

Ep #74: Learn to Love Your Body



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Jill Angie

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Welcome to *The Not Your Average Runner Podcast*. If you're a woman who is midlife and plus sized and you want to start running but don't know how, or if it's even possible, you're in the right place. Using proven strategies and real-life experience, certified running and life coach Jill Angie shares how you can learn to run in the body you have right now.

Hey rebels, you are listening to episode number 74 of *The Not Your Average Runner Podcast*. I'm your host, Jill Angie, and this week we are going to talk about learning how to love your body, or at least stop criticizing it all the time.

And I'm actually recording this on January 3rd. You are going to be hearing this on January 10th I think or sometime after that. But anyway, in a couple days, I'm going to be heading to Boulder to visit the Skirt Sports headquarters to speak at an event there and also to be in a photo shoot for their new swimwear and plus size workout gear line that are launching very soon. I'm super excited about that.

And I'm going to give a talk there about how to stop criticizing your body and I thought, hey, I should share it with all my podcast rebels because I'm sure there are at least a couple of you out there who need to hear it. But before I do that, I want to share a listener review and response to the fat-shaming episode that I did a couple of weeks ago.

It's a good one, and the ID user is First Ever Rave Review, so I'm very honored that she's given me her first ever rave review, and she made some awesome points that I thought would be great to share here.

So here's what she writes. "Rebellious greetings. You mentioned on the podcast the other day that you didn't expect to get a lot of reviews that broadcast the intended effects of your show, that because of this podcast women are starting to run. I'm 50-something, slightly oversized and significantly lacking in confidence despite being a success in most areas of

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my beautiful life. Your words get me going, even on a cold rainy day like today, so thank you. I want to respond specifically to your ideas on fat-shaming. I agree with you.

As a middle school teacher in a world of progressive and affluent do-gooders, I see judgment and criticism of body size as one of the last remaining areas where explicit prejudice is still acceptable. People in my world are highly attuned to racism, sexism, homophobia, and all kinds of other offenses, but it is still okay to look down on those who don't appear to have stepped out of a magazine.

It would be hard for most people here to imagine that anyone in this world would actually choose to be something other than a size two, let alone be happy with the strong body they are in. Proud of their strength. So the judgment is palpable, this is dangerous for adults and positively toxic for the adolescence I work and play with every day. That said, I see lots of people seeming to overreact to perceived injustices all the time. It has become dangerous to even talk about differences, whether they be skin color, sexual preferences, or body shape.

This is partly because there are so much offence and anger around these topics that people, especially kids, have never been free to discuss them honestly. So when somebody sees a then now photograph in which one version of a person is bigger than the other, the assumption is that the bigger one is probably ashamed of her size and relieved to have become smaller.

Such a dangerous and misplaced assumption. But if we cannot talk about it without getting all cringey and uncomfortable, then how will everyone learn and change? I could go on but I feel your point. With political correctness has come a strong dose of fear and lack of transparency. One of my biggest goals for the new year is to try to be really honest as much as possible. This requires more than just saying the truth. It means I have to

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think about what is really true for me and what isn't. Not always easy, which is why and way too many of us don't really do it. Anyhow, here's what I really meant to say. Your podcast got me running again and I am so happy to be out there. Thank you. You rock, rebel."

So first ever rave review. Thank you so, so much for sharing, and I agree with all of your points. Body size does seem to be one of the last socially acceptable things to shame someone for, and for sure, there's a lot of stuff out there that we are shaming people for like the racism, homophobia and everything like, it's out there for sure. It's rampant, but they think there's like a perception that it is, at least in some circles, it's not socially acceptable to do those things.

It's never socially acceptable to do those things, obviously, but for some reason it seems like people don't look at sizeism the same way. It's still kind of socially acceptable to shame somebody for not being a size two, and it's frustrating and it is painful, especially for our youth.

And I think I really wanted to talk about it and bring it out in the open and the thing that I was really hoping to teach with the podcast is that even though it is never okay for someone to say or do those critical things, any of those critical things, like I'm not giving anybody a pass for being an asshole, for being cruel, or any of that stuff, we all have the power within ourselves to decide how it impacts us personally and I think that is one of the issues that I see with fat-shaming is that when somebody says something critical, we go right into victim mode.

"Hey, it's not fair, they shouldn't have said that to me, I need to fight back," when we also have another option, which is to decide that other people can have their shitty opinions about us and it doesn't have to make us feel terrible and that we can do the work on ourselves to not be impacted by those opinions.

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And I know I'm oversimplifying it, but at its core, we all should be taking responsibility for our own emotions and not outsourcing that responsibility to completely unqualified people. That's what I was trying to teach with that podcast, and I did get some other comments from people who totally disagree with me and that's fine.

You can disagree with me all you want. I get it, that's the beautiful thing about the world we live in is that we all get to have opinions, and my opinion is that fat-shaming - the only way you can be fat-shamed by my definition is that if you allow that person's words to make you feel shame and we do that through our own thoughts. Person speaks words and you feel shame, you have a thought in the middle between those two things. That's where you have the control.

So that's what I was trying to get across with that podcast. It does sound like we have some similar ideas on that. But I do encourage people to share their opinions on what I'm saying in this show because sometimes people have a hard time understanding or hearing and agreeing with the fact that they have responsibility for their own emotions.

A lot of times it's so much easier to just say that person made me feel bad, and the one thing that I want to really teach around here is that nobody can make you feel bad. We make ourselves feel bad. Other people say stuff, we have a thought, and then we feel bad, and that thought is where you have all the power.

And if you have any questions on that, I'd love for you to go back to - I think it's episode 32 where I teach the whole concept of how to coach yourself. Listen to that, practice it, it's really, really powerful. It's a great tool to have to lead you through your life and to turn you into a person who feels pretty good about themselves.

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And that's all I'm going to say about that. Okay, so First Ever Rave Review, I am very, very glad that we have helped you start running over here at *Not Your Average Runner*, so please email support@notyouraveragerunner.com with your mailing address. We'll get your car magnet out to you as soon as possible and rebels, you know, I read all the reviews that get posted on iTunes. I read the reviews that get posted on other sites for the podcast, and I encourage you to write a review, to send us your feedback, and if I feature it on the podcast, I'll send you a *Not Your Average Runner* car magnet as a thank you.

Okay rebels, let's dive into how to stop criticizing your body. And I actually think this is a great follow-up to the fat-shaming episode because while we can't stop others from saying critical stuff about us, we can stop fat-shaming and criticizing ourselves.

So the reason that I'm doing this podcast like I mentioned, in a couple days I'm giving this talk at Skirt Sports, and the reason I'm giving the talk at Skirt Sports, when Nicole DeBoom asked me to speak at their event, I was super excited. I'm speaking with Mirna Valerio, who is on episode - gosh I can't remember. Episode 12 maybe. And Nicole was also on an earlier episode of the podcast. So I love both of them. I was super excited to be asked.

But then I was like, racking my brain saying oh my gosh, what am I even going to talk about, right? So while I was trying to decide, I started thinking about the photo shoot that we're doing in a couple days for the new plus size line and the new swimwear line and how fun it's going to be. And I was like, you know, 10 years ago I never could have predicted that at age 51 and fat, I would be modeling workout gear.

And then it kind of hit me. Duh, I need to talk about how important it is to learn to love your body because I'm pretty sure if I wasn't 100% in love with mine, I wouldn't have been invited to be photographed in their beautiful

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gear. I wouldn't be doing what I'm doing right now, I wouldn't be helping all of you do the same. And for sure, 10 years ago I was not in love with myself at all. And I'm pretty sure if there was a medal for trying to hate yourself thin, I would have taken the gold.

So here's what I know. We feel so much pain and suffering when we judge our bodies to be unacceptable. It really is an epidemic right now because the concept of having a perfect body and how you should be constantly striving to have a perfect body is so deeply ingrained in our society, nobody even really thinks of it as damaging or harmful to hold those beliefs about yourself. It's just one of those things, right?

I mean, have you ever noticed when somebody compliments you that your first instinct is to say, "Yeah, but," and then argue with them, give them at least one reason that you're not as awesome as they say you are. Somebody compliments your hair, you're like, "Oh yeah, but I need to get my roots touched up." Or, "Hey, I love your outfit," "Yeah, but it's a little tight in the butt."

We always want to argue with people. "Hey, great job on your half marathon." "Oh yeah, but I had to walk half of it," right? That seems to be what we do an awful lot and I know that lately there has been quite a self-love movement out there. I'm definitely part of it, which is awesome, but most of it actually seems to be just rah rah love yourself and your world will be all rainbows and daisies.

But nobody tells you how to actually start doing that and honestly, it's not intuitive. We're taught to hate ourselves. So how do you start loving yourself? And then if you can't do it, it's just one more thing for you to be ashamed about.

Now, if you were sick, you'd have a prescribed treatment plan. Nobody would just tell you to rah rah, think healing thoughts and you'll get better.

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But body image is a different story entirely. We have been taught for years that we're not okay. You're taught that you have little imperfections or big imperfections that must be eradicated. Starting from when you were little, maybe you saw your mom criticizing herself in the mirror, asking your dad if she looked fat, then from your friends at school, what you saw on TV, read in magazines, and of course, all over social media, you are receiving these constant messages that your body is not good enough, that even if you are thin, there's still something that you should be doing to improve.

Tighten up that arm flab or get Botox so you don't have forehead wrinkles, get a facial peel. You can even get full body Spanx with a fucking butt lifter so that you can squeeze your body into a size smaller or smooth out every possible bump and look like, Instagram worthy.

So all of this programming, after it has all taken effect on you and you finally learn that your self-worth is based solely on your appearance and that you can't possibly love yourself unless you look as close to perfect as possible, ignore the two Masters degrees or the PhD that you have or ignore the amazing family that you've raised, if you don't look perfect, none of that matters.

Then, you've learned that lesson and Instagram tells you, oh hey, you need to start loving yourself now the way you are, and you're supposed to just forget like 20, 30, 40, even 50 years of programming just like that and be fine. Yeah, that's not how it works. It's a lot harder than it sounds and today I want to start teaching you how to stop criticizing yourself and get on that path to learn- actually loving your body.

But why does it even matter, right? And so many of my clients say this to me because most of us go through our lives hating our bodies or at least hating things about our bodies, and it seems so normal. We still live our lives, we have families, we run races, and we do all these things and so forth. So what if there's a little self-hate in there, right?

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Most of my clients tell me - many of them, not most. I would say maybe half will say to me, the self-hate - and they won't call it self-hate. They call it constructive criticism, but it really is self-hate, self-loathing. They say that it fuels them to get better, that it's what keeps them trying to "improve" themselves.

But the problem is all of this self-loathing, all of this criticism gets them to take action temporarily for whatever the goal is, trying to make themselves run faster, trying to lose weight, whatever it is, it gets them to take immediate action but self-hate doesn't really work in the long run to get you to like yourself better.

Because you think, okay, I'm just going to hate myself I'm thinner and then I can love myself, and as we're going to learn in a few minutes, a smaller body doesn't equal self-love. It's still you hating yourself in a smaller body. Getting a smaller body or running faster or whatever result you think it is that's going to make you love yourself, the result does not create the love. It's your thoughts about it.

So if you don't change your thoughts, you're just full of self-hate in a smaller body and now you have to find other shit to hate yourself about, right? So it does not work. Self-hate, loathing, criticism is not what gets you to become a different person and learn to love your body. And here's the thing, the more you hate yourself, the more it keeps you from enjoying the life you have right now.

Think about it this way. How many times have you been late for something because you couldn't find anything to wear because everything in your closet made you look fat? Or have you ever trained for a race and you've been so proud of yourself when you crossed that finish line, then a week later you get that email, your race photos are read, you're so excited, you open it up and you look at them and ugh, really? I look like an elephant, why didn't anybody tell me how shitty I looked? Why didn't anybody tell me

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how gross and awful I looked when I was running this race? Everybody let me feel proud of myself. Nobody told me the truth. You know you've had this conversation with yourself.

And so now the high that you've been on since crossing that finish line turns into shame, humiliation, and pretty much ruins the whole experience. Can you relate to this? I know you can. I've been there. I know exactly what it feels like.

But let's kind of talk about couple other things. What about not asking for a raise or a promotion at work because your boss might say no? Or not applying to go back to school to get your degree because you think it's going to be too hard, right? Neither of those actually seems like a body image issue. You're just being realistic so you don't set yourself up for failure.

But here is the thing; if you can learn to love your body and stop criticizing it, that's going to give you confidence everywhere in your life. Not just in the clothes that you wear but everywhere because when you are not spending your emotional energy assessing how you look and judging yourself as being less than because you don't have a certain size body or because you have a little arm flab, like, the energy that you're spending on criticizing yourself you can use to gather the courage that you need to do some pretty epic shit, my friends.

When you love your body, you can turn your attention away from your butt and on to way more important things like asking for that raise that you deserve or going back to school and getting that degree or whatever it is that you want. When you stop criticizing your body all the fucking time, there's a lot less negativity in your brain and you function better, body and mind when you are not constantly shaming yourselves.

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So let's talk about how to stop doing that. We've been taught - and I mentioned this earlier - we've been taught, most of us believe that loving our body will come when we get a perfect body, or at least when we get a better body. But I want you to think about a supermodel who has a perfect body. Do you think she just has that body and her life is perfect and she doesn't critique herself all the time?

Fuck no. She has to spend a ton of time and mental energy on keeping it perfect. She's always looking for flaws, and I would argue that the more perfect your body is, and I'm using air quotes around perfect, the more pressure you have to put on yourself to keep it that way because if your self-love, if your respect for yourself is dependent on how your body looks and that changes, you turn 40, you turn 50, you turn 60 and your skin's not as tight and you start to get wrinkles, you are screwed.

A perfect body is just a body that somebody else out there has deemed perfect. Perfect body does not make you love yourself. It doesn't make you accept yourself, it doesn't make you happy. So why is that? Why don't we automatically love ourselves when we get the perfect body? What the hell is going on?

Well, I've talked about this on podcast after podcast, but here's why. It's because our emotions are not caused by the circumstances of our lives. The emotion of love does not come from a perfect body because that's not how emotions work, and that is the secret to the universe, rebels.

I'm going to teach you why that's true, I'm going to teach you how you can use it to free your mind from criticizing your body all the time, but right now I just want you to remember the emotion of love doesn't come from a perfect body because that's not how emotions work.

So what exactly is a circumstance and a perfect body, like your body is a circumstance. What is a circumstance and what causes our emotions?

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Well, I define a circumstance as the facts of our lives. The color of our hair, how old we are, the number on the scale, things that have happened to us in the past, things that happen in the world, but just the facts about all of that stuff.

So here's an example. If you did a 5K in 45 minutes, that is a fact. You could prove it by looking up your time on your Garmin. But our brains go one step further and want to assess whether it's fast or whether it's slow or whether we're getting better. We want to call that opinion, that assessment part of the fact. We say the fact is I'm a slow runner. No, the fact is you did a 5K in 45 minutes. That's where it ends.

Your evaluation of whether that is fast or slow is not a fact. It is an opinion or a thought. So there's all these facts out there in the world. In the world, one world, our world. All these facts out there and our beautiful brains are always evaluating them and forming opinions, and that's what brains do, right?

Facts happen, your brain's job is to evaluate, draw conclusions, and do all that stuff, and they're really good at it. Sometimes, their conclusions are a little bit wrong. But the 5K thing, your brain might evaluate that as I am a slow runner. That's your opinion, that's the thought. That is not the fact.

We have other thoughts about ourselves. I'm beautiful, I'm smart, I like podcasting. These are thoughts that I have about myself. Other people might disagree with them, everybody has opinions, that's just kind of how our brains work. And we frequently mistake our thoughts for facts.

And that's - I just finished a coaching call with the Run Your Best Life folks today, talking about this exact thing is that we believe our own bullshit and we make our bullshit real. We believe that it's a fact and we don't look it and say, wait, that's just a thought that I'm thinking in my mind.

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But here's how you tell the difference and this is key. If somebody can make an app to do this, I think that would be awesome. I think you can make a lot of money off of that. So here's how to tell the difference between a thought and a fact. If everyone on the planet would agree, and I mean every single one of the 15 billion or so people, and don't Google that. I am probably wrong, it might be more than 15 billion, it might be less.

But if every single one of the people on the planet would have the exact same opinion about the circumstance, then that opinion is a fact. Everything else is a thought. And our thoughts are what actually cause our emotions. Circumstances and facts do not cause feelings. What happens in our brains causes them.

How do I know this? Because the same circumstance could happen to me and someone else, and we would feel differently about it because we have different thoughts. For example, I could run a 5K in 45 minutes and my emotion could be really excited. I could feel so good about that. And someone else could have the exact same time and be really, really unhappy.

Now, the circumstance is the same. 45-minute 5K. Our feelings about it are different. I'm excited, the other person is unhappy. The difference is not in the data because the data is the same. The difference is in how we think about it. My thought is different from someone else's thought, which means we feel differently about the same facts. This is a universal law and it is also the most freeing thing you're ever going to hear because it means you have ultimate power within you to decide how you want to feel about everything in your life, including your body.

Now, here's a really fun statistic for you. The average person has around 50,000 thoughts a day, and I've mentioned this before on the podcast. Now, this is like, 35 thoughts a minute. That's pretty fast. That's like a thought every two seconds. And thoughts are just sentences that we speak

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in our minds, in case you're wondering what a thought is. They range from the mundane to the profound and everything in between, and I just taught you that our thoughts create our feelings.

That means every emotion you have, happy, sad, angry, joyful, love, body love, is created by a thought, a sentence in your mind. If I think about my 45-minute 5K as an awesome achievement, I feel happy, excited, I feel proud. So my thought is that was an awesome achievement. My feeling is proud. If I think I was too slow and I'm failing as an athlete, if those are the thoughts that I have, I feel discouraged, unhappy, and disappointed in myself.

So we've learned this universal law that our thoughts cause our emotions and not our circumstances, our thoughts are doing all the work here, here's another secret to go along with that. It's like part two. Every action that we take in our lives comes from a feeling, right? So when we are happy, we act a lot differently than when we're unhappy.

So this is the second part of the universal secret. When I think about my 45-minute 5K as an awesome achievement, I feel proud, and the action I take when I feel proud is to get out there and keep training, keep running. So my thought is that 45-minute 5K was an awesome achievement, my feeling is proud, the action I take when I feel proud is to go run more.

When I think about my 45-minute 5K as a failure, when I think I'm a slow runner, I'm not good at this, my emotion is to feel discouraged and then the action I take when I feel discouraged is to skip some training runs or quit entirely. Does that make sense?

So our thoughts are in our mind. As a result, we have emotions, and emotions drive our actions. Now, in the 5K example, those thoughts are the difference between training, between staying with the running and not

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running. So you can see how those thoughts, those 50,000 thoughts you have every day have a lot of power.

We just talked about one thought and that one thought can keep you from running or it can keep you continuing to run. You have 50,000 thoughts a day. So here's your brain just thinking, thinking, thinking all day long like the energizer bunny. Most of the time we don't even notice what it's saying. It's like whispering to you in the background.

Oh, if I could only get rid of this little roll of fat under my arm, I could wear a tank top in public. Or why do I look like such an elephant in my race photos? I felt so good the time the picture was taken. Your brain is whispering these shitty little things like that - I don't know if you've ever seen that movie, I can't even remember what movie it is but there's this little guy and he's always whispering shit into their protagonist's ear.

It's like, he's constantly got this negative voice in his ear saying terrible stuff and he's a really unhappy guy. So that's kind of what your brain is like with some of this negative stuff. And for the average person who doesn't do this kind of thought work on themselves that I teach you, 70% of our thoughts are negative. So that means of those 50,000 thoughts, 35,000 are them are generating negative emotion for you.

And as we talked about, if your emotions create your actions and all of your emotions are negative, then the actions that you're taking are not going to be what you want. Now, if we were talking about money, somebody handed you \$50,000, there's no way in hell you'd take \$35,000 of that and just throw it in the garbage or throw it out the window. No way.

You'd use it carefully. You'd figure out how much you have and where can you - how much can you spend and what can you get with it and what kind of power can you get in your life out of that money. So why don't we do that

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with our thinking? It's because we've really never been taught how to do it, and so that's why I'm here.

So here are the three steps to use your thoughts to get what you want instead of criticizing yourself. Now, the first step is to become aware of what they are and separate them from the facts. And I taught you the difference between a thought and a fact.

A fact is something that all of the 15 billion people in the world, if you went through and polled them, if somebody comes up with an app and you can ask every one of the 15 billion people in the world what they think, if they all agree, it's a fact. Everything else is a thought. So that's step one. Become aware of your thoughts are and separate them from the facts.

Step two is to decide what to think on purpose and step three is practice, practice, practice. Okay, so how you become aware of your thoughts? The first is by noticing every time that you look at your body and have a thought about it and then tell yourself it's just a thought. So every time you look at your body and you hear that voice in your head, "Oh, your butt's so big, I wish you didn't have that stomach roll," whatever it is.

With me, I look in the mirror and I'm like, why is one of your eyebrows higher than the other? And now all my coaching clients are going to be studying my face on our video calls. But seriously, sometimes I look in the mirror, I realized this the other day that one of my eyebrows is higher than the other. I'm like, why did nobody tell me this? I'm 51 years old, how am I just figuring this out?

And I watched my brain just go down this like, oh my god, can you have surgery to fix that? It was crazy. And then I'm like, wait no, that's just a thought. Like, there's nothing wrong with my eyebrows. They're just a fact. It's like a circumstance in my face and my thought about it is that it's wrong to have one eyebrow higher than the other. It's not. It really isn't.

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So I want you to really listen in on your thoughts as if you're eavesdropping and recognize that those thoughts are not facts. They are sentences in your mind, they're opinions, and they are what's making you feel icky about yourself. It is not your big calves that are making you feel icky about yourself. The thought, "My calves are big, my calves are too big," whatever it is, that's a thought.

The circumference of your calves, whatever it is, 15 inches, 18 inches, 19 inches, that's the fact. Your thought is that's too big, that's what makes you feel icky. It's not your calves. It is never your body that makes you feel bad. It is what you think about your body that makes you feel bad, and it is really, really important to make that distinction first so that you can change your thinking.

So you need to accept that you, your body, is not what makes you feel bad, that it is your thoughts. So next you're going to decide on purpose what you want to think instead. This is where you steer the ship instead of letting what the rest of the world has programmed into your brain run the show.

And here is my suggestion on how to start doing that. So we've all seen the memes on Instagram about embracing our flaws and it seems so empowering. And for sure it's a good first step. But it is based on a belief system that says there is a perfect body and everything that doesn't comply with that is a flaw.

So I want you to up-level your thinking right now. Instead of learning to love your body despite its flaws, I want you to decide to believe that none of that stuff is a fucking flaw in the first place. Like, really hear me. That is freedom. Instead of learning to love your body despite its flaws, go to the next level. None of it is a flaw.

If you can believe that none of it is a flaw, which is a fact, because flaws are our thoughts. Flaws are things that we've created with our thoughts. A

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flaw is something that we judge as wrong. A flaw is not a fact. A flaw is an opinion. Somebody else might have an opinion that that part of your body is not a flaw.

So that's what I want you to do. I want you to up-level your thinking from I'm going to love my body despite its flaws to there is no such thing as a flaw, none of it is a flaw. The size of your thighs, whether you have cellulite or not, whether you have wrinkles on your face or stretch marks or whether one of your eyebrows is higher than the other one, they are circumstances. They're just the data of your body. Your thoughts about them is what tells you that it's a flaw.

None of it is a flaw. None of it is a deficiency. Can you run? Can you bike? Can you climb a rock wall? Can you have a conversation with your bestie? Can you hug somebody? Can you teach your child math? Your brain and body are perfect. The circumstances, the stretch marks, whatever it is, they are just the facts of your body's appearance and you get to decide whether that's a flaw or not, and I'm advising you to stop believing it's a flaw.

I really want you to hear me right now because this is life-changing. There's no such thing as a body flaw. We just have bodies. Human bodies that come in all different shapes and sizes and abilities. None of them are flawed.

Calling something a flaw implies that it is wrong, that you should be working to fix it or change it. And there really is no such thing as the perfect body. Even perfect bodies aren't perfect. They have to be Photoshopped. There's only the body type that the media tells us is perfect and we've been sold a lot of BS.

So when you are deciding to think differently on purpose, I want you to start there. remember that it is up to you whether you want to think of your body as a collection of flaws or not. In my opinion, it is way easier to just decide

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that none of it is a flaw and then you don't have to like, argue with yourself all the time and say I'm going to love myself despite my flaws because you're just like, flaw? What flaws?

Now, here's the thing; this is where we kind of come into part three. Changing your thoughts, especially if you've been thinking the negative ones for a long time isn't always easy. But changing your thoughts is where body love becomes reality. And you really have to work on it daily, just like you need to exercise daily if you want to get better at running, you have to work on your thoughts daily. You have to do the emotional training in addition to the physical training.

So your brain is going to want to revert back to the old way of thinking every single time because it's a deeply ingrained habit, and this is normal. You just need to redirect yourself a lot. Think about the first time you went running and your body was like, what is happening? We want to stop, and you just had to keep reminding yourself, we're just going to do this for 20 seconds, we're just going to do this for 20 seconds. You just had to redirect. You probably had to do it a lot in the beginning. Changing your thought patterns is the same way.

So what I like to do to practice working on new beliefs is write down your list of body beliefs that you're working on. Like, read them out daily out loud to yourself, make a voice memo on your phone, listen to it in the car, while you're out walking or running. Look for evidence in your life to support your new beliefs. Literally practice thinking those new thoughts. Sit down and meditate on them.

And here's the other thing; you need to start slowly. You can't leap right from I hate my body to I love my body. You won't believe it, it'll feel weird, you'll be arguing with yourself all the time in addition to all the criticism. You have to work your way there step-wise. So we start out with the belief I just

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taught you that nothing is a flaw. So you practice that until you really believe it.

And you don't have to start liking everything about your body, but let's drop the notion that anything is flawed and then you can move on to accepting the parts that you don't like. You don't have to like them again, but you can work on not hating them actively, and then keep going from there.

And it does take time. It took me years. And you know, I still have moments when I see a picture of myself and I'm like, is that really what I look like? And then I catch myself and remind myself that like, wishing I looked differently, wishing I have a smaller body, wishing both my eyebrows were at the same level, won't make me happier.

I will still be the same me, just with a different appearance. I will still have all the same problems so wishing for a different body, whatever it is, doesn't get me anywhere except waste some of my precious 50,000 thoughts per day on something that doesn't get me any closer to any of my goals.

So learning to love your body right now exactly as it is is so critical to becoming a really high-functioning human and getting what you want out of life. You can't get where you want to be if you're spending all your time worrying about the size of your ass. I mean, look at some of the women in this world that are just killing it out there, and I promise you that their attention is not on what the size of their body is all about.

They don't look at their appearance and spend a lot of time obsessing over it because they've got shit to do. So rebels, you get 50,000 thoughts a day. They are powerful. They determine what you get out of life. So use them wisely.

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Okay my friends, so talked about this before but I'm going to talk about it again because it's so important for you to know. We are doing some really cool stuff in 2019 with the Rebel Runner Unleashed program. And I know you know about the race-cations, but what you might not know is that the race itself is just the celebration of the transformation you're going to go through during your training.

It's not just a training plan and a race. It's a personal development program that's going to help you transform into the badass superhero of your own life. Running is one of the tools we use to get there. Running and life coaching and everything I teach here on the podcast plus a lot more.

It's really a transformative four-month experience. It's actually 18 weeks where each week there's a different lesson. Each week there's a different life coaching skill that we teach you, a different running skill that we teach you. You will chase down and achieve a really big goal, a half marathon, with a dozen other women who have been working to make that same transformation.

And so you go from week one to week 18, you've got me and my team the whole way helping you evolve into that version of yourself that you want to be. We use running and life coaching as the tools. We do all this stuff that if you've ever gone to any of my webinars where I talk about the rebel runner formula, we take you step by step through the entire rebel runner formula and you will not recognize yourself at the end, and I mean that in the best possible way.

You also finish a race and end the program with confidence, self-love, pretty much feeling like you can take over the world. And you will have a gorgeous race medal to add to your collection too. So we will teach you how to motivate yourself when things get hard, and this is the skill that you can use outside of running.

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When you do hard things elsewhere in your life, you're already going to know how to motivate yourself. We will teach you how to motivate yourself when things stop being fun because sometimes hard goals are not super fun. I know this for a fact. And again, that's a skill that's going to translate outside of just running to elsewhere in your life.

We're going to teach you how to be an example to others on what is possible. And you will learn all the skills from a master certified life coach and a certified running coach, I have both on the team, on how to manage your inner mean girl so you can get the fuck out of your own way and make some shit happen for yourself.

And of course, we're going to teach you all the finer points of training for an endurance race so you can finish feeling strong and super proud of what you've done. So here's what the program is not. It's not just a show up and party race-cation. Yes, there's a race-cation, yes, there's going to be a party. A badass luxurious write home to your mom kind of party.

But that's just three days out of the 18 weeks. It's not just a program that you can half ass either. You've got to full ass this shit, my friends. If you don't, I don't want you to apply if you're not 110% sure that you want to transform yourself into a superhero. If you just want to run a race, go run a race. That's awesome, I'm all on board with that. In fact, join Run Your Best Life, I'll help you do it.

If you want to become a better version of yourself, if you want to transform into a total badass that not only does the hard shit that it takes to train for a half marathon but learns how to do hard shit elsewhere in her life, this is the program for you.

It's also not a solo exercise because you're in this with me, all the other women in your training group. They will have your back and you will have theirs. I'm there to make sure everyone stays on track. My team is there to

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help you stay on track and apply what you're learning to make sure that you finish your race and feel amazing. And I want you to know I have a 100% success rate in training people for distance races.

If my clients show up and do the work, I get them across the finish line and they feel awesome about it. I've not lost a single client yet. I am tough on you. I'm tough on you just the way I'm tough on you in this podcast. So if you like this podcast, you already know what kind of tough love you're going to get from me.

I'm also very loving and compassionate, and if you ask any of my Run Your Best Life or current clients, you'll know that like, I get it. I know the struggles you're going through. I'm going to be tough on you but I'm also going to show you the love and compassion to help get you through when you're struggling.

And the reason why I do it this way is I've been where you are. I know what you need to get across that finish line and I can help you do it. I'm also not going to sugarcoat it. The experience is definitely an investment. Transformation doesn't happen by accident. I go all in on you and I expect you to go all in on yourself. So it's an investment of time and money and your brain. It will require you to become a different, stronger, and more powerful version of yourself to get through the 18 weeks.

But if you are up for the challenge, if you think you've got what it takes, I want us to have a conversation. Head on over to talktojill.com. Fill out your application, set up an appointment, you'll talk to Lauren for about 10, 15 minutes just as an initial hey, does this make sense for us and then she will send you over to me and you and I will have a really detailed talk about what's going on with you, where you want to be, how I can help you get there, and hopefully the next thing you know you'll be that badass superhero of your own life that you always wanted to be.

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Alright be rebels, that is it for this week. Everything I mentioned in this episode can be found in the show notes at notyouraveragerunner.com/74, and I will talk to you soon.

Thanks for listening to this episode of *The Not Your Average Runner Podcast*. If you liked what you heard and want more, head over to www.notyouraveragerunner.com to download your free one-week jumpstart plan and get started running today.