

Ep #235: The 4 Basics of Exercise Fueling with Corinne Crabtree



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Jill Angie

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Welcome to *The Not Your Average Runner Podcast*. If you're a woman who has never felt athletic but you still dream about becoming a runner, you are in the right place. I'm Jill Angie, a certified running and life coach, and I teach women how to start running, feel confident, and change their lives. And now I want to help you.

Hey, Rebels, I am super excited to bring you an episode with Corinne Crabtree this week. We'll be diving into the four basics of how to fuel your body for exercise, especially running. And before I get to the interview I just want to make sure you are aware that there will be occasional discussion of weight loss in this show. It is not the main focus, but if you're sensitive to this type of discussion, I just wanted to let you know.

Now, I firmly believe that you can be a runner without losing a single pound. But I also know there are lots of you who are in the process of losing weight or want to start down that road and running is simply part of that journey. Which is why I'm bringing you this awesome episode today.

Now, if you don't know Corinne Crabtree, you are in for a huge treat. She is the host of the *Losing 100 Pounds with Corinne Crabtree* podcast. She is the creator of the No BS Weight Loss Program where she helps women drop diet mentality so they can lose weight in a way that is sustainable and feels good. She is an amazing coach, an amazing human, and I know you are going to absolutely love this episode. Are you ready? Let's go.

Jill: Hey, Rebels. Well, as you heard in the intro, I am here with the one and only Corinne Crabtree and we are here today to talk about the four basics of exercise fueling. And I promise, this one is going to rock your world. So Corinne, thank you for joining me today.

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Corinne: Well, thank you for having me. And can I just say that this was not completely my idea, this was your brilliance. I never had a four basics of exercise fueling until you were like, "You got those four basics, do you have anything for exercise?" I was like, "Jeez, Jill Angie, let me write something."

Jill: Great minds, great minds. So before we dive into that I'd love to have you maybe tell folks a little bit about yourself. Maybe people who aren't familiar with you, like what's your backstory?

Corinne: Well, I lost 100 pounds. At the age of nine I had started putting on weight. I had a single mom who just didn't have a lot of money, she was trying to raise two kids. My mother was 17 when she had me and the ripe old age of 19 by the time my brother came along. She had a high school education. And so we didn't have a lot of food around.

So where I grew up it was always McDonald's, Burger King, or KFC on steady repeat and every now and then the treat of Hardee's. Then we moved up to where we could go to buffets. I just never ate anything other than fast food. And then I spent my entire growing up eating at buffets being told eat all you can because we don't know where the next meal is going to come from.

So by the time I'd gotten into my 20s and 30s I didn't like a lot of things other than burgers and French fries and buffets and I didn't have a stop button on my eating. And I also was bullied so bad because of my weight all my life that I had a lot of emotional weight that I carried around.

So I spent 20s and 30s eating to feel better, eating to fit in, eating because it was free, eating because I didn't want to waste it. So I did a lot of eating that didn't have anything to do with why I was actually hungry and what my body needed or wanted.

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So when I had a little kid, he was about a year old and he wanted to play with me one day. And I was laying on my couch at 10am and I was so exhausted and so depressed. And I just looked at him and said, "I'm too tired to play." And it was in that moment that I realized I had to do something different in my life.

That I was sitting around eating and that was like the only thing. It wasn't even making me happy anymore. It was the only thing that kept me from crying all day. It was like the only lifeline I really had. And I just cried all day and by the time my husband came home that night I just looked at him and said, "I don't know what I'm going to do. But I'm going to have to figure this out. I can't keep going like I'm going."

And what was interesting is I knew I wanted to lose weight, I had literally been wanting to lose weight since I was nine years. I remember my first diary entry said, "This is how much I weigh. The boys don't like me, everyone thinks I'm fat. I wish I could just lose weight." That was basically the entry of almost every diary that I had throughout my childhood.

But I knew that I didn't want to lose weight the way I'd always done it, which was just like an asshole. I'd always started something so gung-ho, and I would start things from hatred of myself. I would torture myself, I would deprive myself, I would cut out everything I loved to eat. And I was not going to do that to myself ever again.

And so I just asked a simple question each day, like, all right, what are you ready to do today? What is something a little bit better that you can do today than you did yesterday? And so as I was thinking about getting started, I started with walking.

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I was the kid that got benched in PE. I remember clearly when I was in the sixth grade, going to PE and the PE teacher telling me that I was too slow and too big and none of the kids wanted to have me on their team. So I had to sit out while they all took PE. And so I'd never played sports. I had no background in any of that stuff.

But for some reason on that day I was like the one thing I know I could do, and I could do it consistently. And it really wasn't exciting, but it seemed very doable was I thought, a human could walk 15 minutes a day. That doesn't seem extreme, that doesn't seem like, for me, it didn't seem like some kind of ridiculous expectation. I really felt like even on my worst day, I could convince myself to walk around my house for 15 minutes if I had to.

And so I just told my husband, tomorrow I'm going to start walking. I'm going to go to the gym, because we didn't live in an area where going out for a walk at night was going to be a good idea. My son, who was one, who wanted to play did not like a stroller. I was going to have to carry him and I wasn't in shape to carry him for 15 minutes straight.

And so I joined the Y and I rolled up in there and I walked for 15 minutes. And it killed me, I was so winded by the end, it was really hard. But I walked out really proud that I had basically taken a step in the right direction. So each night when my husband would come home from work, I would drive to the gym and I would walk for 15 minutes.

And then those 15 minutes turned into 20 and I just kind of tinkered with it. But I just kind of kept consistent with a habit. And walking for me was that first habit. Exercise was the foundation for me. I tell people all the time, I don't teach people to lose weight with exercise. I teach people we're going to have to drop our emotional eating and stuff and figure that out. And that's a process and that takes time.

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But if you ever use exercise as a tool for weight loss, it has nothing to do with burning calories. And that's been the biggest lie the diet industry has put out. It has everything to do with learning how to make a plan, get excited about it, commit to it, show up when you don't want to. It's about challenging the beliefs you have about yourself. Doing things that you never thought you could do, like lifting weights to get stronger because you always felt kind of weak in life.

I remember when I started lifting weights, and this was a long time after my walks. It was like I felt like I was never a strong person, that I always felt like I let people run over me. I listened to other people's opinions before my own. And when I started lifting weights it made sense to me that I was becoming a stronger person. Not even just with weights, but even for myself.

And so that's kind of my story and how exercise was such a key player in my weight loss journey just in the mental transformation that it played for me.

Jill: Yeah. Oh, I love that so much because it really is about respecting your abilities and taking a step instead of taking all the steps all at once, right? It's like what is that one thing that I can do that I can count on myself to do? And I love that it was exercise.

Corinne: Yeah.

Jill: Well, I just think exercise is so beneficial to our minds that it helps create the mindset to make additional changes.

Corinne: Yes, and for me it was also a little bit of like therapy for me too. I had a really hard time when my son was young. He has autism, he was a

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high needs child from the get go. Sweetest boy you'll ever meet, he's the kindest soul ever. But those first few years, I mean, he needed to be carried everywhere. He was very active. He didn't speak for a long time, so there was a lot of trying to guess what his needs were. It was mentally exhausting for me all day long.

And for me going and being able to take a break calmed my nervous system down all day. Because if you can imagine, when you have a high needs kid, a lot of us what we do is we – Or at least for me, I started thinking that there was something wrong with me as a mother. And that everybody else seems to be enjoying their kid and I'm just sitting here miserable all day.

And so there was shame happening all day, and stress happening all day, and all these things. And then when my husband would come home I would go and I would be able to deal with what was going on in my head. I would be able to feel like I was accomplishing a little something, having a little bit of that me time and calming myself down some.

And I think the turning point in my weight loss was not that I was exercising, but that I was doing something for myself that I didn't need to eat. Because up until that point when my husband would get home, it was time to get down on ice cream. And it was time to get down on all the foods because I needed to calm down. And I finally had a break where I could just eat all I wanted.

During the day I would eat. But I would eat when he would get home because I didn't have any other way to cope. I didn't know how to cope. That's where exercise became like a really – It really wasn't as much like I was killing it in the gym. It was just like, I'm going to go here and this is for

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me. And this is all about me figuring out my shit. And that was what was giving me so much peace.

Jill: Yeah. And once you have that peace, then you can start making decisions about other things without the drama.

Corinne: Oh gosh yes. I remember the first time that we went to IHOP, we went out to eat and I'd been walking for a while. And up until this point when we went out to eat, I ate like I did when I was a kid. Like eat all you can, don't waste anything. Find the biggest, cheapest thing on the menu. I had so much messaging.

I remember we went to IHOP once and because I'd been consistent with my exercise and all this stuff I wasn't going in there stressed. I thought I could just eat these pancakes without some butter. That was like my level up. I walked out of there thinking that somebody should put a gold medal from the Olympics around my neck because I had never walked into a restaurant and made a level up from believing I could.

I always went to a restaurant and ordered like, yeah, I'll take the salad, keep the chicken, give me fat free Italian dressing. And then leave angry and feeling punished. But thinking I had to eat that way in order to lose weight.

I don't know, for me, exercise just really helped me believe in myself and settle down and think about possibility. And it was like how could I challenge myself a little bit today? It was really a big key change for me.

Jill: Yeah, I mean, I can agree with that 100% because I think for me, that's always what exercise has been for me in my life. It's a way to say like, "Oh, look, look, you did that. You did that amazing thing." And then I can see

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possibility for myself elsewhere in my life and it just sort of snowballs from there.

Especially if you're somebody who grew up thinking you're not an athletic person. For you to sort of reclaim that belief and turn it around to yeah, actually, I am somebody who moves my body every day. And oh, wow, actually, I can do some really cool stuff. It's really life changing.

Corinne: Well, I want to say this, this is one of the things I love about you is that I think we need more people like you out there. For years I wouldn't exercise because of my size and my shape and the other 4,000 doo-doo thoughts I had about myself. And I think that we need more people out there show and that everybody deserves to be able to exercise and everybody can exercise in some way.

I mean, I even have clients in my membership who, I have a significant population of women who are 60 plus. And they got busted knees, and arthritis, and some are in wheelchairs and all kinds of stuff. And we work really hard on showing them the possibility of moving your body no matter how old you are, no matter what size you are, no matter what you've been told, your background, even the access you have to things. Just like go to YouTube, find a yoga video in your chair.

I remember my mother who, she's always been significantly overweight all her life, and she has – Oh, my poor mother, she's had a complete shoulder replacement, two brand new knees, the other shoulder needs to be replaced. She has feet that when she was born they were deformed and so she's never had arches and she had to have a heel formed for her. She just like from the head down aches and pain almost every day. And carrying around wait for her was excruciating and very hard for her to move.

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And I remember the first time that I showed her how to just do some chair yoga. I was like mama, I know you think you can't do anything but I think you can do this and I would love for you to try it so you can feel better. And over the years, the last two years, she's lost about 100 pounds. And she lost it because she was on every med. She was like, I can't afford to be on the meds and I can't afford to be in this much pain every day anymore.

So she just started changing. The only thing she did was she said, "I just stopped eating before I was full. I hadn't changed a damn thing." She hasn't, she's fried chicken three days a week, at least. My mother is hilarious about her fried chicken. She's a southern lady who will never give that up. She even figured out I need to move so I can feel better. And she had a really good motivation behind it.

Jill: Oh, I love that. And really I know for myself if I go a couple days without exercising, I feel it in my body pretty quickly, right? I'm like suddenly I start to feel achy. And in the past, I think I would have called those aches and pains like, oh, it sucks getting older. I'm like, oh, no, actually, it just sucks when you stop moving.

Corinne: Yes.

Jill: And it's like that's where that comes from. But something specific I kind of want to ask you because this is something originally when we started talking about doing this podcast, I thought, oh, let's do an episode about how everybody gains weight when they start to train for long distances, right?

It's really common that people think, "Oh, I'm going to train for a half marathon, I'm going to burn all these calories, right?" It's a definitely a thought, error, I'm going to burn all these calories, I'm going to lose all this

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weight. And then very often the opposite happens. And that sort of morphed into like, well, actually, what are some guidelines to eat when you're training for a half marathon? But then just in general.

And so then you came up with the four basics of exercise fueling that I think they're super simple. Just the way you said, okay, when I first started losing weight, I'm just going to walk for 15 minutes a day. It's sort of your brain was like, "Okay, that's a thing I could do." There was no drama in the brain. And so these four basics that you've come up with are so beautifully simple that I kind of feel like pretty much anybody should be able to do them.

Corinne: Yeah. So everything I do, I don't care what it is, from parenting, to how people are going to lose weight, to just how you go about your day, how I plan my day, everything's always got to be simple. I am not a complicated person. I tell people all the time, if it's hard, I know me, I'm likely to not do it. People always look at me and be like, you do so many hard things. I'm like, I may do things that look hard on the outside. But my process is so simple, that's why I can do them.

Most people can do hard things. It's just your process is so complicated and so full of shit in your head about it, that you make it a hard process to get there. So I'm all about the simple, all about it.

Jill: I absolutely love that. It's like you don't need to count all your macros and with all these other things. Why don't you go ahead and explain what are the four basics of exercise fueling? Just kind of like what is the purpose of this? And then we'll talk about them individually.

Corinne: Yeah, so the purpose is to just give you a basic framework that it's like, all right, common sense tells me these are things that I should probably do. They just make sense. They're not overly complicated. But

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most of us need some kind of rules. I tell people all the time, there's a difference between rules set in shame, and anger, and disappointment and all this other stuff. And so we tend to complicate things.

These are just basic guidelines, basic rules, just to let you know all right, when I do these things it's going to be simpler for me to get it done. And if I start getting off track, when you have some simple rules, it's real easy to know when to rein yourself back in.

So I always equate all the different variations of basics that I have is like when we are kids, we go to the bowling alley and they put the bumpers down. And when we first start throwing the ball down it zigzags its way all the way there and sometimes we even get a strike. We can fuck it up and still get one. And then the older we get and the better we get, eventually we're throwing the ball down pretty good and we rarely hit our bumpers.

So to me having some guides is like having those bumpers. And when you first start you're banging into them all the time, but they're there to let you know you're about to go in the gutter, get back on track, get back on track. And then eventually you get where you just can throw your own ball down the lane pretty good and you don't need your bumpers that often, they're just now happening in the background. But every now and then when shit hits the fan in life, you'll hit it but you'll be able to guide yourself back.

I'm going to tell you I came up with this kid's bumper thing the other day. I was like, why have I never used this analogy? Everybody has pretty much seen a little kid haul a ball down and watch that. There's nothing more gratifying to see a six pound ball roll slowly zigzag pattern down a bowling lane and it get a strike. It just goes to show how you can fuck it up all the way there and still nail your goal.

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Jill: I know, I feel like this is a life lesson that we should all be like tattooing on our forearms. So anyway, all right, well, let's talk about the first basic.

Corinne: Yes.

Jill: I lost the first one. I love them all, but I especially love the first one. So tell us all the things.

Corinne: Drink your water. This is like the unsung – I think water is the unsung hero. It's something that everybody, I think, in health and fitness and all the things, we always talk about water. But we never talk about why it's really important and what it can do for us. And I think that that's the important thing, is like I watch too many people poo poo water all the time and like, “Oh, drinking water isn't going to be enough and I don't even like the taste of it.”

And we focus on that part but when you are exercising especially, you owe it to yourself to get the first nutrient in. And that is always going to be the water because you're going to lose a lot of water. And the more water that you lose, number one, you increase a lot of your cravings to eat because you have to think about it, water is a required nutrient.

You can go three days without water and die. You can go 30 days without food before you die. And some people can go even longer than that. That is how Mother Nature, she is like if there's one important thing you need, it's got to be the water.

So when we exercise, we're losing it. And your body, when it starts not getting enough it goes into alarm mode. It doesn't just turn up the volume of like, “Oh, I think you're wilting flower.” It's like, “No, go find food. Ransack

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everything, whatever you do get something in you because you're losing your water.”

And so if you really want to be able to stabilize your hunger cues and you want to be able to help your body along with understanding what's going to be required fueling, necessary fueling for your sport, stay hydrated. The other thing is it also gives you the energy in your workouts.

So if you're working out and you notice that you're starting to train and you're going to do a 5K. And you notice about two weeks in you were like, “I started off gung-ho, but now the runs seem to actually be getting a lot harder. I seem to be running out of steam.” It may be that build up of being chronically dehydrated, and most people just are.

And I think the last thing that I think about water when it comes to an athlete, and can I just say this? I always use the word athlete. A lot of times beginner exercisers, it's really hard for them to call themselves an athlete. I know it took me a long time to consider myself an athlete.

If you start moving, you need to adopt an athlete mindset. Because you have to start thinking like an athlete in order to power through workouts, to get to your finish lines and stuff. You can't think like the person who never exercised. You have to think like the athlete. You have to think like the person who takes care of themselves.

Athletes don't sit around and think water is not important. They're always trying to get it in. But anyway, when you're working out you're always tearing your muscles down. You're tearing them down and you're building them back up. You're tearing your body down and you're building it back up. And that's how we get better, more efficient, do the things.

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Water is the required nutrient to do that. It is more important than anything else. So just make sure that you're doing it, it will keep you from getting injured, like not 100%. But a lot of injuries come when people are not drinking their water and trying to exercise on dry bones, dry muscles, dry joints. I mean, it's just terrible.

Jill: And really, the time to start drinking your water is not during your workout. We're not talking about hydrating when you're working out because for sure you should be doing that. We're talking all the time, right? Like before you work out, like all day long. You're just going to feel so much better on your workout if you keep yourself in a hydrated state.

Corinne: Yes.

Jill: The other thing that I wanted to add because this is, I mean from the perspective of my clients, it's winter now when we're recording this and a lot of folks are like, "Oh, well it's cold outside and I'm not sweating very much so I probably don't need to replace as much water." And it's like, just because you can't feel the moisture on your skin, doesn't mean it's not leaving your body. It's just like evaporating into the super dry air.

So I think it's just as important, maybe even more so to pay attention to your hydration and your re-hydration when it's cold outside. Because you can kind of trick yourself into thinking well, because I don't feel too sweaty, I probably didn't lose a lot of liquid.

Corinne: That is so funny you said that because my husband is – If you came to our house, you would think something's wrong with these people. We have humidifiers all over the house, they're like the cold air versions.

Jill: Yeah.

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Corinne: And I mean they're everywhere. My husband's real funny about he does not like dry air. And so for a couple of days he wasn't feeling good, he wasn't refilling them. And I was telling him, this was just one night this week, I said, "I don't know what's going on." I was like, "But I have been so thirsty today, and I'm barely peeing. And I can't even get my Oura ring off." And he was like, "Oh yeah, I didn't run the humidifiers for a couple of days." And I was like, what the fuck does that have to do with anything?

I was just like, what? And he said, well, you're losing like 100 ounces of water a day. He said, if you didn't drink extra and stuff, of course, you're like, blah, blah. And I said, damn Spooky, you know way more about this than even I do. That was new news to me that when the air was dry, that I was – And I know that sounds crazy, but I live in the south. I always equate everything to humid ass conditions. Like we sweat in the summer.

And so I was just sitting there thinking, oh, okay, well. I literally could not get my ring off and I just kept drinking and drinking. And I kept thinking, "I can't believe I don't have to pee today." I just hadn't hardly gone to the bathroom. But it was because I had not been upping and then I got behind.

We do lose a lot more. We lose, I think he said 100 ounces a day through evaporation of our skin. And we lose it in ways that we're not consciously aware of.

Jill: Yes, exactly. Exactly, so it's not just like, oh, I'm super sweaty after that workout. It's like that's just a proverbial drop in the bucket to what you lose during the day.

And I think it's so funny, so I'm in my office right now and our Peloton is in this room. And it's a pretty small room and if you're in here riding the Peloton with the door shut and somebody comes in, they walk in and

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they're like, "Who turned on the humidity?" It's just because so much of the water that's in your body has left your body and is now hanging out in the air. And it's really noticeable. So yeah, so those are things that I think we kind of forget sometimes with water. But I water is my favorite.

And what are some ways, like for example, I don't drink caffeinated coffee. I only drink decaf because caffeine, once I hit menopause, that was it for me and caffeine. We do not work well together. But I love coffee so I drink decaf coffee. And I count that as water because I'm like, well, it's just basically hot bean water at that point.

Corinne: Hot bean water, that sounds delicious, Jill.

Jill: It's delightful. What do you count as water when you're thinking about hydration? Especially for the people that are like, "Oh, water sucks. I hate the taste." What are some options?

Corinne: I am just not going to be a big prude about that. I mean, look, if you do not like artificial sweeteners and stuff, then I applaud you. Don't put that shit in your water and be on it. But for me, I've always flavored my water. I just do. I like it, I've been drinking flavored water for 15 years now and I'm not stopping.

So I just tell people all the time, whatever you got to do to get it down, get it down. If you want to use just fruit to naturally do it, I mean, you can go to Pinterest, you can find a bajillion different versions of flavored spa like waters and stuff. There's so much you can do to water naturally to make it taste better.

I personally like to use an electrolyte blend. I drink Xtend all day. I take, well you can't see us, podcast listeners, but Jill can see me because we're

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looking at each other. I take a bottle of water, the big liter version and I put a half of a serving of Xtend in that and shake it up and I drink three of those a day. It's X-T-E-N-D. I'm not endorsing them, but I have been drinking them.

And I drink grape because that will be the next question everybody will be writing in to Jill about, like "What flavor does she drink?" It's grape, I drink grape. But there's a lot of other flavors that taste good. I just happen to drink that one because I started drinking it a long time ago and enjoy it.

If you want to flavor it, that's fine with me. I agree with you, I drink coffee in the morning. I always drink two cups of coffee every single morning. In fact, you're breaking my heart, I'm perimenopause now. I'm like if I have to give up my coffee, Jill, we're going to have problems.

Jill: You'll be okay. I haven't heard of too many people that this happened to. I found that it was the caffeine triggered hot flashes and I was like I'm not down with the hot flashes. I should give it a try because I don't get hot flashes anymore. So I could probably, it's been a few. It's been a few years so I could probably start drinking it. But the reason I say decaf is just because caffeine is a diuretic and so that causes you to flush out water.

Corinne: Yes.

Jill: So 10 cups of coffee is probably not.

Corinne: It's a no, yeah. I always tell my people if they want to count one caffeinated beverage a day, that's fine. I'm like, just go ahead and go with that. But after that, you cannot count those. Because of its diuretic effect I wouldn't count them. I also tell people I really wouldn't count diet sodas as much. I think that they also don't hydrate you as well.

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But there are really good carbonated fizzy waters. My best friend in the entire world, she happens to be an elite Ironman athlete. I mean, she is just she's impressive. That's the best word I can come up with, is impressive.

And like every quarter we have a girls trip, we always have to go someplace to make sure that she gets her fizzy Deer Parks because she loves them. She can't function without them. We either get those or those little Bublys, she loves those too.

And so you'll see her because she is an athlete, you know, like a really good one. You'll never see her not – I always love it when she's like, “I think I'm dehydrated.” And she's on her like 400 bottle of water for the day. And I'm like, “Oh my God, are you serious, Jane?” And she's like, “Oh yeah, I can just taste it.”

Jill: That's so funny, I love that. And just the last question about this, how much water do you think is the right amount? Because I know people are going to say, well, how much should I be drinking? So do you have like a starting point for people?

Corinne: Yeah, I mean, there's always the basic 64 ounces. I mean at least get there. As you exercise, you do need to add in more. The rule that I always give people that tends to be the simplest, and this is just me. Because the way I teach weight loss, the way I teach exercise, the way I teach everything is get in tune with what your body's signals are.

I always feel like our body is always going to guide us in the right direction. What society says, and Google says, and our best friend says, and social media says, not always the best indicator of where we should go in life. But your body is designed to be your best friend. You know, the good Lord didn't give you a body to be like, worst enemy coming in. I always say

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there's one thing in the world that unconditionally loves you, and that is your body.

And if you look at your body, let's say you want to sit in a chair for the rest of your life and do jack shit nothing. Your body will love you so much it will deform its spine to accommodate anything you want to do. It's just like, I will sacrifice myself to fit whatever lifestyle you want to live.

So with water, if you will watch your urine, as long as it's a pale yellow you're doing great. So I always, like right now I'm training for a half marathon. I haven't done a half marathon in a few years. I did a 10 miler last year and this year I wanted to do a half here in Nashville. I've done this race like seven or eight times now and I just, I don't know, there's just something special about it.

And as I'm working out more to accommodate training, I'm watching my urine to see if the color is staying pale yellow. If it starts to darken, I know I need to up my water intake. To me the best measure will always be what your body is trying to tell you.

Jill: Yeah, perfect. I love that. All right, what's number two? Basic number two?

Corinne: Sleep.

Jill: Sleep.

Corinne: Sleep, but to me it's my favorite. I'm like I get behind getting some sleep.

Jill: I love sleep.

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Corinne: Me too, man. It's a love affair. We were in bed last night, I was asleep at 7:45. I woke up at nine to go the bathroom, thought I'd slept like all night and my husband was still awake. And I was like what time is it? He said nine. I was like nine? We've just gotten started. It's kind of good news.

So sleep is very similar to water, they share a lot of characteristics. Your body needs sleep, it does not like being sleep deprived. When it's deprived of that nutrient it will ask for it in other ways. So I know for me when I'm tired, I want to eat more. When I actually need to listen to what's going on. I need to be sleeping.

But my body will say like all right, bitch, if you're not going to give me what I need I'm going to circumvent the system to try to figure out a way because you're going to work today, you're wanting to be up, and you're wanting to spend time with you kid and all this other stuff. So I'm going to have to figure out a way to give you energy. So I'll ask for food when what I really need is more sleep. So seven to nine hours a night.

I know for me personally that when I start training meaning, like seven hours when I'm just doing 30, 45 minute workouts a day. My average workout, especially in the summer is a walk. I love walking, I like to listen to podcasts and stuff. And I like to be able to spend time with myself. So I do a lot of walking more in the summer.

This time of the year if I have a race or something I'm doing more running, and I would call it weights and higher intensity workouts, I need more about nine. And I start noticing because I'm either waking up refreshed, or I'm waking up tired. So that's kind of how I judge it.

I also wear the Oura ring, O-U-R-A. And again, I don't get anything from these people, I just tell you all the bullshit of what I like. But I have an Oura

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ring and it will tell me based on my sleep patterns and stuff. It starts telling me how much activity I can do that day that it recommends. It will tell me all kinds of really good biometrics. And I listen to it.

The other day I had a run planned and I could tell when I woke up I was tired. I woke up and I thought, “Oh my God, I am so tired this morning.” And I had done my first long run on Saturday and this was Monday morning. I woke up and I was supposed to run.

And I checked my Oura ring stats, and it was like really low. And it said today is a good day to take a mindful break. And I shit canned the run. And I was like I rearranged my entire schedule because I was like I really want to listen to what my body's telling me.

So when you start upping intensity, you also are going to probably need to prioritize getting a little bit more rest. It helps you repair your muscles, again, you're working out, you're breaking things down, you're tearing things up. The magic happens when you sleep in your muscles and in your joints. That is when your body works really hard to make sure that it can keep you going when you get up.

The other thing that it does is it is where gains are made. So if you are trying to, you know, maybe you want to get a little faster. Or you want to be able to take your intervals from 30 seconds of running and one minute of walking, maybe you want to get to where you're 45 seconds of running and one minute of walking. Being able to get good rest and recovery is where you can make those types of gains. So you just kind of have to think about sleep that way.

Jill: Yeah. Well and I think it's especially important too if you are doing a lot of strength training, because that can seem – A run takes a long time. If

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you're training for a half marathon you've got these long runs or whatever. And for sure, sleep is going to help you recover from that.

But I think sometimes we forget that something like strength training where you're lifting heavy things and you're like, why am I not getting any stronger? You can look at your sleep and say like, oh, well, I'm not sleeping very well so my muscles aren't having time to repair.

Corinne: Exactly.

Jill: So I just read this book, the author's name is totally going to escape me. But it's called, *Why We Sleep* or *How We Sleep*. I think it's *Why We Sleep*. And it's a whole book about all the details of what sleep does for us. It's absolutely fascinating. And he talks in that book about how important sleep is for making new memories and just kind of taking whatever your body went through and your mind went through in the day and processing that.

And so I think with exercise and with weight loss and so forth, yes, it's what we're doing to our body, we definitely need to repair that through sleep. But also being able to process what we learned about our body and kind of like deal with the thinking that's been coming up throughout the day. I think sleep is super important for the mental aspect of it too so that you can come back refreshed and maybe drama free the next day.

I mean if you had a hard run and maybe it sucked and you've got a lot of thoughts about it, getting that good night's sleep can help you re-frame that as well.

Corinne: One thing I actually – I don't know the podcast, I just listened to this. Literally I listen to so many podcasts every single day, but it was either

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in the last day or two. It was talking about when you sleep that your mind, it's almost like it tidies up your brain. It says like, all right, these are the beliefs we want. It's just kind of going through there and cataloging everything that it absorbed all day long.

And when you wake up first thing in the morning, that first hour, your conscious brain is on the highest alert that it will be all day long. That first hour is when it is going to be its best at creativity, its best at problem solving, its best at all those things. And unfortunately what most of us do is we get up and we check email, check social, check the news. And what we do is we put in the most anxiety driven type things into our conscious mind first.

So just like for all of you, I have had to practice for a long time. The way that I structure my mornings is I always wake up, first of all it's that coffee, Jill. Just got to say, my hot bean water has to go down first. And I always journal and plan my day first. And when I journal, I'm not journaling the shit show of my life.

I'm always like, this is how I want to think today. This is what I want to accomplish today. Here's what I'm looking forward to today. Here's what I'm grateful for today, I do a lot of that. And then I exercise, because that is the opportunity of the day when – And not everybody can do this. So I spent years having to exercise in the evenings. My son woke up at like 5am for most of his life and he would not go to like a childcare. So I get all the mamas out there that are like, “I don't have that, I can't do that.”

But in the mornings, if you think about it, you're more primed with your brain after sleep to be able to utilize the conscious brain that can override the desire to shit out on a rep or a set, to cut a run short for 10 minutes, to

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do those things. It's your brain's highest opportunity of time to challenge you, to teach you that you can do things when you don't want to.

Jill: Well, that's the time of day that it's going to be the tidiest and the cleanest.

Corinne: Yes.

Jill: It's like walking into that perfectly clean kitchen and you know that the rest of the day it's not going to look like that. But that first moment when you're making your coffee and everything's put away, you're like this is amazing.

Corinne: This is the golden hour right here.

Jill: Right, exactly. Exactly. I love that. Yeah. So sleep, it's not just – I'm losing the words to describe it. But I feel like, for me, sleep impacts every single aspect of my life. Physical, mental, it's just if I'm not getting enough sleep everything goes to shit real fast.

Corinne: Exactly.

Jill: Especially post menopause. Oh my goodness, it's crazy.

Corinne: And it's a mood regulator. I mean, for everybody that has – I mean, I've been around the rodeo with depression. I attempted to take my life at 17. The first time I was diagnosed with depression clinically, I think I was 14. You know, just I got a long story about that, we won't get into it today.

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But I know for me, I can't emotionally afford to not give myself sleep. It's tough. That was one of the reasons why the other biggest bout of depression that I had was in that first year of my child's life. He didn't even sleep through the night until he was 18 months old. Up until 18 months old we were up five times a night with him. It was really rough and emotionally hard and I was hanging on by a thread. And I learned through that, that I would never be the kind of person that acted like sleep wasn't important.

Even building a business and doing the things that I've done I have always said there has to be a cut off, you have to get sleep. Even as much as I like to train and stuff, you know, I've had periods where I did all kinds of like tough mudders, and four day Ultra events, like I have done all the things. And even during those times, I would make sure that I got sleep before I got in the workout. Because I knew that I could not burn the candle on both ends and it not be detrimental to my mental health.

So I think it's really important for all of us that have struggled with depression and different things to, you know, we have to take care of ourselves. We just have to figure out somewhere deep down we are very responsible for taking care of ourselves. And we almost have to be unapologetic about it to the rest of the world. Because if we are not, ain't nobody else going to prioritize us.

Jill: Exactly.

Corinne: We got to do it.

Jill: And I love that you said that because I know for myself, taking care of myself sleep wise means I go to bed a lot earlier than most people. And they're all like, "Oh, party pooper" or whatever. And I'm like, "Hey, this is how I'm going to take care of myself." It's so much more important for me to

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get a good night's sleep than it is to stay up late and watch another episode of whatever fucking show I'm watching on Netflix. And I'm like that's the beauty of Netflix, it's always going to be there.

So for me, sleep is 100% that first priority. And yeah, people sometimes get awkward about it. And I'm like, oh well, I'm the one living in my body so I get to decide.

Corinne: Yeah, I'm very proud to be a grandma and 47.

Jill: Exactly.

Corinne: My grandmas, they always come to me and they're like, "You're just like one of us." My 60 and 70 year olds are like, "We just love you. You go to bed at 7:30." And it's just like I'm telling you, I'm ready for this lifestyle.

Jill: Yeah, so awesome. I love that. Okay, well let's talk about number three because this is kind of where, I think, a lot of folks struggle, right? I don't think we're going to have anybody going, "No, water is not important" or "No, sleep is not important." Everybody's going to kind of agree with that. But number three, I think, will be where people are like, "Oh, okay, but how do I do that?"

Corinne: Yeah, so in weight loss I teach it as doable hunger. And I really do think it applies here too. One of the things that I learned through exercise was I had to get really good at listening to what my body needed and to fuel it for that.

Which sometimes meant that when I wanted to emotionally eat, I had to decide what was more important, my emotional whim right now, or making

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sure that I was getting the right nutrients so that I could feel good when I go to the gym or whatever. So the basic of it is you're just going to eat when you're hungry. So you're going to wait for your body to say, "I'm hungry."

Now, people who have had diet trauma, let me just give you my spiel on this. You have been poorly messaged your entire life about what hunger is. A lot of us have done traumatizing diets where it's like, here's a pill, and here's your 500 calories a day, and this is what you get. And can you just do this for six months, and all your ails will be cured.

We have had experiences where we think when somebody says wait until you're hungry, our brain automatically gets triggered to think we're now going to be deprived. And now we're going to be starving and stuff. I am not talking about you needing to eat your arm off before you're allowed to eat. It's more about, for athletes, understanding how to wait until their body starts whispering hunger.

So I want you to think about it, there's a difference between your body screaming, begging, crying and demanding like a tantrum, like a child having a tantrum to eat. And then there's your body saying like, "Hey, I think it's time. It seems like we just need something."

So the more that you exercise and stuff, you may notice the whispers coming more frequently. The goal isn't to delay hunger all the time and to over question it. I just always tell people if you think you're hungry, like if anything, even if it's just a thought that enters your brain, just ask yourself, what in my body is telling me that I am?

So that's like the first line of defense, to kind of get to know your own body. The second part of it is you stop when you've had enough. We're not eating until we're full. And I think for athletes and exercisers this is important.

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There's nothing worse than trying to train when you're bloated and stuffed. It's terrible, you will be sluggish.

So I always have been able to perform a lot better when I am eating right below full. Which means it's very safe. It means I'm going to get plenty of food that's going to sustain me for a few hours. It's enough to power me through workouts.

It may not be as much as I would love to eat because I've had a shitty day. But it's definitely enough for my body to feel like this is a great amount for us to eat. And to get quality sleep so you can wake up in the morning and do that run you said you would do. That's where we want to really start turning on athletes mindset when it comes to hunger and how much you eat.

And when you're working out, the demands are going to change. But what doesn't change is your body signaling you. It wants to talk to you, but when you are training it talks to you in new ways. So if you're not training and you're just like, you know, most of my clients, they're in the I'm trying to lose my weight, that kind of thing. I would just say it's almost more clear. You don't have these extra demands asking for more food.

When you start training there are some nuances that start to happen. There's increased energy demand, which means you probably need to put more food in. I know at least I do and I think everybody needs to, but you have to listen for it. And you have to separate out do I actually need more fuel because my body's telling me? Or am I wanting more fuel because I feel like I deserve it? I worked hard. I did so many miles, this will be fun.

So there's the emotional wanting, and then there's the physical wanting. So the most important thing is just to think about what is my body telling me

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before the workout, during the workout, after the workout, hours after the workout, later in the day. And it can change.

So you and I were kind of talking before, my body is different than Jill's body. So I'll let Jill talk to her experiences on wanting to eat, her body gets over hungry. My body always gets under hungry the first day. If I do a hard workout, it suppresses my appetite, I'm almost nauseous. The last time I did a really long run for like six hours, I was a little nauseous all day. I couldn't even think about putting food in.

I ate dinner. The next day, my cat walked by and I wanted to snack on his ass. Like it was all the hunger came in. So for me, I've gotten to know my body. And what I've really figured out is I've got to plan for bland, palatable, foods that I can eat on the day of a longer run, on the day of a heavy intense workout. Because otherwise I set myself up the next day to have all the hunger. And I also set myself up the next day to be under fueled, and to be more tired, and all kinds of things.

So I think it's just a lot of, it's like anything, it's are you going to be willing to listen? Or are you going to have a lot of just like, I have all these rules I've read in the 4,001 Runner's World articles that I've read and all the Google searches I've done. Now I'm confused, and I'm listening to nothing other than my, I'm scared I'm going to fuck all this up so now I'm just going to eat.

Jill: Yeah. So I think that's so true, what you said about when I'm done working out I'm usually, especially if it's a really long run, I'm like, "Okay, I want all this. Bring on the pizza, bring it all on." And then I overeat and then I feel sick. That's how I used to do, I don't really do that anymore.

But I also think that, and this touches a little bit on basic number four, but trusting your hunger and trusting your body signals, but also knowing that,

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for example, if you're training for a half marathon, if you wait during the actual race until you're hungry to eat, you're going to bonk.

Corinne: Exactly.

Jill: And so I think also I usually plan ahead that okay, I'm going to eat before I get hungry, even though I don't want it. But I might start eating around mile two and have a couple bites here and there throughout a race so that I don't end up. So that's one way that you can actually handle that.

But yeah, it's got to be food that isn't gross, that's going to taste okay, and that takes a lot of experimentation. So I think you have to be willing to make a lot of mistakes and fuck it up and then just really be paying attention without judgment and say, "Okay, now I recognize what that signal is at mile two, or mile three. That actually is my body saying I need some food now, even though it doesn't feel like traditional hunger.

Corinne: Exactly.

Jill: Like you said, the way your body talks to you is going to change when you're doing all these different things.

Corinne: I think that that is like really key because you have to think about the majority of your life your body is speaking one language. It's like we're just going through life, and we're doing life and this is what hunger is for you. And it's just like this is the language that we have.

When you decide to start exercising and you've never been into exercise before and you start like training for, like if you want to do races, you want to start doing 10Ks and half marathons and stuff, it's like learning a brand

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new language. It's not that you can't communicate, but it takes some time. And you're not going to know every word right out the gate.

It's like we're going to have a very sluggish communication for a little while. I'm going to get some words right and I'm going to get some words wrong. And my body is going to say words I'm like, I've never heard that word before. You have to think about it's a whole new language the two of you are trying to learn together.

And I think it's just important and I think it's also – I always tell people when you start training for halves and stuff, we're not using our weight loss mindset anymore. I mean, I know your people, they're not trying to lose weight. My people usually are and I always tell them if you're going to train for a race or something, that has to be the priority. Your weight loss cannot be the priority.

That does not mean that you just have to throw everything away. We take what we do there and we apply it here. But the priority is keeping your body healthy. The priority now is showing up for your workouts and hydrating and fueling.

And what I notice on this basic that's the hardest on the hunger side is when we've over dieted all of our lives, we get scared when our body starts asking for more food. We start worrying that we're going to overeat and then we get into all this emotional drama. And then we just go into fuck it mode and we're just like, "Fuck it, I'm just going to eat the things, I'm just going to do this."

That's not listening to your body either. That's like listening to your fear. That's like listening to your anxiety, and that's like listening to what's happened in your past. I think it's just really important, I always tell people

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trust that you're going to learn how to talk with your body and the two of you are going to – Y'all are not just going to coexist.

I always love it when somebody tells me, “I just want to be able to coexist with my body.” It's like, yeah, that's what everybody wants. Everybody wants to relate, like let me go find me a roommate that I can just coexist with. It's like no, you want to have a wonderful relationship. You want to look forward to being together. You want to enjoy each other's company. Sometimes y'all don't talk the way you need to, but you want to know you can get to the other side.

And so it's like with this one we just have to remember we want to respect what our body is telling us, we want to honor it, it's going to take trial and error. Sometimes we're going to overeat a little bit and our body will tell us when we've overate. And sometimes we're going to under eat a little bit, and our body will tell us. We just got to stay open and stay curious about it.

And that is kind of where this next basic starts coming in. And that is number four, which is the planning one. Where in weight loss I teach people every single day before your day starts, with that golden hour brain of yours that's conscious and has the best organization ever. So I always teach them, I always say, I want you to plan for your life.

If you know you've got a stressful day coming up, that's not the day that we're going to have a Martha Stewart miracle dinner at night. That is the day that we're ordering the pizza and we're going to figure out how we're going to order pizza and we're going to lose our weight. We're not going to sit here and try to climb Mount Kilimanjaro because because we're trying to lose weight.

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So we always plan for our life. Same thing when you're exercising. Now what you're going to do is each day you want to plan your food and you want to plan your exercise every single day with that really intentional, conscious part of your brain that's making good solid decisions for you, that knows the intensity of your workout. It knows the quality of sleep you got the night before. It knows everything about you. And you make a plan based on that.

You do not make a plan based on what you think you should be doing. You don't make a plan based on what your neighbor is doing. You don't make a plan based on you're worried that you can't lose weight. We don't make plans from that shit. We make plans from being the person we want to be for the day.

And so when you make a plan, you plan the exercise and it teaches you. Over time you start noticing where were the areas it was easy to follow the plan? Where are the areas the plan didn't work? I needed more food, I didn't plan the right foods.

I noticed as much as I do love pizza the night before a long run, I was shitting my pants at mile three. I'd like to not do that anymore. So maybe pizza is not the best fueling option for me. On that night I have something else and I save pizza for two days afterwards because that's when my colon is more receptive to it.

We start using – Well in my membership we're always talking about our, “remember that time I shit my pants? Let me tell you about the time I shit my pants story.”

Jill: We talk about that in my membership as well. Runners shit their pants more than anybody I know.

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Corinne: I think all people shit their pants, I'm just like I got story after story. And most of the time I wasn't even running when it happened. I've been just driving my car when it's happened.

Jill: Right? We need a whole podcast about the unsung epidemic in the United States of people shitting their pants and being afraid to talk about it.

Corinne: Well, but it's one of those things where you just learn. The more you write about it, the more you plan each day, then what you can do. And this is what I want you all to think about, is we're not going to look at what didn't work as if something's wrong with me. We're going to look at it as like this is good information to know.

What I'm planning didn't work well for my body, so what do I need to plan next time? It becomes a learning experience, and then it snowballs. And then the more you do that, the more you start understanding what foods your body likes, what food it doesn't. The foods that you just want to be able to eat, but your body's like, "I'm just telling you, it's a no on certain days."

Please don't try to do 10 burpees and then scarf a donut down because the rest of the day I feel like ass wipe. It's like really being intentional and listening.

Jill: Yeah, so I think the planning and then the evaluation of the plan and like how did that go, take notes, and then incorporate that into future plans. It's interesting, I've always been a morning exerciser, but I started working with my current trainer about a year and a half ago and she trains in the afternoons and the evenings.

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So I have an afternoon spot twice a week, which means I have to plan when I'm going to eat my lunch really carefully. Because on Mondays I work out with her at two, on Wednesdays it's 3pm. I've tried trial and error, there are certain things I cannot eat for lunch if I'm expecting to deadlift some serious weight later on that day.

And I think for me I've been doing work on my brain for years and years, so for me it was more just writing down what am I eating, what are the results of my workouts? And just evaluating it without drama. And I got to a place real quickly of I know exactly when I need to eat and what I need to eat on those days.

Whereas I think if I had just been not really planning it or not really paying attention, or then being annoyed like, "Oh, I had a smoothie and then I wanted to throw up during my workout. I'm such an idiot." Right? Just wiping all of that drama out and just looking at it like a science experiment. And if I tweak this variable, this is the result. And did I like that result? Yes or no. And then going from there.

It's just so much less stressful than I have to get this right, every workout is important and if I fuck it up there's never going to be another chance. It's so exhausting to think like that.

Corinne: It is. I always tell people you're not the problem, the process is.

Jill: Yes.

Corinne: And when you make you the problem, you're not working on the process. And when you're the problem, you almost always will give up on something because you won't want to be a problem. It feels like ass to call

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yourself names, it feels like ass to think that you're broken, it feels like ass to think you'll never get it.

And what most of us do is rather than tweaking our food plans and continuing to work out, we're like, "Well, let me just quit making those food plans so I don't have to feel like an asshole." It's like that's not a solve. That's not going to teach you how to evolve fueling yourself.

It also is such a disservice to you because you're like, "The only way that I cannot beat myself up is to now take away everything that triggers me to beat myself up." I'm like, no, learn how to talk to yourself nicely. By the way, you can keep doing things that are going to help you in your life to get you where you want to go.

I always tell people, please don't take away the triggers that beat you up. Take away the beat up talk. Get real focused on that. We all owe it to ourselves to be kinder, and nicer, and gentler to ourselves. And we're the only ones that can do it. We're the only people that have authority over what goes on between our ears.

Jill: Yeah, it's literally the only liberty we have on this planet.

Corinne: Pretty much. I always tell people we don't have control over anything. We don't even have control over what we think. We have control over what we allow our brains to keep thinking.

So if your brain is always automatically throwing up trash, that's normal. All of us do it. What's not normal is believing all of that trash. That is the part we got to stop, that is the part that I want you focused on and to realize – I know your listeners know this, but we got two parts of our brain. We got the automatic part that literally its sole job is to make sure that we stay safe

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and we don't have to work hard. It's just trying so hard to make as much of our thinking as automatic as possible.

And I always tell people don't hate on that part of your brain just because it throws shade at you. It's like, "Bitch, I got a job. I'm out here trying to tell the heart what to do, the lungs what to do, the blood what to do. I got all this stuff going on and you want me to have good thoughts about you too? Sorry, but I'm not doing that." It's like if you want that, the other half of your brain is sitting there like a lazy fuck. Turn on your conscious brain, that's their job, not my job.

So it's like making sure that you understand that just because you have automatic negative thinking, it doesn't mean something's wrong with you. You also have this other part of your brain that can come in and say, "I see you, I understand you. But we're just not doing that right now. Let's just redirect over here." So we all have that power within us. And that is about the only control we really have.

Jill: Yeah, agreed. And I think that is really the key to all of these basics as well. When you are thinking with that part of your brain, then you're thinking with like, "Okay, how can I take the best care of myself?"

Well, I'm going to make sure that I'm fully hydrated. I'm going to make sure I get the best quality sleep that I can get. I'm going to be more mindful of what my body's telling me when I'm exercising with regard to running, and when I'm not exercising also to support the exercise. And I'm going to make plans and just evaluate them instead of being pissed off if they didn't go as expected.

Corinne: Yeah. And just plan your sleep, plan your hydration, plan your food, and plan your exercise. Plan all of them. The more you plan, you can

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see what you need to tweak. And you'll get to where you want to go through that.

Jill: Yeah, also, because I make a plan every day and I would probably say I follow about 75% of it. Because there's always like during the day I'm like, "Oh, all right, well, actually, that doesn't make sense. I'm going to do this differently," or whatever.

And I always like to think of it about if I'm going to drive somewhere and I put my address in the GPS, and the GPS gives me this beautiful plan. And then I get halfway there and there's an accident or a traffic jam, and the GPS is like, "Oh, we got to divert." And I don't say, well, obviously I should just go home.

Corinne: I'm a poor planner.

Jill: Or this is where I live now, right on the side. No, you just kind of roll with it and move on. And so I like to think of my daily plan the exact same way like, "Oh, all right, didn't see that roadblock coming. How am I going to roll with it?" Instead of like, "Oh, wow, I'm terrible at planning." Because that's not super helpful to think, it feels like shit.

Corinne: We call it in my membership, we always talk about one of our biggest strengths as a no BS woman is we know how to pivot like a motherfucker.

Jill: Love that. I'm totally stealing that. Pivot like a motherfucker.

Corinne: That's right.

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Jill: That's good, that's good stuff. All right, well so this has been amazing. I know the folks listening have been able to resonate with a lot of this and I hope there's been a lot of aha moments for everyone. Before we close out is there anything that you would like to share? First of all, how can people find you?

Corinne: They can find me at nobsfreecourse.com. So if you do you want like a just a simple, free, basically I just teach you the basics when it comes to weight loss in a simple video format where I'm just going to introduce you, kind of like what I did today, just even simpler. So you can find me there.

You can also listen to my podcast, Losing 100 Pounds with Corinne. Me and my co-host, so I've lost 100, my co-host has lost 80 pounds. And we didn't do anything that we don't tell everybody else. It's like keep it simple, keep it basic, keep it real and you'll get there. It doesn't have to be complicated. So those are the two best ways to find me.

Jill: Also, if you want to see Corinne twerking go to her Instagram. It's amazing. That video makes me laugh. So I'm just like, that's goals right there. And what's your Instagram? Is it Corinnecrabtree?

Corinne: Yeah, it's C-O-R-I-N-N-E_Crabtree.

Jill: I love that.

Corinne: Yeah, I definitely – It's very colorful on my Instagram page.

Jill: It's a happy place.

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Corinne: Yes, and sometimes it's all motivation and like deep cuts into our psyche stuff. And then every now and then I'm just in my bathing suit twerking being like, "Yeah, I'm 47, bitches."

Jill: It's good. It's a good place. So everybody make sure that you're following Corinne, sign up for the free course, check out her podcast, it's all really, really great stuff. So thank you so much for joining me today, this has been fun.

Corinne: Thank you for having me.

Oh, and one last thing, if you enjoyed listening to this episode you have to check out the Rebel Runner Roadmap. It's a 30 day online program that will teach you exactly how to start running, stick with it, and become the runner you've always wanted to be. Head on over to rebelrunnerroadmap.com to join. I'd love to be a part of your journey.