

Transcripts for No Guilt Mom Podcast Episode 189

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[00:00:00] **JoAnn Crohn:** Welcome to The No Guilt Mom podcast. I am your host, JoAnn Crohn\ joined by the lovely Brie Tucker.

[00:00:07] **Brie Tucker:** Wow. Hello. Hello, everybuddy! How are you?

[00:00:10] **JoAnn Crohn:** We are right in the middle of summer. Well, for summer is going to start for many people here in Phoenix. We all started our summer at the end of May, but I know that people on the east coast and some west coast start in the middle of June, right about now.

And I know how much swimsuit season's on people's mind.

[00:00:27] **Brie Tucker:** Yeah. I was gonna ask real quick, so see swim season is on the mind. How do you define summer? Do you define it as the end of school or when the weather is unbelievably hot or calendar?

[00:00:38] **JoAnn Crohn:** I have to say, well, here in Arizona it's hot a lot. So I would say summer's defined by when everybody is off of their normal routine because the kids are off from school.

[00:00:49] **Brie Tucker:** Okay. I like that definition.

[00:00:50] **JoAnn Crohn:** That would be summer.

[00:00:51] **Brie Tucker:** And you do spend, especially if you are in the southwest region of the United States, you spend a lot of that season in swimsuits, in tank tops and shorts, because it is hotter than hell. Fire outside.

[00:01:05] **JoAnn Crohn:** It is, and I know that getting ready for this, a lot of people are very worried

[00:01:10] **Brie Tucker:** me !

[00:01:10] **JoAnn Crohn:** About the swimsuit and

[00:01:11] **Brie Tucker:** I'm one!

[00:01:12] **JoAnn Crohn:** Very,

[00:01:12] **Brie Tucker:** I'm one.

[00:01:13] **JoAnn Crohn:** You're worried?

[00:01:14] **Brie Tucker:** I'm always worried. I don't know, I just, I feel like ever since turning 40, I. I have a harder time staying healthy. Yeah. And, and that's all encompassing. That's eating like crap. That's not the same amount of exercise that I used to do. Doesn't work the same. So now I have to do more and then I'm like, oh, the whole, should I love my body more the way it is, but it's like I just wanna be happy and I'm not always happy with that.

[00:01:40] **JoAnn Crohn:** Yeah. No, I get that. Right. I think that's how I felt a few months ago. Well, I mean, that's how I felt last July when we came back from the cruise and I got covid. Oh. And I mean, I'm currently 41, so for all of you out there, there's my age, but I mean, some people look at me and they're like, what does she know about parenting and these things?

Because she's a child and I just look naturally. Childlike. Even though I tower over most people.

[00:02:05] **Brie Tucker:** I would say, you look young, not childlike.

[00:02:08] **JoAnn Crohn:** To me, I look young.

[00:02:08] **Brie Tucker:** Someone saying that I look childlike would be offensive. I'd be like, I don't like that. No, no, no, no.

[00:02:13] **JoAnn Crohn:** No. Okay. Not childlike.

[00:02:14] **Brie Tucker:** I look, I listen, but that, that's just Brie thoughts in her brain.

[00:02:17] **JoAnn Crohn:** Yeah.

Well, as an older child, when you tell me I look young, I'm, I have authority. I know what I'm talking about.

[00:02:23] **Brie Tucker:** There you go!

We all have our things in our head. Somebody says one thing and we look at, like, we were just talking about that before we started recording, one thing is said and we're like, wait a minute.

So anyway.

[00:02:34] **JoAnn Crohn:** Yeah. Exactly. Well, so I felt this way because , first of all, my body didn't work cuz I had covid.

[00:02:40] **Brie Tucker:** Mm-hmm.

[00:02:40] **JoAnn Crohn:** I couldn't get out of bed and I was like, you know what? I'm sick of this. I'm done with this. I'm gonna start working out. And I started working out. It was inconsistent. It was consistent to the point where , I, I tried 10 minutes a day, like tried.

And you get reamed out by our guest on this one too, in this interview about that one.

[00:02:56] **Brie Tucker:** Yo, don't worry. Yo don't, no, it's no try. I'm trying to be Yoda.

[00:02:59] **JoAnn Crohn:** You, you did.

[00:03:00] **Brie Tucker:** Did that have a Yoda sound?

[00:03:02] **JoAnn Crohn:** Yeah, but you know, I tried and then I just wasn't getting anywhere until I committed to putting in a certain amount of time every day, and I tracked it on our habit tracker, like we do in Balance VIP, this is why we have the habit tracker, doing a certain amount each day, tracking how consistent I was with it, and then when that didn't give me the results I wanted in the beginning of March, I'm like, okay.

Time to eat better and about two weeks into eating better, and I have a whole process. It's not just eating better.

[00:03:35] **Brie Tucker:** Mm-hmm.

[00:03:35] **JoAnn Crohn:** But. I started feeling more confident and happier and stronger. And I think in this interview we go into how to actually achieve that in your life, how to reach your health goals and what's kind of missing.

So I can't wait for you to hear this interview. It is with Lisa Druxman. She's the founder of Fit for Mom, which you might know as one of their classes. Stroller Strides. It is the country's largest. Fitness program for moms now, and they have classes that don't involve strollers. Lisa is a noted speaker, author, podcaster, and a powerhouse of energy.

I absolutely loved her energy too. Yes, great. She was so much fun. She's passionate about helping women get out of overwhelm and into a life of health and happiness, and she shares her life hacks and experiences to help you live a more passionate and purposeful life. And we hope you enjoy our conversation with Lisa.

You want mom life to be easier. That's our goal too. Our mission is to raise more self-sufficient and independent kids. And we're going to have fun doing it. We're gonna help you delegate and step back. Each episode will tackle strategies for positive discipline, making our kids more responsible and making our lives better in the process.

Welcome to The No Guilt Mom Podcast.

Hey, Lisa. I'm so excited to have you on because I went to Stroller Strides when my daughter was younger. Yes. That makes me so happy. It's so fun to meet you and I, I only made it to one class. But that does not make me so happy. No, I know. My daughter was crying the whole time and I was just dealing with postpartum and like all those insecurities that you have as a new mom that I was so embarrassed to come back.

[00:05:36] **Lisa Druxman:** So pretty much 90% of all of our clients.

[00:05:38] **Brie Tucker:** That's what I was gonna say! so while I didn't try stroller strides, you know, I think it was because when my son was born, it was the beginning of the Phoenix Summer and I was like, oh heck no, I'm not going out.

[00:05:49] **Lisa Druxman:** I know they go early and our, our Arizona classes start real early to avoid that heat.

[00:05:53] **Brie Tucker:** Okay. And JoAnn will

[00:05:54] **JoAnn Crohn:** I'll tell you in a mall, actually, it was in the Chandler Mall, so we weren't even in the heat. So it was a really good,

[00:05:59] **Brie Tucker:** JoAnn will tell you, why would Brie not go to a class that's really early to avoid Arizona heat?

[00:06:03] **JoAnn Crohn:** She can't wake up.

[00:06:04] **Brie Tucker:** Yeah, I don't, I don't know. Got it. No, not

[00:06:06] **JoAnn Crohn:** she's late to everything.

[00:06:09] **Brie Tucker:** My son was early when he was born and I was like, what you doing? You're messing up the family mantra here. We show up late to everything. Luckily as a teen, he got the memo finally and he's now late with me to, but I digress. My point being is what you just said, I think so many of us as moms, we fear that everybody is judging us and I would refuse to go grocery shopping because I was afraid that, cuz I had a time where my kids screamed and cried and I felt so embarrassed, like everybody was staring at me that I was like, Nope, won't do it again.

[00:06:42] **Lisa Druxman:** Yeah, we want all moms to show up. Yeah. Like come hot mess, messy bun, poopy diaper, whatever you have to do. Cuz we get it. Yeah. And that's really so much of what we're about and we all know that one out of four moms has postpartum blues. So we are there to be her love, her support, her place to get some exercise, fresh air.

Unless you're in the mall class,

[00:07:04] **JoAnn Crohn:** it's still fresh air. It's still fresh air. We're used to it in Arizona.

[00:07:07] **Lisa Druxman:** Still got outta the house.

Getting outta the house with a baby is, that's huge. Amazing. Huge.

[00:07:12] **JoAnn Crohn:** Still saw people. Definitely. And I have to say that class when, when I was at that level, it was hard, but it was, it was like a good, hard to knowing.

Now what I know about fitness, and I'm fairly into fitness now, it's something that I know if I'd stuck with and gone back, I would've gotten better at it.

[00:07:28] **Lisa Druxman:** Well, I really wish that you did stick with it because it's funny, we have so many moms who are like, I can't go Cause my baby doesn't like the stroller.

Stroller size is pretty unique. I mean, so if you've never seen a class, we've got moms singing to the babies. The instructors have bubbles and puppets. Mm-hmm. And it's workout for mom. It's fun for a baby and it is very common for a baby to cry in the first class and then within three classes they are hooked.

And I kid you not, I can't tell you how many moms across the country have told me their kids'. First words are stroller strides. You know, it's not exactly like that, but they wanna go to stroller strides cause it's where all. So again, that's amazing. Fitness. Her mom, fun for baby. It's all good.

[00:08:07] **JoAnn Crohn:** So fun.

Well, I, I wanna go a little into your background.

[00:08:10] **Lisa Druxman:** Yeah.

[00:08:10] **JoAnn Crohn:** Cuz it interests me that you earned a master's from San Diego State University in psychology. Mm-hmm. But what interests me was it was an emphasis in exercise adherence. Yes. And. I feel like there must be a story behind that emphasis and why you decided to go that route.

[00:08:27] **Lisa Druxman:** Yeah, so my thesis was exercise adherence and behavior modification, weight control.

I taught fitness throughout college. I think I started actually in high school, but throughout college, and I was always blown away by how many clients I had where I'm like, okay. You're gonna eat grilled chicken and vegetables and then they'd eat pizza and french fries and fried chicken. Mm-hmm. And then I was like, who are we kidding?

I was doing the same. , why do we do the things that we know? It's, it's funny cuz when you think about it, all diets that are out there are telling you what to eat. All right. Keto sugar, whatever it might be. The problem is not what to eat. We all know what we should be eating, okay? Mm-hmm. Unless we're really talking about fine tuning.

We all know that grilled chicken and vegetables are gonna be better than the pizza and the french fries. It's why don't we eat it? And so I was obsessed, not only for myself, but for all of my clients about diet mentality and really understanding , how do we find. A way to eat and a way to exercise that is going to last a lifetime.

And so that was really what I studied was you had to change. It's usually about changing your thoughts and changing your behaviors. Mm-hmm. And creating habits. Mm-hmm. And the reason why diet culture doesn't work is, you know, if you tell yourself you can't have something, it only makes you want something more.

Yes. Pretty much what I found in my studies was that every diet is followed by an equal and opposite binge. And so that's why people end up. Gaining more weight when they die it. Yes. So it was in my heart to study it not only for my clients, but for myself. And I am sure that some of that made it into fit for mom, not only with how we've created an exercise program that feels good and is.

Fun, but also our nutrition programs like Our Body Well programs, really making sure this is a lifestyle because yes, we wanna raise healthy moms so they can raise healthy kids. We don't want to raise moms who are having to be on diets and showing their kids deprivation.

[00:10:24] **JoAnn Crohn:** Yes. Okay. So you've lit a fire in me because I have a rage against diet culture and it is such like,

[00:10:30] **Lisa Druxman:** let's go girl's,

[00:10:31] **JoAnn Crohn:** go.

Okay. There is such a misperception, especially among women, that they have to do as particular plan to get things done diet wise, and we see this a lot in our coaching community too, how women come in and they're like, I'm gonna follow this plan and I'm gonna follow this plan. And you have results in The first month.

[00:10:48] **Lisa Druxman:** Mm-hmm.

[00:10:49] **JoAnn Crohn:** But it's after the first month it gets so, so hard and just like some personal things, like I am counting my macros right now. Mm-hmm. Um, and I find that it's a very sustainable way of living cuz I don't

have to restrict myself from mm-hmm. Anything. Yes. Because like you mentioned, when you say you can't have something, you just want it.

Even more so for all of those moms out there and women and just people in general who feel like they wanna get healthier, they want to feel good and confident, and they're considering this diet program over here. , what do you say?

[00:11:27] **Lisa Druxman:** You know, it's human nature that we always want a quick fix.

Right? Right. I wanna be bikini ready by summer. I wanna be in a dress for this wedding. I wanna, you know, it's like always this quick fix.

[00:11:38] **Brie Tucker:** It, it's society right now too. Everything is on demand. Mm-hmm. You wanna watch something? Yeah, totally.

You just stream it right away.

[00:11:44] **Lisa Druxman:** Everything is instantaneous, right? So we want everything instantaneous. But I think about if you had made some small changes one year from now, you'd be pretty happy with where you'd be right now. Mm-hmm. Mm-hmm. So can we start making some small changes? And so for me it's very much about making small, sustainable changes.

I love that you're counting macros. I think education is really important. Mm-hmm. So understanding how. Food fuels your body. Mm-hmm. Understanding how you put on muscle, understanding how you can burn body fat, understanding how sugar affects you, the more education you have that helps you make better choices.

But then going, okay, know what? What are. Three new habits I'm gonna work on. So maybe we start with water. Maybe we start with, you know, changing some of the timing, but we don't try to change everything at once. Mm-hmm. Cause it's not sustainable. So change a few things. You make it a habit. Once it's a habit, then we can change a few more things.

And I love the book. This is not a diet book, but we can apply it. The slight edge. It's one of my. Favorite books if you have not read it. And it's really about that. If you can make a small change every single day, how that adds up with compound interest. And it's funny, it's the only book that I ever offered each of

my kids a hundred dollars to read this book because I really believe, oh, I believe so much that this mentality can change everything in your life.

And so if we apply it to fitness and nutrition, it's like, can you improve by, I think like a third of a percent a day? That's it. Just a little bit each day instead of trying to do something so giant.

[00:13:20] **JoAnn Crohn:** That's so great because , first of all, you have boosted my hope a little bit in this whole process because honestly, I am 41 days in to counting macros.

Mm-hmm. I've been doing it well. I've been tracking everything. I would definitely say I'm not doing it perfectly and it's going very, very slow, but it's. Sustainable. Mm-hmm. And just what you say is like if you've made a little change, now it's time just to like make another little change.

[00:13:45] **Lisa Druxman:** Yeah.

[00:13:46] **JoAnn Crohn:** And the education helps so much because what I do by counting macros is I am now seeing exactly what is in the food that I am putting in my body.

And a big realization I came to very early on in the process is I'm like, whoa, that has a lot more calories than I did what I've done.

[00:14:01] **Lisa Druxman:** Yes, yes.

[00:14:04] **Brie Tucker:** Yeah,

[00:14:05] **JoAnn Crohn:** and when I did the macros for my famous margaritas that I make, I'm like, wow, that's 295 calories all in carbs. I need to budget for that throughout the day and then I'm gonna enjoy that one.

[00:14:18] **Lisa Druxman:** Yeah. And that knowledge is power. So with the margaritas to think about, the calories maybe aren't super high on some drinks, depending on what you're going to have, but your body can't burn fat when it's trying to digest. Alcohol. Mm-hmm. And so if all of us as moms are drinking alcohol on a regular basis, and I do too, so I'm I, this is not a judgment.

You just have to be aware. It's gonna be really hard to achieve some of your. Weight loss schools if that's what you have if you are drinking every night. Interesting. Mm-hmm. So again, just knowledge is power. Yeah. And what's a

core value for me is that I want you to live as you one day want your kids to live.

Mm-hmm. If you think about that, that is the answer for everything. Like, I want my kids to. Eat healthy foods cuz it fuels them. I want them to eat so that it gives them energy, but forgetting about the food part, I want them to move their body so they feel good. Mm-hmm. I want them to stress less. I want them to have more fun.

I want them to have life balance. Kids don't do what we ask them to do, but they might do what you model for them. Yes. So this is the best gift you can give as a mom is to live as you one day want your kids to live.

[00:15:26] **Brie Tucker:** I'm thinking to myself,

[00:15:28] **JoAnn Crohn:** you are most definitely,

[00:15:29] **Brie Tucker:** Lisa is a no guilt mom.

[00:15:30] **JoAnn Crohn:** Yeah.

[00:15:30] **Brie Tucker:** Is she not JoAnn, you're mom?

[00:15:32] **JoAnn Crohn:** No guilt mom.

That's what we, that's what we preach. Yes.

[00:15:35] **Lisa Druxman:** Nice. I love it.

[00:15:36] **JoAnn Crohn:** The only way that you can make changes in your family is if you make changes in yourself. That's the only, only way, and I love it from that mentality, especially You mentioned the stress part, the stress less. Yeah. And. I have to say, my daughter caught me off guard the other week where I was like, I love my job.

And she's like, mom, I always see how much your job makes you miserable. Mm-hmm. And I'm like, But it doesn't make me miserable. I love my job, but I am only sharing the parts where I am stressed. I'm not sharing the other 90% of the time where I am happy and fulfilled and get to do what I love.

And so it's such an interesting balance when we talk especially about stress and stressing less. Because in our culture, I think that it's not become as acceptable to talk about when we're happy, when we're fulfilled, when we're calm. Mm-hmm. As when we are stressed. Right. Because, yeah. And we're venting,

[00:16:31] **Brie Tucker:** people look at it as like, oh, they're bragging.

Right? Like what? It can, it can look like that. I think women, we get judged a lot for that, especially as moms. If we're having good things and we talk about it a lot, it can be like, oh, there's no way that's real. That person has to be making it up.

[00:16:46] **Lisa Druxman:** Whenever you ask any mom how you are, I mean, maybe not your listeners, but any other mom you're gonna say, how are you?

What do they say? Crazy.

Crazy. So, so overwhelming. That's overwhelming. So overwhelming. Like everybody that's our listeners always says that same thing, that I was that way. Okay. And I realized I created that for myself and I am the designer of my life. And it is up to me to design something different. So if I don't wanna live and overwhelm, I don't have to.

If I don't wanna live in chaos, I don't have to. And so I'm that person who, I'll be bragging, I guess to say I've reclaimed my time and I've reclaimed my health and myself. And again, I feel . I am imperfect as all human beings are. There is no perfect. I also share with my family the stresses, and I also model how I prevent stress and how I deal with stress, and hopefully not just by drinking a glass of wine.

[00:17:42] **JoAnn Crohn:** Yeah. You know, it's what you say there. Hopefully you're not drinking a glass of wine. I realized I was doing that. That was my coping mechanism. And throughout this journey, I have been breaking down in tears, crying when I'm so stressed because I had no other coping mechanism to deal with my stress other than either drinking a glass of wine or getting some ice cream.

Yes. And those were the two. And when you realize and you're not alone, right? No. Right.

[00:18:08] **Lisa Druxman:** You're not alone. And it was something that's helped me because again, I love my glass of wine and I used to be really good

at, you know, I would just have my wine on the weekends and then come to the pandemic. Like so many of us, it became just a nightly thing.

It was fun. My husband and I would open up a bottle of wine each night and you know, 10 pounds later. But besides that, what I realized was I was using the wine. To numb me. Mm-hmm. I was using the wine so that I didn't have to deal with the real stress and the real feelings of the day. And so a good mind shift for me to be is , no, I wanna feel this life.

Okay. And it's okay to feel stress and to be aware of it, and to breathe through it and have a different response to stress. Something that I've been doing. I'm gonna do total tangent alerts. We,

[00:18:54] **JoAnn Crohn:** we call ourselves shiny object squirrel girl, girls. So are welcome. Just bring

[00:18:58] **Lisa Druxman:** me here at any time. Yes. Yeah. , I've been doing the cold plunges.

Have you played with that yet?

[00:19:03] **JoAnn Crohn:** I've seen it. I mean, and I briefly contemplating getting a cold plunge pool. Yes. Yeah. I, I did. I'm gonna briefly, four

[00:19:11] **Lisa Druxman:** hours full, . Just go to one. You know, like I have a pool in my backyard, so that's close enough. But here's why I'm liking the cold plunge. More than anything, it's supposedly there are some health benefits to it.

Mm-hmm. But besides that, it is learning how to stay calm In a very stressful situation. I could see that. You think about it, you get into something cold, what do you do? Right? , you go into panic and you start, you know, breathing really fast. Okay. That that is what your normal response is. But through this practice, I am learning how to stay calm and I am finding that I'm able to apply in other parts of my life. Okay. That was the end of that shiny object.

[00:19:45] **Brie Tucker:** Interesting.

[00:19:46] **JoAnn Crohn:** I, I don't think this was a shiny object whatsoever because, so I've done four marathons and my last one was 14 years ago. But that is something that I learned in marathon training too.

Mm-hmm. Cause I think the same thing applies in exercise. When you are in a hard, intense exercise, you go into this panic, oh my gosh, I can't do this, I can't do this, I can't do this. And you have to bring yourself back. So that your heart rate stays calm so that you can push through whatever you're pushing through.

Yes. So I think that's , it's one of the benefits of exercise as well. It's teaching you not to panic and teaching you to control those intense emotions of thinking. You're not being able to do something.

[00:20:26] **Brie Tucker:** Would you say that's also along the same lines of meditation? As well, like being thoughtful, being in the moment and being aware it's different so you can move through it.

[00:20:35] **Lisa Druxman:** I think.

[00:20:36] **Brie Tucker:** No?

[00:20:37] **Lisa Druxman:** I mean, I'm a big meditator. I meditate every day. I have for 25 years. Mm-hmm. , and I've tried all different kinds and I teach meditation, so I'm,

[00:20:45] **Brie Tucker:** I'm trying to get into it.

[00:20:46] **Lisa Druxman:** It's very, I'm trying, I'm gonna do some Star Wars on you. There is no try. You either do or you do not. Ah. Okay, so you're

[00:20:54] **JoAnn Crohn:** the way, Brie.

You

[00:20:55] **Lisa Druxman:** might say you're working on it. Okay. Or you might say, I'm dabbling in it, but don't use the word, not gonna use that word anymore.

[00:21:01] **Brie Tucker:** I'm working on making it a habit.

[00:21:04] **Lisa Druxman:** Yes. And the thing is, here's what I wanna remind you about. Meditation. They call it a meditation practice. Because it's a practice. You have to practice it all, right?

It doesn't, it's not something that's given to you and comes easy. I've been meditating for 25 years. There has never been one single session where I sit

there, oh, and , you know, for those of you who are not watching on video, I, you know, Clearhead not a thought, your brain is made. You think what will start to happen as you practice Brie, is that you'll start to slow down the thoughts.

You'll start to create more space between the thoughts. So where I tie the meditation into the stress stuff that, that JoAnn was talking about is the more you practice meditation, the better that muscle is when you're having a stressful situation of being able to calm your physical body. Okay?

[00:21:54] **Brie Tucker:** Mm-hmm.

And yep. And I think that's the big point, right? Totally. , because that's where I struggle and I think so many of us do. And we need this like we are li how are you doing? I'm crazy. My life is crazy. I'm super stressed. JoAnn was saying, when you're doing the marathon, like we don't believe we can get out of it.

I'm not having that fix right away. I'm not able to meditate as well as my husband is, or as well as my best friend is. So I must be doing something wrong or I must not be able to do it kind of thought process.

[00:22:21] **Lisa Druxman:** And you're probably only gonna meditate once a day, maybe twice a day if you're really into it, but know what you could tap into anytime.

So for any of your listeners right now who are going, no, actually everybody needs to do this right now. So if you feel like I'm feeling stressed, I'm feeling anxious. All I want you to do right now is just take some deep breaths, really slow, slow deep breaths, and just notice how immediately your body starts to calm.

[00:22:46] **Brie Tucker:** Mm-hmm.

[00:22:47] **Lisa Druxman:** I mean, I feel it immediately. Just do that, do that throughout the day. You know, notice when you feel your stuff starting to get psyched up and, and go, okay, I'm okay with this feeling. I want to be a feeling human being, and let's unpack it a little bit. Why am I feeling anxious? Why am I feeling stress?

And it's, it's our mind. And if we can switch that and switch our energy, switch everything.

[00:23:13] **JoAnn Crohn:** And I think meditation and exercise really do provide those ways to calm down the body and. Make you recognize the emotions. And I would say the difference is that in meditation you're taking a current state and trying to calm yourself down.

And in exercise you're creating an agitated state and then working to calm yourself down. But with the feelings and the stress. Something else that has really helped me, and this is actually something that is known in the therapy field, but when you put words and emotions to your feelings mm-hmm.

You're taking it from your abstract sense to your logical sense, and you're able to feel some relief and they don't know why this happens, like they're still unaware of why this happens, but. It works. So the act of journaling and just writing it down and saying , I feel really stressed right now.

This happened and this happened and this happened, and then it happens for me all the time when I'm journaling where , I just get and I calm down. Yeah, it's unbelievable.

[00:24:10] **Lisa Druxman:** It is. It's almost magical.

[00:24:12] **Brie Tucker:** We're trying to hold all that stuff inside. That's hard. And yeah, I guess I, I was gonna retreat back to what we were talking about originally with like, you know, stroller strides and when you're in that stage, right when you just had a kid, everything is kept inside.

There is so much swarming around in there. It's stressful 24 /7.

[00:24:31] **Lisa Druxman:** Absolutely. And you feel like you, oh, I've never done this before. So you've got so many questions around motherhood, which is why I started it, you guys. I wasn't trying to start a business. I, yeah. How did the questions about, so I was a brand new mom to Jacob at the time of the, of this recording release.

He will have just turned 22. And I started stroller strides when he was three months old. So I wasn't looking to start a business. I was looking to build a mom community cuz I knew nothing about motherhood. So I figured, hey, I can help everybody get back in shape after having a baby, I developed my own stroller workout that I did with Jacob and it was our best hour of the day and we got a total body workout in walking with the stroller, doing lunges and squats.

And using tables for pushups and tricep dips. And that part was great, but what was missing for me was community. And I had questions about nursing and sleeping and leaking and all kinds of things, and I had no mom friends. Mm-hmm. So I figured, all right, let me just build a little local community so that we can support one another.

And that has been a foundation of fit for mom since the beginning, and apparently I wasn't the only one looking for. For it because the business took off. And I want you guys to realize this is August, 2001. There is no Facebook, there is no social media. There were, there weren't even a podcast, which is so crazy.

Mm-hmm. This is pure word of mom. This is. You know Sally calling her sister cousin or friend and going, I'm doing this really cool class called Stroller Strides, and then Sally's cousin calling us and saying, oh, you know, I wanna join a class. And so long story short, we ended up franchising the business and Stroller Strides grew up and became only one of our programs.

We now have fitness for every stage of motherhood, starting with Fit For Baby, which is our prenatal program. We have Strides 360. We have Body Ignite, body Well Body Boost Run Club. All fitness wellness for every stage of motherhood. Um, we have about over 200 franchisees. We have almost 2000 instructors across the country.

And not only was it magical for the clients and continues to be. It was a really cool career opportunity to share for our franchisees and our instructors that I wasn't expecting because it's a your own business that you get to integrate with motherhood. So that's been an amazing thing to be able to share in the evolution of this business.

[00:26:55] **JoAnn Crohn:** Yeah. Moms need community. We need other moms who have our back, who aren't gonna judge us. And putting it in the realm of fitness, I think is like, it's perfect. Yeah. Cause you need it.

[00:27:08] **Lisa Druxman:** We find that moms come for the fitness and they stay for the community. And I have moms who have been friends since my first class, 20 something years ago, and they all just sent their kids to college together.

[00:27:19] **JoAnn Crohn:** Oh my gosh.

[00:27:20] **Lisa Druxman:** So if you need mom friends and what's really cool, I get to visit classes all over the country. Any class I have ever gone to, I'm like, these are the most. Down to earth, welcoming, non clicky, non-judgment, , uh, speak to all of you, you've got a place that fit for mom. It's really, you know, a pretty special place.

[00:27:39] **JoAnn Crohn:** That's amazing. Well, Lisa, it has been amazing talking to you, and I've loved this talk about moms and health and diet and exercise and stress. So thank you so much for coming on the podcast.

[00:27:51] **Lisa Druxman:** Thank you so much. Hey, I've got a special for your listeners, if that's okay. Yeah. Oh yeah, sure. Awesome. Okay, so if you go to fit for mom.com/podcast, there's a couple of different offers for your mamas.

They can enter to win a free month. They can get a free week of classes wherever they're at, and they can also get 50% off our Fit for Mom on demand. So if there's not a class near you, we've gotten online program and so we just need to do the name of your podcast. No Guilt Mom 50 oh for half off and that is how they can get half off for mom on demand.

[00:28:25] **Brie Tucker:** Lovely. Awesome.

[00:28:27] **JoAnn Crohn:** Well we will share that in our show notes as well. And thank you, Lisa. Thank you so much ladies. So there's so much that goes into actually creating a healthy lifestyle. And I got a little fired up during the interview about all my passionate passion, all the

[00:28:42] **Brie Tucker:** matter, you're passionate about it.

[00:28:44] **JoAnn Crohn:** I passionate because I see people go through the same diet over and over again, and then gain the weight back, and then go through the diet again, and then gain the weight back, and it's just like, It's, it's disheartening. I'm sure it's disheartening.

[00:28:56] **Brie Tucker:** I would think so. Yeah. Like in my life I have had my ups and my downs with weight and it 100% has to do with what Lisa said with the whole, you know, you do or you don't.

It's no try. It has to be baby steps for me, and it's funny because like, yes, my background being in special education for early, early childhood, like zero to three. All we ever did was teach how to make those baby steps and to see that gradual progress, to keep your motivation up and to keep working at it.

And I sometimes forget about that when it comes to myself, but I know I respond best to that. And so she talked about that. You talked about that. We talk about it and and balance v i p all the time with the habit tracker. Yeah. It's making the little changes and then you'll get a space and you'll see that with those little changes.

Wow. There was progress.

[00:29:44] **JoAnn Crohn:** Well, I have to say it is a mentality I constantly have to check myself on, and it's something that I am intentional about, especially like in our balanced journal, how we write the things that my mind needs to hear. Hmm. Sometimes I write, I'm like, I am going exactly the speed I need to go because for instance, ways this comes up is I do hardcore on the floor and there are certain workouts.

I hate, I hate 'em. I hate the, anything that includes a lot of burpees and squats and everything. And before I started working on this, I would look at those workouts and I'd be like, I just need to power through it. I just have to do it. Let's do it all. Even though at the end of the workout I like feel like I wanna pew, like it's that bad.

And I think a lot of people associate exercise with feeling like they wanna puke, but it doesn't need to be that way. So much so that like, I have just taken this gradual approach to movement where I'm like, I'm gonna go and enjoy the exercise. And at parts I find I can push myself a little harder than I thought I could.

Mm-hmm. But I never push myself to that point of puking. I never stopped listening to my body. But I always have to fight that voice that tells me I am a wimp or I am not doing enough, or like I will never achieve this goal because I'm not willing to do what it takes. Tell, always have to fight that voice.

[00:30:57] **Brie Tucker:** Tell Bob to shove it where the sun don't shine.

[00:31:00] **JoAnn Crohn:** Well, I think you might, when you dis. Describe it with yourself. I think you might have a Bob lurking in there too. Oh, I definitely Bob telling you something,

[00:31:08] **Brie Tucker:** Bob is big. What? He takes up the whole damn couch. He's huge. And

[00:31:13] **JoAnn Crohn:** Bob, Bob, for everybody who is not in Balance VIP, it is that inner voice that's mean to you.

[00:31:19] **Brie Tucker:** Yes. ,

[00:31:19] **JoAnn Crohn:** What does your Bob say to you? What does your Bob say to you when you try to like do the big things and then you realize that you're supposed to be taking baby steps?

[00:31:26] **Brie Tucker:** It should be easier for you. Why is it, you know, and Bob likes to name names, Bob will be like, you know, Jen, Miguel, JoAnn, Shana.

It'll throw out all kinds of names to me and be , that person could do this, and you can't. This person could do this and you can't. There's just something wrong with you. But again, that's where with me, I do know that some of my secret weapon for me is it has to be social, which is. Yeah. You know, I never did get to go to stroller Strides when my kids were little.

I knew of it, but I didn't get to go and I wish I had, cuz I would watch, I would sometimes I would see them getting together and , I wish I was over there. I would've talked to mother moms. I would have friends cuz I'll do more when I'm with others. But yeah, I have a harder time doing what I know is best for me.

[00:32:14] **JoAnn Crohn:** Well, that's good to know about yourself. Yeah. If you know that you need social stuff, you need to like, Join a group like that.

[00:32:21] **Brie Tucker:** I do, I do. , I, I get much better results when I'm doing things and I can't just be accountability. I have to actually be with other people. But you know that about me. I'm like, chatty chat cha, chat, chat, chat, chat.

[00:32:32] **JoAnn Crohn:** So yeah, see I have to be social too, but , I, I think the pandemic helped me redefine my social because as long as other people are going through the same. Things I am. Mm-hmm. I feel connected. That's cool. So that's why I do hardcore on the floor is because there's a Facebook group and everybody is doing the same exercises and you're on there and somebody will post like, yeah, jumping squats, let's talk about this right here.

And we've all gone through a shared experience even though we're separate. Yeah. So that's awesome. I think that helps. But yeah. Your, your bob is, is in that comparison land. Oh yeah. He's, A lot of people got cigar

[00:33:08] **Brie Tucker:** get into, he's, I've imagined he kinda looks like the mucus guy and the mucus commercials.

[00:33:14] **JoAnn Crohn:** There you go.

[00:33:14] **Brie Tucker:** Goes his cigar and his old ripped like tank top and his hat sideways. He's not nice. Yeah. Rethinks some pictures. Yeah.

[00:33:24] **JoAnn Crohn:** Yeah. I mean, that's what you need to do. You need to visualize it. Yeah, and I think what Lisa said is just us taking those small steps and habits and changing from there because with my weight loss journey I'm on right now, I've lost five pounds and I'm , I 41 days in right now, and the scale hasn't really moved for the past two weeks, but I know.

I am making progress and I've learned a lot and I've learned a lot about planning my meals and I've learned a lot about portion control and I've learned about the importance of protein. And I do see little areas that I could tweak, such as me grabbing raisins by the handful out of the pantry, which does not help with my calorie.

Cause you know, you replace, you replace your replace and there's always things you can tweak or like, One thing I'm working on right now is adding more vegetables to every single meal. Yeah. I eat.

[00:34:18] **Brie Tucker:** So it's those little changes, little things that are sustainable, which

I love. I love the little changes like we do. We focus on that so much in balance. V i p, but I. Mm-hmm. It's amazing so much there. I'm gonna always plug balance v i p because we take everything that we learn and we bring it all back to balance. V i p for all of our members.

[00:34:36] **JoAnn Crohn:** No, I would say if you were still on this podcast conversation with us and you are not in balance v i p, what are you doing?

Because obviously like you enjoy this interaction. This is like us in balance, except I feel like I'm a lot more unfiltered in balance because there's stuff I can't share in the public sphere where I do share. In balance and then we, you get our help as well. And our members have experienced such huge wins from Donna, who's able to connect with her kids more because she feels she's not against them to Tracy, who like totally transferred all of those things that she was doing

for her kids, like packing the bags and making sure they did their homework to the kids.

Mm-hmm. And she has so much more free time now. I could just name, name, name all of our members who have. Had these big wins and so yeah. Come to balance. And that's the community too. Yeah.

[00:35:27] **Brie Tucker:** And if you're looking for in-person community, Lisa had a fantastic deal. I dunno if you guys caught it at the end of the episode, so I'm gonna say it again.

Right now, she has a really great deal where you can get 50% off any of the for Mom on demand stuff, so there's that as well. No guilt mom 50 and the information is and the show notes below, but I believe it was fit for mom.com/podcast. Did I say my slash correctly? Yeah. I always mess up on the slash slash.

Oh, I always do too. Slash

[00:35:54] **JoAnn Crohn:** Yes. Really? Yeah. Everything's a forward slash Really. There's really no back slashes in website addresses. That is true. Always say back, ever. It's always a slash Yeah.

[00:36:03] **Brie Tucker:** We're all moving forward and progressing. You like that? , so mom joke, I'm, I'm gonna, I'm gonna make mom jokes a thing.

[00:36:12] **JoAnn Crohn:** Why should dads have all the,

I think my kids would be like, cringe.

[00:36:18] **Brie Tucker:** Do you get that a lot? Cringe. Well, that's why recently, we had a podcast up, so we did a quote and said, suss. And I'm like, oh, that's a little crunchy right there. And then I'm like, oh my God, I just used two s slang that like he was crying.

Ah.

[00:36:31] **JoAnn Crohn:** But anyway, pretty soon you're gonna be eating your lunch and you're gonna say, it's busing. Oh my God.

I can't, yeah, I can't decipher what daughter says half time to me. I like, wait, what? Bussing Do not.

L O L L O L. That's what my daughter says. Lol.

I still know. Lll, lol. Yeah. Whatever. Leave me lol. And I know that's, but she's putting the loser sign on her forehead.

I know. I'm like, what are you doing? Remember the best mom's, the happy mom. Take care of you. And we'll talk to you later.

[00:37:01] **Brie Tucker:** Thanks for stopping by.