know, so it's tough and sometimes I have to ask for, you know, support or get grants or, you know, just pay it right.

Speaker 2 00:16:39 <laugh>, you know, but it's important to, to be working on that and to have that. So that's important to me. And then just encouraging people. You know, the biggest pushback that I've gotten since I've made the transition to like a health at every size anti-d diet stance is that people are like, oh, you're promoting obesity and not people should be healthy and all, you know, all the naysayers in the craziness. Yeah. And those are people who are completely not educated on the topic. But it's really important to point out because if you hear the term you may not u --

-- nderstand, um, it's important for people to understand that in this work that I do, I still promote health. I think it's a great idea to be healthy and to work toward health. Now I can't force that on anyone, right? So if that's not where you are right now, that's okay. But if you've come to work with me and we're trying to improve and enhance your health, yeah, there are some basic things we can do. Some joyful movement we can talk about. I don't have a nutrition background, so I don't give people like food advice, but we can talk through making sure we're nourishing our bodies in certain ways and listening to what our bodies are saying about, you know, what we're eating and how much we're eating and when we're eating. Um, you an i intuitive eating as a thing makes how

Speaker 1 00:17:46 Things make us feel, like

Speaker 2 00:17:48 How things make us feel. That's the biggest one, right? Like I, I don't believe in any food. There's any food you shouldn't eat unless it's like spoiled or you're allergic to it. Fair, fair. Like <laugh>, you know? Right. Otherwise like eat, eat the cake, eat the things you enjoy. Um, but we can talk about health without, you know, focusing on weight, without talking about restriction, without talking about body size measurement. We don't have to do any of that. And we can still talk about health promoting behaviors, you know, so, so yeah. Health at every size is how I approach, you know, my life <laugh> and then how I talk and work with all of my patients. It's really important to me.

Speaker 1 00:18:23 I love that. And, and you mentioned so many important things. I love that you have that trauma informed certification, like that's so helpful. Mm-hmm. <affirmative> and I, I am sure you find it very powerful in your work. Like you gave the example of like touching the knee. Well, you don't know, like, you know, somebody might, somebody who doesn't have that trauma informed perspective may just like, I don't know, just kind of grab the knee or whatever and start doing whatever where someone with the trauma-informed may be like, Hey, do you mind, I'm gonna put my hand here on your knee. Is that comfortable for you? Is it okay? Or like, 100%. When I do my breathing exercises and teach people, I always say, you know, I invite you if it's comfortable to place a hand on your chest that doesn't feel good. Yes, you can put your hand on your lap. Like, do what feels good. Right? Close your eyes. You don't have to close your eyes. You can lower your gaze. Like it's always an invitation to do something, not a mandate. So I can imagine not

Speaker 2 00:19:13 A mandate your

Speaker 1 00:19:14 Work, you know, just making sure people are comfortable with the physical touch instead of just like, assuming Yeah. That they would be That's awesome.

Speaker 2 00:19:22 Right? And, and it's different than my background, right? Cause I used to be like a fitness instructor and it's like, do this this way <laugh>. You

Speaker 1 00:19:29 Know? Right. Do it now. <laugh>

Speaker 2 00:19:30 Like girl, do it now. So it's, it's, it's actually a very cool transition to see how much I've changed in my approach with physical therapy with fitness. And it's slower, right? In many ways it's much slower. I spent, like, now I was doing, I stand a client right before we got on and we were virtual and I laughed cuz I'm like, oh, we spent 20 minutes talking <laugh>. But it was talking about pertinent information. I was trying to ascertain how the movements were feeling to her. Not just physically, but emotionally. Yeah. Was it bringing anything up? Was it problematic in any way? You know, like was it activating, you know, in any, like, I need to know these things because I, I know that if I give you this generic list of exercises and tell you to do 'em every day, 10, 15 reps a day and tell me how you felt next week.

Speaker 2 00:20:23 If there's something in there that is activating or triggering you or causing a negative response, you're not going to wanna do it. You're gonna feel uncomfortable. And then, you know, because I'm, I'm the, I'm the authority, the therapist, they come back like, I only did my exercises once <laugh>. And it's like, don't put your head down. That's ok. You got through once. Great, great. Let's stick with once, maybe we'll get to two, like whatever the case, it's, it slows down. Whereas in the past I'm like, all right, let's go. We'r --

-- e gonna get to this goal and that goal. But it really helps me meet them where they're at and help them progress along, you know, a comfortable path for themselves and not me and my outcomes and my my hopes. What about the results

Speaker 1 00:21:03 Are far more powerful and more transformative for long-term success? Think so. Like that would just be my guess. I agree. <laugh> if I had to fight a bet.

Speaker 2 00:21:10 Yeah, I think so.

Speaker 1 00:21:13 Did you hear the news about our exciting new offering from the self-care cabaret? We're calling it talkback. If you're familiar with the theater space, you may have participated in a talkback before, after a performance, the cast and crew will come back on stage to chat with the audience and answer questions. Think of it as a casual guided discussion. Inspired by this and by popular interest. We've come up with a talk back for the self-care cabaret podcast groups will listen to a podcast episode or two of their choosing. Then I'll come and lead your discussion either in person or virtually of those episodes, expanding on the big ideas. It's a great option for groups looking for short, impactful professional development or smaller teams looking to get an introduction to self-care and wellbeing. We have done a few of these so far and let me say they have been so much fun. So if you're interested in bringing a talk back to your group or organization, email, podcast, dr mc self-care dot com and now on with the show.

Speaker 2 00:22:18 So you've mentioned

Speaker 1 00:22:19 A little bit about joyful movement. I just wanna, before I forget this mm-hmm. <affirmative>, I love all your Instagram content, but specifically when you do your little modification, like you'll, you'll she'll, so what Dr. Lisa will do is she'll find like somebody's video, like some hardcore like exercise thing that like most people

Speaker 2 00:22:35 Hardcore scroll through

Speaker 1 00:22:36 And be like, pass. Like, I can't do that in my insert du sole. Like I can't do that. Mm-hmm. <affirmative>. And, but what you do is you'll remix them with modifications. And I just think that's really cool. Mm-hmm. <affirmative>, I with, I've been dancing since I was three. I can modify movement very easily. So it doesn't, to me it's not a, it's something that I can just do naturally because I've been like, I know how Yeah, for sure. You know, to like, just modify things. But I know people don't inherently know to do that. So I love, like your little videos just highlighting that I think are really great and just awesome because you're making, you're helping to make movement more accessible.

Speaker 2 00:23:11 Yes. Thank you. And I love that. I, I mean I enjoy doing it. It ends up being, you know, after you do two or three takes, I'm like, okay, I work out. Exactly.

Speaker 1 00:23:19 Well that's, that's what you don't have to do. And this is what we're gonna get into joyful movement next. It doesn't have to be like this extreme e e excessive thing. All movement counts and it should be fun. All

Speaker 2 00:23:30 Movement counts.

Speaker 1 00:23:30 So you wanna talk a little bit,

Speaker 2 00:23:31 It should

Speaker 1 00:23:32 Be about joyful movement and why exercise is so much more than just, ugh, what people think. It's a way to burn calories, which we know it's not

Speaker 2 00:23:41 <laugh> that part. Exactly. Yeah. And that's how I used to live my life. It was like, oh, I, I ate this. I need to burn this. And it <laugh> and really, it's a miserable, it's a miserable way to live that way. Absolutely. So <laugh>, absolutely. It's like, geez, nothing is fun. Everything is the check box, you know, that you have to get done and, and then you feel like crap when you don't. So joyful movement for me is everything. And I understand for some people I've, I've heard this rebuttal that, you know, some people don't find joy and, and a lot of exercise and I can understand that, especially when we have like these sort of traumatic pasts. Sure. You know, as it relates to, to movement. But I believe that you can find joy in something. So with my clients, I always start them here like, no exercise, like cut out the gym, cut out your Beachbody, your pe, whatever you're doing, just stop it for a moment and let's think what are activities you actually enjoy that just happen to require movement.

Speaker 2 00:2 --

-- 4:32 And that can be in sitting and standing, whatever, but just, it can be gardening, it can be cleaning, it can be playing a sport. I like people to start there because when we start with the joy, we can build upon the movement from there. Or maybe it's just one activity for the next month, I don't care. But finding the things that actually, um, that you actually enjoy. When you enjoy something, you are more likely to stick to it. Yes. A lot of us have discipline, right? We can just power through. I'm going to the gym, I hate it here, but I'm gonna do it. But when it's a neg, when it has a negative impact on your mental or emotional health, I don't see it as inherently healthy. So if you hate the gym, if you feel weird in the gym, if you don't like the class that you're going to, if you, you know, have that bootcamp instructor in your ear and they make you wanna punch 'em or if you know, or they're belittling you in some way, you know, don't do that.

Speaker 2 00:25:21 You don't have to exercise like that. Exercise doesn't have to be long. Doesn't have to be hard, doesn't have to be 62 steps. You know, it doesn't have to be that challenging. I actually subscribe to the Peloton app. I don't even own a Peloton, but I subscribe to their app for exercise because they have five and 10 minute and 15 minute workouts. Oh <laugh>. And that's where I'm at right now. I'm like, uh, you can literally scroll based on length. I'm like 10 minutes. That's all I got today. Hey, that's awesome. You know, and you do it. And so that has been the most freeing part of the journey for me. Um, as far as movement goes, is not feeling like I had to do a specific program, that it had to be 30 minutes or more. That it had to be consecutive days with no breaks.

Speaker 2 00:26:04 By giving myself the freedom to say, Ooh, my body doesn't feel it today. I don't want it today so I'm not gonna do it. Or ooh, I am feeling mentally overloaded and stressed. I need to like meditate and pray or go talk to my therapist. The workout's not getting done right. <laugh>, that's okay. And then that's okay. That freedom and that permission is what everyone needs. So joyful movement is huge because it takes the, to me, the angst out of this, this workout, you know, mentality. And it makes it simple. And then also what I have a lot of my clients do is, you know, think about activities. If you can't come up with like specific things that just bring you joy, well do you find joy hanging with your kids or with your, your girlfriends? Then why not go for a walk with them or go for a hike with them.

Speaker 2 00:26:51 Do something physical with people that you love and enjoy and like to be around. Because then you're getting in the benefit of movement but you're coupling it with an activity that you really, really enjoy. You know? So we can be creative. I can do this all day, like you said, I can modify all day, I can give you other options. We can build upon that. But it has to work for you. And, and meeting people where they are to help them experience and find that joy is, it takes a little work. But I, I love it cuz when they get it, it's like that light bulb, right? Like, oh this, I can do that. So,

Speaker 1 00:27:23 No, I love that and I love that you also mentioned it can be seated or standing like that's important. Mm-hmm I think people feel like if it's not, if they're not at the gym and one, one of the things I always say is like, listen, you don't like strapping yourself to a treadmill for 45 minutes at a time at the gym. Don't. Like why are you doing it? It's

Speaker 2 00:27:39 The most boring thing ever. Oh my gosh. And

Speaker 1 00:27:42 I remember when I was in recovery for disordered eating at the beginning, um, I had one of my main, um, destructive behaviors was over exercising. I used it as a purging method. I was obsessed. I did, I don't, I can't even, I did like 17 boutique fitness classes a week. Like I was, I would go before work, I would for like one or two. If I fitted in, I'd go to work, I'd try to walk at lunch, I'd go, you know. And then as soon as I got home from work, I'd be back over there for two or three classes sometimes. Like, I don't even know how I did it honestly cuz I was,

Speaker 2 00:28:18 I don't either.

Speaker 1 00:28:19 Um, from the outside I looked real good though, like real disciplined. Mm-hmm. <affirmative> and

Speaker 2 00:28:24 You were getting --

-- a lot of praise. Yes, I was. I'm

Speaker 1 00:28:26 Sure. Yes I was. And I loved praise

Speaker 2 00:28:29 Me too. <laugh>.

Speaker 1 00:28:30 So

Speaker 2 00:28:31 Words of affirmation. That's my god. That's, but

Speaker 1 00:28:33 It was terrible. And I remember, you know, talking to my eating disorder dietician and her being like, you know, ju movement should be joyful. And I just remember like stopping and being like, wow, none of this has been joyful. And then I remembered, you know, dancing for me has always been joyful. And I even allowed that to get like, wrapped up in all the disordered eating disorder stuff. And like, I even lost the joy of Yeah. Dancing in there cuz it no longer was fun. It was a means to an end. It was a means to burn more calories and change my body. Mm-hmm. <affirmative> and like learning to, to relearn that and bring that back into my life in a positive way, like has been so much fun. And like I just throw on my favorite song and just have a little five minute dance party like yesterday, <laugh> Love it.

Speaker 1 00:29:20 Yesterday we, we've had some work done in my house and the, the construction project went a little bit of rye. So I was actually on my hands and knees scrubbing the tile, the newly installed tile floor. Cause they didn't, they didn't do a good job. I gotta be honest. But that's a different, that's a different story. Wow. But <laugh>, I was on, I was kind of put on like my doctor mc inspiration playlist and I'm on my, I'm on my hands and knees grabbing the floor. And then a couple times like I'd stand up and I'd look around the, the space and be proud of my work. And then I just caught myself like dancing while I'm listening the song and I'm like, I

Speaker 2 00:29:50 Celebration

Speaker 1 00:29:51 Back down the floor. I'm like ok. And we're back at it <laugh>

Speaker 2 00:29:54 And we're back at it just scrubbing some. I love that. Yeah. We've been taught to believe that those little short moments of movement don't count. And so I like what you said, all, all movement matters. All movement counts and counts in the sense that it benefits you, not counts in the sense of, you know, I have a lot of clients who have a lot sort of an obsession with like tracking everything and if I didn't do it, my tracker on it didn't happen. It's like, that's not actually true. I actually for a long time, really time it happens.

Speaker 1 00:30:20 Yeah, no, oh my God. For a long time I wouldn't even, like, I couldn't even look at like a Fitbit or anything like that cuz I was so obsessed. Oh, it actually just recently I introduced an A ring into my life and that's actually pretty cool.

Speaker 2 00:30:33 Oh.

Speaker 1 00:30:33 And it doesn't, it's not as like annoying as like a Fitbit. Like it doesn't, like I might get a alert, like alert on my phone that's like, hey, time to stretch your legs. But it's not like yelling at me. Yes. It doesn't <laugh>

Speaker 2 00:30:46 You haven't met your step. Thank you. So it's much,

Speaker 1 00:30:49 I find it much kinder and it does track other data that I, I find to be important. So I'm like, I'm okay with that. But like the watch ones or like mm-hmm. <affirmative>, I can't even now I'm like, I wouldn't, yeah. But, oh goodness, I hear you. Yeah. So if somebody was, you know, maybe really struggling with their relationship with their body and just, you know, looking to maybe start to change that, what would you recommend somebody do?

Speaker 2 00:31:13 Um, you know, a lot of things, it kind of depends on where they are. I always recommend working with someone, right? If it's, you know, cuz it can be a really hard journey to navigate on your own. So if you wanna work with a coach, that's probably a great idea. Um, but whether you're working with someone or not, it's really, you have to unpack a lot of the ickiness, you know, so we have to kinda, you know, talk through it. Like what are the beliefs that you're holding about this thing? You know, if it's, if we're talking about, you know, trying to be more anti-d diet, like what am I, what are these beliefs that I have ar around weight gain or around exercise or food? And then how can I get like the updated information on these topics? Like, is this, you know, like I said, we were sort of bred to believe that gaining weight meant worsening health.

Speaker 2 00:32:02 Well you, --



-- you can get access to information now that shows that's not true, right? Like, that's, that's pretty concrete now. So getting that information and having sort of, um, a springboard like to, to know like, okay, maybe what I'm feeling, feelings aren't always facts. So maybe something that I've been feeling or I've been told my whole life isn't actually the truth. And then now I can start to replace all of these lies I've told myself or lies I've been told with correct information. And then positive affirmations. I have a lot of my clients repeat positive things to themselves over and over again. Love when we're talking, talking about body. Like seriously, when we're talking about body image work, you know, I tell my clients like, you gotta get naked girl. Like, it's usually women. You gotta get naked and you gotta spend like five minutes in the mirror by yourself just checking yourself out.

Speaker 2 00:32:51 Because what happens is, especially when we're talking about our bodies and, and I saw this even before I was doing this work. Um, so yeah, as a physical therapist, before I even got into like health at every size and a more anti-d diet, you know, lifestyle, I would see my often female clients not wanting to look into the mirror. So we have a big mirror in a physical therapy clinic and they would literally turn away and sometimes I would talk to them about it depending upon, you know, our rapport and their comfort level. And for most of the women that I, that I asked about it, it was, they just did not like the way they looked. And so when we don't like something, we avoid it. <laugh> oftentimes. And so I have a lot of my clients begin the process of normalizing their bodies.

Speaker 2 00:33:34 And one thing I have them do is like at home, in your room, by yourself, butt naked in the mirror. And I want, you might even get a hand mirror, turn around and see the back. I want you to look at everything because I need you to get comfortable and not, and not everybody is ready for this, you know, at the same time. But I want you to start getting comfortable seeing yourself because then you normalize it. Mm. And then I tell them, you know, step further like the content that we consume. I'm like, go through your social media, look for people that have bodies like yours so that you can normalize this. And we can often see the beauty in other people before we can see it in ourselves. Right. So, you know, so see it in other people and then start to understand like that I am she, she is me.

Speaker 2 00:34:14 You know, like we, we can all be beautiful or whether beauty is a concern of yours or not. We are all valuable and important in our bodies and our bodies don't get to define how wonderful we are and how great we are and how worthy we are. So it, the process is tough and like I said, I coach people through this individually and in small groups. But you have to start to get used to what you look like and be to begin to make peace with it. The longer you cover your eyes and avoid the pictures or avoid the mirrors, the harder it is gonna, you know, to make peace with that and to treat yourself more kindly. You know, it's like you wouldn't, a friend wouldn't walk up who recently gained weight. You turned away like, Ooh, I don't wanna see you. You know, so don't you know what I mean? Like how rude would that be? Give yourself that same respect and kindness. Look at yourself, check yourself out and start to be okay with you know, what you look like and what your body is doing in this phase of your life.

Speaker 1 00:35:08 Beautiful. I love that. And I think that's a great way to conclude our time together. Do you wanna let folks know how to find you? Because everybody should follow you on Instagram. <laugh>

Speaker 2 00:35:21 <laugh>. Thank you. Yeah. I love Instagram. That's my hangout. So you can follow me there. I am a healthy fit and fit is spelled p h i t. Um, and you know, there's all the links in the bio if you wanna get in touch with me, my email address and all that fun stuff and website. But I live on Instagram. You can, if you DM me there, I'll get that

Speaker 1 00:35:40 She'll. That's how we connected cuz you posted something. I dunno. It showed up and I was like, oh my god, I love her content. This is amazing. And I think, think you re-shared something. I was like, I'd love to get you on my podcast. And you were like, yeah, okay, let's do it. I'm like, she's --

-- amazing. That was pretty much,

Speaker 2 00:35:56 I'm pretty easy if we align, I'm down. That was awesome.

Speaker 1 00:36:00 Thank you so much for your time. I think you shared some really powerful stuff and wonderful takeaways for everyone. So I very much appreciate that.

Speaker 2 00:36:09 Thank you so much for having me.

Speaker 1 00:36:19 I love how Dr. Lisa described the different tools and such that are part of her toolkit of self-care and her self-care routine. Different things that you can access and yes to just accessible self-care in general. That's definitely what we're all about here at the self-care cabaret, as you likely have figured out already. And Dr. Lisa and I are just definitely aligned in how we want to promote self-care and I love how she weaves her skills and passions into her work. I love it. We need more Dr. Lisas in the world. And if you want to work on your relationship with your body, remember what Dr. Lisa said, you gotta get naked. And with that, thanks so much for listening. I hope you're feeling more energized and empowered. And if you like what you heard here today, subscribe and leave a review for this podcast on your preferred platform. Follow along on Facebook and Instagram at Dr mc Self-Care and Dr. MCs Self-Care Cabaret on LinkedIn. You can also visit my website, dr mc self-care dot com for the latest updates and to sign up for the cast party, my eNewsletter. And if you're interested in having me present to an audience near you, email info dr mc self-care dot com. Thanks again. Stay well and do good.

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