

PODCAST TRANSCRIPT

Episode 190:

An Intuitive Approach to Health with Gillian Goerzen

shownotes at jenriday.com/190

J: You're listening to the Vibrant Happy Women podcast, episode number 190. We're talking all about being more intuitive in your health choices and measuring your health in a functional way. Stay tuned.

Oh, hey there, my friends, guess what? Today, we have another guest from Nanaimo, British Columbia; oh my gosh, what is in the water there? Well, you're going to find out because I discuss what's in the water in Nanaimo with our guest today, Gillian Goerzen. Gillian is a proponent of intuition-based health. Ooh, this one kind of blew my mind because you guys know I love listening to my intuition, I love encouraging you to do it. But what would it look like in your life if instead of going to the doctor and hearing that your BMI is too high or your weight is too high, what if you started measuring your health in an entirely different way such as, "How many fruits and vegetables am I eating on average? How long did I exercise this week in hours or minutes? What am I doing to relieve stress? How much sleep did I get this week?"? You could feel so much more in control of your health, and those are true objective measures of health, "How is my stress this week? Do I really love this idea?" We're going to dive deeper into that in just a moment, but first, let's have our review of the week.

Okay, this one is from Mary who happens to be from near my hometown (hi, Mary) and she wrote, "Jen is so real, so encouraging, and interviews such a wide range of wonderful women who share their worlds and inspire me to do the best I can to live a vibrant happy life. Thanks so much, Jen." So, funny story, I met Mary at the Vibrant Happy Women retreat, I did not know her growing up, but I knew her last name. Somehow, I had met her parents and she found my podcast in one way or another, and now we are friends; in-person friends. I love that about connecting with you listeners. So, if any of you are listening and want to meet up sometime, come to Madison where I live, or if I'm in your city, let me know you live there, or come to the Vibrant Happy Woman retreat where you will meet Mary and me and so many other awesome people. Well, you can grab a ticket still, but there are only a couple left. It's in Florida, it's warm, it's pleasant, it's amazing, it's uplifting, you will never meet other women like this in one place; I'm telling you. Definitely join us if you can, the tickets are at: jenriday.com/retreat.

Now, a little more about Gillian Goerzen from Nanaimo. You will remember, 2 weeks ago, I interviewed Dominique Sullivan from Nanaimo who is friends with Mercedes Zetino and Gina Villares from Nanaimo, so now we've got 4 guests from Nanaimo. I joked after my interview with Dominique, I told my husband, "I've got to move there," but after this interview, Gillian goes in-depth on why Nanaimo is so amazing. And by the way, Nanaimo is on Vancouver Island over in British Columbia. Well, anyway I'm really fangirling hard on Nanaimo, look it up, N a n a i m o, because you're going to hear me mention

Vibrant Happy
Women

Episode 190: An Intuitive Approach to Health with
Gillian Goerzen

<http://jenriday.com/190>

Nanaimo so many times in this interview, you're going to want to know where it is. So, go ahead and look it up real quick and then go ahead and push play and enjoy this interview.

Hey friends, I'm talking to Gillian Goerzen today and she has a degree in kinesiology and 20 years of health coaching experience, and now, she uses her personalized lifestyle strategies to help hundreds of clients redefine what fitness means to them so they get results, free from diets without programs, systems, pills, and products. I love that. Who does that? Well, anyway, it took her more than 20 years, an eating disorder, an Ironman, and becoming a mom to finally uncover this kinder, more compassionate approach to health and fitness that she teaches today. Gillian lives (you guessed it) on Vancouver Island in Nanaimo...

G: (Laughs)

J: (Fourth guest from Nanaimo — this is getting crazy!) ...with her husband and 2 children, and she teaches running clinics, fitness and yoga locally as well as coaching clients from all over North America through her business, **Super You**; I love that business name. Welcome to the show, Gillian.

G: Thanks for having me, I'm excited to be here.

J: Okay, we'll throw in a quote, but then we're going where I really...

G: Okay.

J: ... want to go, which is to talk about all the goodness and what's in the water in Nanaimo; oh my gosh. [Laughter]

G: Oh my gosh, okay, I couldn't settle on one quote motto. For me, it is... I have 2 that are like... it always is evolving for me, but the 2 that are right front and center for me right now are post-it notes on my computer, and the first one is, "Be here now."

J: Mm-hmm.

G: And the second is, "I trust the unfolding of my life."

J: Ooh! Oh yeah.

G: You know, and I have to give credit to Dominique actually for that one; one of your other guests from Nanaimo.

[Laughter]

G: I was struggling with something, and as the dear friend she is, she reached out to me and said, "Hey, I heard this at a yoga class once, I think this is what you need to hear," and I was like, "Oh my gosh! Yes, so good."

J: Okay, so you're talking about Dominique Sullivan from episode 188, just 2 weeks ago, also from Nanaimo, okay. Now...

G: Yes.

J: ... also, 2 other guests from Nanaimo are Mercedes Zetino and Gina Villares from episode 164. Now, I want you to unravel this coolness, how on earth...

G: (Laughs)

J: ... do you guys all know each other, and how...

G: Okay.

J: ... how did this workout that you're all on my podcast? It's so cool.

G: I know, right? Okay, so Mercedes knew Dominique through I believe a school connection. I think Dominique is a teacher librarian as well as a yogi and an instructor of self-compassion...

J: Right.

*Vibrant Happy
Women*

Episode 190: An Intuitive Approach to Health with
Gillian Goerzen

<http://jenriday.com/190>

G: ... and an educator.

J: I'll interject something there. Mercedes'...

G: Yeah.

J: ... daughter, Haley, wrote a letter to a teacher who happened to be...

G: Yes.

J: ... Dominique Sullivan. Okay...

G: Yes.

J: ... we got that part, good, keep going.

G: Connection, okay. So, Mercedes knew Dominique. When Mercedes, that podcast came out, she... Dominique sent it to me like, "Oh my gosh, you need to listen to this podcast," and so I started following (Laughs) and I was like, "Wow, great podcast." And then I thought, "Oh, hey, I'm looking for podcasts to connect with," and so I reached out. And little did I know that you were also reaching out to Dominique. And then literally last, you know, a little while ago, Dominique reached out, "Hey, I'm recording this podcast."

[Laughter]

G: And so it was just one of these like random connection things, yeah. And now Mercedes and I have actually also kind of randomly, other than like Dominique has connected us, has joined my running community as well. So... (Laughs)

J: Okay.

G: ... lots of connection here in Nanaimo.

J: Ah. And I just love Gina and Mercedes who I've met personally.

G: Right?

J: I loved talking to Dominique two weeks ago. And I can feel by your energy, you're cool too!

G: (Laughs)

J: So, what's in the water in Nanaimo? Tell me about Nanaimo. What's going on there?

G: Okay. So, I mean, I have a bit of a theory.

J: Okay.

G: I think that the people that live here, they're living here by choice.

J: Mm.

G: Because it's not like a big city. There's a lot of really cool entrepreneurs that live here that are really kind of paving the way in doing cool things. It's definitely a lifestyle city. We have, you know, some of the good amenities, but it's not Vancouver, it's not a big city. And I think that the nature of the people that live here, I think that there is something kind of special about the people here.

J: Okay. Well, after I interviewed Dominique, I went to my husband and said, "We're moving to Nanaimo," and he just stared at me, he's like, "Okay, you get us..."

G: (Laughs)

J: "... yeah, you get us Canadian citizenship and then we'll talk." (Laughs)

G: Right, right. Minor detail, minor detail.

J: Oh my gosh.

G: At least come to visit for sure. (Laughs)

J: Oh, I'm so coming. I don't know when or where...

G: Yeah.

J: ... but I'm totally on my way.

*Vibrant Happy
Women*

Episode 190: An Intuitive Approach to Health with
Gillian Goerzen

<http://jenriday.com/190>

G: Yeah.

J: Yeah, yeah.

G: Totally.

J: Okay, well, thanks for humoring me. I know like...

G: Of course.

J: ... there's a billion people now listening who are going to go vacation there and... yeah.

G: They totally should. I got like plugged for Nanaimo tourism, island tourism. I really feel like having traveled quite a bit, we live in paradise. Like, you can surf, you can ski, you can do all the things in between. We have... I have trails at my doorstep, like, ugh, I mean...

J: You mean you have skiable mountain right there on Vancouver Island?

G: We sure do. We have Mount Washington and we have amazing surfing, which is just up in Long Beach...

J: Uh-huh, uh-huh.

G: ... Tofino area, yeah. So, literally, like if you're an outdoorsy person... I should clarify that. If you're an outdoorsy person you like hiking and mountain biking, we have some amazing mountain biking, yeah. So, if you're an outdoorsy person for sure, it's kind of heaven.

J: But there's no terrible traffic on your island like the rest of the Pacific Northwest?

G: I would say... it's funny. When I first moved here, I thought it was silly how people would be like, "Ugh, I don't want to go all the way downtown," it's like a 15, 20 minute drive to go downtown.

[Laughter]

G: And I was like, "Okay, Nanaimo-ites." And now, I actually am like that too, I'm like, "Oh, but..."

J: Really?

G: "... maybe I'll have to think about doing that another day. That's a lot of driving."

[Laughter]

G: So, you know, perspective. (Laughs)

J: Do you guys have to take a ferry to get to the island from I guess the...

G: We do.

J: ... the mainland? Okay.

G: Yes. So, we have a ferry service that goes from the Lower Mainland in a couple of different spots to the island. So there is that, you know, one hurdle I would say, which I kind of like because I think that keeps the quality of our life a little quieter over here.

J: Yeah! Well, so you mean the Lower Mainland, do you mean the US?

G: Yes...

J: Oh.

G: Sorry, no, the Lower Mainland of Vancouver or of British Columbia. So, like...

J: Oh.

G: Vancouver, you know, that area.

J: Oh, it curls down below you.

G: Yeah.

J: I know the geography, okay.

G: Yeah.

J: Got it.

G: Yeah. So, Victoria is like the bottom tip of the island, and if you took a... you can actually take a ferry

*Vibrant Happy
Women*

Episode 190: An Intuitive Approach to Health with
Gillian Goerzen

<http://jenriday.com/190>

from there down to... I think actually technically goes to Anacortes in Washington.

J: Mm-hmm.

G: I could be wrong on that. But if you come directly across from Nanaimo, you're kind of getting towards the Lower Mainland area.

J: Mm. And weather, is it equally cloudy to the rest of the Pacific Northwest or not as much? Because you're an island...

G: Well, I would say...

J: ... and it's magical. (Laughs)

G: Yeah. Well, I do remember, you know, there's a lot... you'd watch the news, and when I was a kid at least, when I was watching the news and it was like, you know, rainy and horrible on the lower Mainland, but I lived in Victoria and it was always sunny there. It is kind of known for always being kind of sunny there.

J: No way! You have sold me.

G: It...

J: That was the last straw.

G: You'd love it, yeah.

J: That was the last straw to knock down.

G: We do... I don't want to like misguide you though, we do get a considerable amount of rain in the winter, for sure; we get the gray rainy days. But, you know...

J: But not snow, snow.

G: ... right at this very moment the sun is shining. (Laughs)

J: And whales.

G: Not snow. We know we do get snow. I have literally seen whales. I was out running hills with one of my running clinics near the ocean. We were up at the top of the hill and we looked out and we saw whales...

J: Oh my gosh.

G: ... as we were in the middle of running, we like...

J: That's awesome

G: ... had a moment, it was very cool. (Laughs)

J: Ah. Well, okay, the island's awesome, let's talk about why you're awesome; which Dominique told me you are. Tell us what you're doing... let's go all the way back, a low point...

G: Okay.

J: ... in your life that...

G: Mm-hmm.

J: ... inspired you to do what you're doing now, I assume.

G: Yeah, yeah, definitely. Okay, so I think, you know, growing up, I struggled with my body. I was kind of the chubby kid in class, I was bullied and teased quite a bit for my weight growing up. You know, enter in lots of diets, lots of trying to change my body right from the time I was... I remember going on my first diet at 8 and it was self-imposed, my parents weren't telling me to do that. And, you know, from the time I was 8 onward, there was always... food was kind of the enemy and I was trying to find this way to reconcile my body and, you know, fitting in and belonging and all those things you're trying to reconcile as a child. And then I would say it kind of hit the low point for me when I was in my second year of university. I was living in residence at the University of Victoria on the southern island and I was

*Vibrant Happy
Women*

Episode 190: An Intuitive Approach to Health with
Gillian Goerzen

<http://jenriday.com/190>

very depressed. Only in retrospect I recognized what was going on for me. At that point, ironically, I was the skinniest I'd ever been in my life. And I'd always thought that skinny would be happy, like if I could just get skinny and had this body that I dreamed of, then I would be happy. And I was skinny and I was super lonely, I was super insecure, and I was super unhappy.

J: Mm-hmm.

G: And so that was like a real low. And at the completion of that year, I ended up moving from Victoria to Port Moody on the Lower Mainland, I decided to transfer to Simon Fraser University to pursue kinesiology. And in that summer, I didn't... you know, I didn't really have a lot of friends, I was working a job and I met a few people that way, but I would spend a lot of time alone and I spent a lot of time journaling and reflecting and moving. I started running, I started biking, I started hiking, and I started finding kinds of ways to heal my relationship with my body; so it's kind of that turning point right there.

J: Mm-hmm.

G: Well, from there, I just jumped into my kinesiology studies and then I started... I thought I was going to be a physiotherapist, that's why I thought I wanted to do kines, and as I got entrenched in the studies and learning more about the human body, I was just absolutely mesmerized by the body and what it's capable of and, you know? And then on the fitness side of things, I started kind of developing some of my knowledge base around that and did a placement with a corporate fitness company, and I started helping other people find their passion for fitness and then I was hooked. I was like, "Okay, this is what I'm meant to be doing. This is what my purpose is."

J: Yeah.

G: And so that's kind of what led me into my career, mm-hmm.

J: That is cool. So, let's get really big picture here.

G: Yeah.

J: Looking at fitness in North America, we'll just say North America, I hope that Canada and the US are similar enough that...

G: Mm-hmm.

J: ... it's going to make sense... (Laughs)

G: Definitely. Yeah, absolutely.

J: ... what is flawed about the way we view health and fitness and what is a new approach that you're giving women and people?

G: Yeah. My experience has been (and many women have told me that this echoes their experience) that there's this really clear message that your body is a problem that's meant to be fixed, that your body should look one way, that health and fitness has a very specific aesthetic, which is an always moving target, which is incredibly infuriating.

J: Mm-hmm.

G: And it's not diverse, it's a very singular look and... and that has actually very little relevance to functional fitness and functional capability and functional health.

J: Mm-hmm.

G: So, we're very focused on this aesthetic. The aesthetic of health and fitness doesn't actually correlate at all to actual health and fitness in many cases. And so we're left feeling like you've got to jump all in and do all the things and change all the things about your body and change all the things about your nutritioning, you're dieting, you're going to the gym and doing this and that and the other thing, and it's just so overwhelming and so exhausting. There's a hot mess of information out there and a lot of it, it's

*Vibrant Happy
Women*

Episode 190: An Intuitive Approach to Health with
Gillian Goerzen

<http://jenriday.com/190>

not accurate.

J: Mm-hmm.

G: So, we have this very, very challenging ideal the world, in theory, is striving towards, but there's such a mishmash of information, much of it, you know, not based in the science, not based in really what's anything functional for anybody's life. So, we're kind of on this trajectory towards something that doesn't exist or is always moving and we don't have the right tools in our toolkit.

J: Yeah. Well, so I've noticed we all know that in magazines and in media, social media, a certain body size and image is presented.

G: Mm-hmm, yeah.

J: So, that somehow needs to shift. Who knows how that's going to...

G: Totally.

J: ... happen? But what's happening even in medicine that might be perpetuating this idea of looking a certain way or no diversity in...

G: Mm-hmm.

J: ... body shape or size and maybe a less functional approach to health?

G: Well, I think that (this could get me in trouble, but I'm going to say it anyways) we have been... in the medical community, there has been a very heavy reliance on the body mass index.

J: Mm-hmm.

G: And it is doing more damage than good. And so what I will say is that there... you know, certainly, you know, if we're carrying an excess of body fat on our bodies, there is potential risk to our joints, there are potential things that are also potentially going on with our bodies. But one of the things I had to learn very early in my kinesiology studies was correlation does not lead to causation. So, we cannot look at research and say, "This person is overweight, they also have these health issues. Therefore, obesity is causing these health issues," that's not how it works.

J: Yes.

G: And so we've conflated these issues, and what that means is that we are making obesity or overweight the scapegoat for absolutely everything. And so we've made it the focus so much so that we have an obesity epidemic, but what we actually have is a health epidemic.

J: Mm-hmm.

G: And we need to rename that, we need to get back to, "Let's talk about health measures. Let's actually, instead of measuring anything, let's get people living healthy lifestyles that are really sustainable," and my personal philosophy is, "Then body weight and, you know, body composition, it will settle out into a healthy weight for you." And that may not look like... it likely won't look like that very narrow vision that I was talking about earlier, it will look different for everybody.

J: You know, I love that idea and I've never considered it, but I've heard that, "That which we track is, you know, what we focus on and what changes over time, what we're tracking." So...

G: Absolutely.

J: I'm thinking of all the things doctor's offices could be tracking like, "How many times...

G: Mm-hmm.

J: ... you exercise a week on average?

G: Yes.

J: How many fruits and vegetables do you eat every day? What is your stress relief option?"

G: Yes.

Vibrant Happy Women

Episode 190: An Intuitive Approach to Health with Gillian Goerzen

<http://jenriday.com/190>

J: And on and on and on. And then to go to your doctor every week and see, "Did you improve? Did you decrease?"

G: Yeah.

J: Hello, it's not that...

G: Yeah.

J: ... hard, is it? I wonder why we don't do it.

G: Well, and even things like blood sugars, blood pressure, cholesterol, like those are some tangible measures. Like, if you want medical metrics, fine, let's do medical metrics. I just don't think that body weight as a solitary metric should be the one we're so focused on. But it is, that's alone we're all looking at to the point where we're doing very extreme things like, you know, eliminating old carbohydrates from the planet to like cut 5 or 10 pounds, that's... it's unnecessary, and in many cases, not healthy. Like, there's a whole thing around BMI and the body mass index and that what the numbers should be and what their research actually... they were recently in the last... can't remember exactly the time frame, I think is about 20 years ago, they were decreased, the ranges, when the evidence actually said we should be increasing the ranges.

J: Oh my goodness. Well...

G: But there was so much pressure from all these...

J: (Laughs)

G: ... you know, industries, etc., to like, you know... anyways, that's a rabbit hole we could go down a long time. And if you're curious about it, I highly recommend Linda Bacon's book, 'Health At Every Size', it's a very good book."

J: Linda Bacon, B a c o n?

G: Yeah, Dr. Linda Bacon.

J: 'Health...'

G: Ironically, yeah, Bacon, 'Health At Every Size', yeah.

J: Oh, that's really cool. Well, it's funny, I... I often see nurse practitioners because they will expand what they qualify as health, I really love their approach to health.

G: Yes.

J: But mine...

G: Agreed.

J: ... recently opened my chart and said, "Hey, your vitamin D is amazing. Are you feeling amazing? No one's vitamin D is ever that high," and I felt good. Do you think my vitamin D is going to drop now? No, because I got a win, of course I'm going...

G: Yes.

J: ... keep doing that. And I always find...

G: Yes.

J: ... for me, vitamin D and mood are massive predictors of how much I eat. So, of course, why aren't we focusing on these things rather than BMI? So, I'm...

G: Right?

J: ... glad that you brought that up.

G: Ugh. Well, that's actually one of my philosophies when I'm coaching clients is that, "I don't want you to tell me every week when we check in what you didn't do, I want to hear what you did do. Let's grow... let's focus on the wins and let's grow from there." Nobody likes, you know, going through all the things

Vibrant Happy
Women

Episode 190: An Intuitive Approach to Health with
Gillian Goerzen

<http://jenriday.com/190>

that we didn't do, but that's what we tend to do, we focus on all... you know, we have a negativity bias, that's where our brain goes, like, "What didn't I do great? Let's focus on those and kill crappy." But it's not productive, it's not motivating.

J: Yeah, for sure.

G: Not long, yeah.

J: For sure. Alright, so, Gillian and I have your book, 'The Elephant in the Gym', and it has so many tips on essentially measuring and focusing on health rather than weight or BMI. But a lot of times, books like that can sometimes be overwhelming because you're like, "Oh..."

G: Yeah.

J: "... I need to do this, I need to do that." How is your book different from many of the other health books out there?

G: Yeah. One of the things I really believe is that we have our own body intuition, we are our own best coaches and our own best guides, and then we actually know what we need to do to be healthy. So, the book isn't a guide book to say, "Hey, do this then this then this then this," it's about giving the information so you have a good foundation of understanding about how the body actually works. Like... almost like a user's manual, like a common-sense science-based user's manual that hopefully is a little bit more exciting to read than what that sounds like. And then, you know, really some guidelines, some strategies to figure out what are the pieces of your puzzle for health and fitness? What are the pieces you need to pull into place? What are the habits and routines that you need to build into your life to make your version of healthy and fit come to life?

J: Mm-hmm, ooh, that's good.

G: Yeah.

J: And how long do you feel like people need to be on that journey? Well, I suppose it's different for everyone, but...

G: Mm-hmm.

J: ... let's figure out the pieces, you know? I feel like I've spent the last 2, 3 years unearthing all the pieces and they just finally locked into place and I'm headed...

G: Yeah.

J: ... the right direction on the scale. But before that, I was definitely locking in all the pieces of general health, and so there.

G: Right.

J: Combining maybe better...

G: Yeah.

J: ... measurements with the not so great measurement, but still it kind of matters to me. So...

G: Yeah. I'd like to say to you like the weight measurement, you don't have to throw it out. If you have a healthy relationship with weighing yourself, I always tell clients like, "You choose. If that's something that is a metric that you want to kind of keep an eye on and then you don't, you know... so if you're weighing yourself doesn't change the shape of your day, like you weigh yourself and then you either have a good day because you're down or a bad day because you're up, then that's cool." It's when we start to have a kind of an emotional relationship with what that number reflects, it's not productive to us moving forward.

J: Mm-hmm.

G: And now I went down that road and I can't remember what your question was. (Laughs)

*Vibrant Happy
Women*

Episode 190: An Intuitive Approach to Health with
Gillian Goerzen

<http://jenriday.com/190>

J: It's okay. Well, what are some other ways to measure our general health from home without blood work?

G: Yeah. I think that... I think in general, I think we can be looking at... often, I'll get clients to track how they're feeling before and after they eat or tracking their movement, "Are they moving daily? How much sleep are they getting? How many servings of fruits and vegetables are they consuming? Are they getting enough water?" So, we can look at other ways of tracking other things, and also using tracking as a tool, but not as a crutch. And I think that's an important distinction as well. I see a lot of people tracking incessantly and not productively. So...

J: Yes, yes.

G: ... often, I'll actually get clients to stop tracking, because what happens when we incessantly track and we don't... we become kind of mechanical about it, we just track, track, track, track, track, but we've actually stopped listening to our bodies. So, a lot of coaching I do is get you back to like, "Actually, what are your actual body cues telling you? Are you hungry right now? What do you need right now? What kind of foods are you interested in?" So, a lot of the philosophy I use is around mindful eating and being more present when we're eating, being more present with our food choices and not having... you know, not sticking within diet doctrine, like you pa... "This is a good food. This is a bad food," food doesn't have morality, food is just food, and we can choose anything we want in moderation. It's about choosing things that really nourish our bodies, but also nourish our souls sometimes.

J: Mm, I love that a lot. It reminds me...

G: Yeah.

J: ... of my conversation with Dominique, your fellow Nanaimoite.

[Laughter]

J: She and I were talking about loving connected presence and how we can do that...

G: Oh yes.

J: ... with ourselves, with our kids, with our spouse. But I love, it seems like you're saying we can exercise loving connected presence with our bodies, to truly be...

G: Yes.

J: ... present and listen and meet the needs.

G: Yeah.

J: Wow, that's such a mindset shift.

G: Yeah, yeah. It's... you know, it's a powerful thing when we kind of like... one of the things I often say is, I coach people to come home to their body, like really like, "What would it look like if I was just kind to this one and only body I've got? What kindness reflected look like in my habits?"

J: Yeah.

G: Instead of, "My body is..." like really genuinely, for so many especially women (you know, it happens for men too, but I'm more focused on helping women), there's this... historically we've had this, you know, us versus them kind of the body, the enemy relationship. And so it's about deconstructing that and coming home with kindness with our bodies.

J: Mm-hmm.

G: Like really connecting in a kind... kind and powerful way.

J: Yeah, being on the same team. (Laughs)

G: Yeah, totally! Like, "This is... this is the one precious vessel I've got to live my life in, how do I choose to treat it?"

Vibrant Happy
Women

Episode 190: An Intuitive Approach to Health with
Gillian Goerzen

<http://jenriday.com/190>

J: Mm-hmm.

G: Not from like a judgy, shamy place, but from a place of like genuinely, like, "How do I want to treat this vessel?"

J: Mm-hmm, exactly.

G: Mm-hmm.

J: If someone listening hasn't read 'The Elephant in the Gym' yet, what can...

G: Yeah.

J: ... they expect when they read it? Or what would be one of the first action steps they would take from your book?

G: Mm. The first part of the book, I share my story, and one of the biggest things I hear from readers is, "Oh my gosh, I felt like you were telling my story."

J: Mm-hmm.

G: And so while obviously each of our stories is unique, the path I traveled is very common for many women. You know, a lot of discontent with her body, a lot of, you know, not trauma so to speak, but, you know, bullying, teasing, feeling unhappy in the skin they're in, a lot of dieting, you know, perhaps eating disorder like I've experienced; so going through all those things. And so the step one is just to hear that you're not alone, and I think that's a really important thing. I think that's the whole... you know, I think that's why vulnerability is so important as we're changing... I think on social media especially, changing this landscape of being more open, being more forthright about the experiences we're having so we have these more connected authentic relationships. You know, you're not alone, you're... you know, you're not alone in this struggle. And then from there, just I break down all the... the challenges I think we face, what we're up against so to speak to have a healthy relationship with our body and to have good health, you know, some of the shame and guilt that is surrounding a lot of our experiences in our bodies. You know, the notion that there's one perfect program out there, and there's just not one perfect program. And then we kind of... and then that aesthetic, I talk a lot about that and kind of the research around that. And then from there, we jump in to kind of, "Okay, so now that we've got that underway, can we talk about what does health mean to you?" So, I think one of the first things that I hear readers are getting is this understanding that they're not alone and this permission to create their own definition of health.

J: Mm-hmm.

G: That we don't all have to fit in this box of healthy and fit means going to the gym 3 times a week or, you know, eating this way and dah-dah-dah-dah-dah-dah, etc. So, it's... it's really about permission to define and then bring to life your own definition of health.

J: Mm-hmm. And your intuitive approach is really working for me right now as well, because...

G: Mm-hmm.

J: ... I know that right now, running is not the right thing for me. Even though you teach a running clinic and our friend...

G: Yeah.

J: ... Mercedes, is in it...

G: Yeah.

J: ... I know that walking is right for me. And it's super empowering...

G: Yes.

J: ... that I received that information through my own meditation. And it's so...

*Vibrant Happy
Women*

Episode 190: An Intuitive Approach to Health with
Gillian Goerzen

<http://jenriday.com/190>

G: Yes.

J: ... authentic to me that I can't question it and I don't have to keep...

G: Yeah.

J: ... re-deciding that one thing, I feel like I've locked in the things that are right for me. And that gives me so much confidence, then I don't waver and continually flip-flop...

G: Yeah.

J: ... all over the place, and then gain weight and then... so that's...

G: Right.

J: ... really cool.

G: Well, and it's so powerful when we as women can be empowered in our choices and... and to recognize that, "Running isn't my thing right now, but that doesn't mean that in the future of running might not be my thing. But just right now, walking is really working for me." And I think that's the other piece. One of the concepts I talk about in the book is this idea of a health zone and that we have these habits and routines that work for us, and there's kind of a lower end of that health zone and an upper end. The lower end is the things that we do no matter what, kind of even when the poop's hitting the fan. (Laughs)

J: Yeah.

G: And the upper end is like when things are trucking along and life is kind of fairly smooth.

J: Mm-hmm.

G: And everything within that zone for every area of your health, that's success, that's you living your healthy lifestyle instead of this black and white, like, "I'm either being successful or I'm not," which I think gets a lot of us in trouble.

J: Yes.

G: But one of the other factors is that that health zone is going to evolve, move, change throughout our life. You know, like my health zone when I was, you know, 25 and newly married and had no kids and had a very, you know, fairly straightforward job is a lot different than me in my early 40s with 2 children and a business and a husband and a house and all the things I do in my community, it's just different.

J: Mm-hmm.

G: And one's not better than the other, they're just different. And I... giving yourself permission to evolve is also really important I think.

J: Mm-hmm, yes. And to trust your instinct and not need to rely on a doctor's measurements or a magazine's...

G: Right?

J: ... printed image, yeah, exactly.

G: Or a celebrity, like, "Oh, so... so-and-so celebrity's doing this or this... you know, this social influence or on social media is doing this, therefore I must do this too because dah-dah-dah-dah-dah."

J: Yes.

G: Which is how we unfortunately get a lot of their information. So, it's like derive inspiration from those people, sure, but try it on and see if it works for you.

J: Yes, you know, that...

G: You know?

J: This reminds me of a kind of a funny story. I have a friend who her house is always a mess, but I noticed that she's calmer, she's playing with her kids a lot more, and so I decided to start being messier. And then I...

*Vibrant Happy
Women*

Episode 190: An Intuitive Approach to Health with
Gillian Goerzen

<http://jenriday.com/190>

G: Yeah.

J: ... created a new story for myself, which is I am giving other women permission to be messy by being an example.

G: Yes.

J: So, we can do the same thing with our health. "Hey, I have..."

G: Yes.

J: "... this particular swimsuit body, I am giving permission for more diversity in our body types."

G: Yes, yeah.

J: "I am winning the game!" you know? (Laughs)

G: Right?

J: Yeah.

G: It's so funny you say that because I actually just hosted a retreat and it sold out in like 24 hours, so I've actually... I've got another one coming up; it's a one-day retreat. I partnered with a photographer and we went to this amazing little island just off... it's like a passenger ferry type of a little island, it's like beautiful little quaint island off of the Nanaimo. And we hung out and had lots of conversations much like this, like, you know, "What are we up against to have a healthy relationship with her body?" And then we did a photo shoot in our bathing suits on the beach.

J: Mm, nice.

G: It was beautiful because all of these women, all shapes and sizes, all ages, all came together, you know, confronted those demons of what we think we should look in a bathing suit... should look like in a bathing suit, and we... the pictures are just... they're breathtaking.

J: Mm-hmm.

G: And when we see diverse bodies on the beach or in pictures, again, it's that permission like you're saying, it gives other women like, "Oh, she has dimples there just like me," or, "She has stretch marks there just like me. She's wearing a bathing suit, I can't wear my bathing suit too."

J: Mm-hmm.

G: It's really powerful...

J: It is.

G: ... I love that. I might take on being messier, I like your idea there.

[Laughter]

J: Cool, I'm glad I...

G: Bring on the mess house! (Laughs)

J: ... could inspire you. Well, I mean, truly, truly, why aren't we doing that? And I bet we could extend this in a lot of areas if you think about it.

G: Oh, I feel like... yeah.

J: "My kids went to school dirty today," no, I'm not going there, but...

G: Uh-huh.

J: ... you know what I'm saying. Oh, no, but I didn't... yeah.

G: "My kid didn't comb his hair today and..."

J: Yeah, yeah, yeah. "My kid doesn't match, I'm really proud of that because she picked her clothes."

G: Right?

J: Yeah, yeah.

G: Absolutely.

*Vibrant Happy
Women*

Episode 190: An Intuitive Approach to Health with
Gillian Goerzen

<http://jenriday.com/190>

J: (Laughs)

G: Oh my goodness.

J: Well, let's have a quick break for our sponsor and then come back and talk about morning routines and favorite things and other coolness like that. We'll be right back.

Alright, so let's talk about your... the way you balance all your priorities, Gillian, because...

G: Mm-hmm. (Laughs)

J: ... we're the same age...

G: Yeah.

J: ... give me some tips.

G: Yeah. I think I heard... I can't... I'm not going to be able to remember who to quote this against, but I read an article, it was a football coach or a rugby coach or something like that, and one of the things he worked on with his athletes is, "You gotta WIN your day," and WIN is an acronym that stands for 'What's Important Now?', and I love it so much. And I try to keep present to, "What's important now?" and really trying to kind of hone in on what my priorities are obviously is what that's all about. And so, for me, I... you know, you have to kind of... you know, think... consider the... all your priorities like that baby toy where you like hammer down one peg and the other one's kind of pop up and they all kind of work in synchrony...

J: Mm-hmm.

G: ... and you kind of have to figure out which ones you're going to pop up and pop down.

J: Mm-hmm.

G: And so I try to recognize that... because I also adhere to the idea that, "You can have it all, but not all at once," which I think is an Oprah quote.

J: Mm-hmm.

G: And I really believe that. I can have, you know, a thriving business. I can have, you know, big athletic goals. I can have, you know, volunteerism in my community. I can have, you know, great relationships with my family and do the fun things with and be like super fun mom and all these things. But I can't do all that... all that at once. So, I really have to be careful about, you know, setting my priorities. And then really from a logistical standpoint, I'm really about like blocking my time. So, I work typically between the bells when my kids are at school, that's my work time. I then teach stuff in the evenings often with fitness. And so, evening time and then middle-of-the-day time, that's work time, but when my kids come home, I'm available. And so it's things like that and really blocking and chunking my day that brings the priorities into life.

J: Great tips for sure. WIN ("What's important now?") and time blocking; very good. Well, what about a time that you felt like following your intuition, your heart, your gut, God, the universe (whatever words you use) helped you do something you might not have done without listening to that?

G: Yeah. It's a fairly dramatic one, but it was actually just recently. I was stung by a wasp about 2 weeks ago and I just got stung and then my girlfriend was like, "Do you... you're not allergic, are you?" and like, "No, no, no, I'm... I'm fine." And I'd just been swimming, so I was, you know, wearing my bathing suit and a towel wrapped around as I drove home because we were swimming outside. And I'm driving home and I started having an attack, I started having an allergic reaction.

J: Oh.

G: And my intuition said, "You need to pull over and you need to get help."

J: Mm.

G: And it was funny because the reaction wasn't... initially wasn't very severe. I was like, "No, no, no, I'm

*Vibrant Happy
Women*

Episode 190: An Intuitive Approach to Health with
Gillian Goerzen

<http://jenriday.com/190>

trying to get home," but, you know, my mom instinct was like, "My husband needs to leave for work, the kids need to be, you know, organized to go to camp and dah-dah-dah-dah-dah, on with my day," but my... like there was this voice, this intuition that said, "Pull over now and call someone."

J: Oh.

G: And I pulled over, I called someone and I was going into anaphylactic shock. And so I just got super lucky because I called when I did. If I hadn't called when I did, the reaction escalated very, very quickly.

J: Really?

G: Yeah, yeah, super scary. But now I know I have anaphylaxis to wasps. So, you know, I think that's a more dramatic example, but I'm a true believer in trusting your intuition all the time. If your gut says, "Do this," you know, sometimes it doesn't make sense. But whenever I trust my gut, it works out, when I ignore my gut, things don't work out.

J: Oh, isn't that true? One of the things...

G: Yes.

J: ... I've trained myself to do is any thought that I should pick something up like off the stairs or here, there, I just almost know someone's going to get hurt on it and...

G: Right.

J: ... it seems like we're... I don't know if it would have happened, but I feel like I'm preventing a lot of accidents by listening to that. (Laughs)

G: Absolutely. Absolutely, yeah. We've all had that experience where we don't listen to our gut and then it doesn't go... and then we're like, "Gosh, why didn't I just listen to my instincts on that?"

J: Yeah.

G: "I was right."

J: Yeah.

G: And so, yeah, I'm a big believer in gut.

J: I am really starting to believe that's one of the main things we're on this planet to learn is to look beyond the 5 senses and to start using our 6th sense or whatever other...

G: Yes.

J: ... sense that we have and trust in our heart, you know? Well, what I was...

G: Yes.

J: ... going to ask was, you were starting to have a reaction, I was curious what your initial reaction was and then what it meant...

G: Yeah, it's great.

J: ... to be going into anaphylactic shock because I don't get...

G: Yeah, totally.

J: ... what that means.

G: Okay, oh, yeah. So, anaphylaxis is a severe reaction to an allergen; in my case, this was a wasp. My first experience was that my heart started racing. And so as someone who experiences anxiety, I was like, "Why do I all of a sudden feel like I'm having an anxiety attack? I feel very relaxed, I'm not worried about my day, what's going on here?"

J: Mm-hmm.

G: And then my heart was just racing, my heart was just racing. And then I started to feel this like flush of like almost like a blood flush up into my face, and I was like, "What on earth is that?" And I kind of looked in the rearview I'm like... at that point, I'm like... because my son has severe allergies, I started

*Vibrant Happy
Women*

Episode 190: An Intuitive Approach to Health with
Gillian Goerzen

<http://jenriday.com/190>

thinking, "Am I having an allergic reaction?" So, I looked to thinking of... because one of the telltales of anaphylaxis is your lips swell and your throat starts swelling and your tongue starts swelling, you can't breathe. And so I looked in the mirror thinking I should see swelling lips and I didn't see anything, and it was when I got to the next light, I started feeling really woozy, I started feeling really lightheaded and I was like, "Okay, it's not safe to be driving anymore, this is..." and that was when that... like it was literally like a voice, "You need help, you need help."

J: Mm.

G: And so I pulled over at that point. I don't know who was saying that or if it was my instinct saying that or my intuition saying that or if it was spirit. Who knows? But it was very loud.

J: Mm-hmm.

G: You know, "You need help. Pull over. Call someone." And so anaphylaxis can look like a lot of things, but as it progressed, what's actually physiologically happened (because now I dug in back into my old books and looking at what's happening)...

J: Mm-hmm.

G: ... is your blood pressure tanks.

J: Mm.

G: And so you're actually going into shock. So, when the paramedics got to me, I was in full shock. So I had... you know, I was in a cold sweat, I had no color, I didn't have a radial pulse, which doesn't mean I didn't have a heartbeat, I just... they couldn't read my pulse at my wrist, they could only... it was very low, my blood pressure was very, very low.

J: Mm-hmm.

G: So, your body's just kind of going in shock, so...

J: Wow.

G: Yeah.

J: Were you conscious while you waited for the ambulance?

G: So-so. I was definitely coming in and out of consciousness. Apparently, there was actually a man knocking on my window trying to help me, but I didn't hear him. And it was because of the man knocking and me not making a lot of sense (even though I totally thought it was making sense) that the someone operator pushed things faster. So, I think they triage cases when they get someone calls of course. So, they got there very, very quickly I think because of that man.

J: Oh.

G: Mm-hmm.

J: Wow. And your kids...

G: Yes.

J: ... your kids weren't with you?

G: Thank goodness, no, I was...

J: (Laughs)

G: ... I mean, blessing/curse, I was alone in the car, right? So, yeah, no, my kids didn't witness it thankfully.

J: And were you able to call your husband, or after you called the ambulance, that was the end of it? (Laughs) You could...

G: So, after I called the ambulance, I was on the phone with someone and then the paramedics, once they give you epi, it's amazing. Like, when you genuinely need epi, it's...

Vibrant Happy
Women

Episode 190: An Intuitive Approach to Health with
Gillian Goerzen

<http://jenriday.com/190>

J: It's awesome.

G: ...it turned things around very quickly.

J: Yeah.

G: It's amazing. So, they gave me 2 shots of epi in the vehicle, in the ambulance. And then once I kind of started to kind of come to again, I said, "Can call my husband?" and the paramedic said, "Well, I just need to focus on you right now."

J: (Laughs)

G: So I'm like, "Fair. Sir, please keep me alive." And then we got to the hospital and I actually ran into a paramedic — of course, Nanaimo, small-town — I ran into a paramedic I knew from a running clinic (Laughs). He kindly phoned my husband and then he was able to come to the hospital.

J: Oh my gosh!

G: Mm-hmm.

J: Well, I'm glad you told us...

G: Yeah.

J: ... that whole story. I can...

G: Well, yes.

J: ... ask you for details, but it's so exciting.

G: Yes, there you go.

J: (Laughs) I'm glad...

G: Yeah.

J: ... you're alive, thank goodness.

G: I have to say, an experience like that gives you a new perspective on life. You know, if you want your priorities to get realigned and in check, having an experience like that certainly serves that purpose. (Laughs)

J: Wow.

G: I wouldn't recommend it...

J: Wow.

G: ... but (Laughs)...

J: Yeah.

G: ... but, yeah, no, it's... it's given me a real increased clarity for sure.

J: How would you say your priorities have shifted since then? Just curious.

G: You know, leading into this summer, at the end of last spring I was... started to become... you know, I had the... I... you know, 5 years into my business, I'd launched this book and I'd just been kind of go, go, go, go, go, go, go, go, don't take any breaks for 5 years.

J: Mm-hmm.

G: And, you know, to the point where I hadn't taken a vacation where I actually wasn't still connected with my clients.

J: Mm-hmm.

G: And this summer, I made a conscious decision to really pull back, I didn't take any new clients, any new one-to-one clients, and I didn't teach any fitness or yoga classes, which was a big deal for me. It doesn't sound like a lot to everybody else, but to me, it was like a big shift.

J: Mm-hmm.

G: And coming back to this fall, I knew I wanted to kind of maintain some of those changes, I didn't want

*Vibrant Happy
Women*

Episode 190: An Intuitive Approach to Health with
Gillian Goerzen

<http://jenriday.com/190>

to go back to full-on the way I was doing things. And so... but it's easier also to fall back into routine, right? So, the fall's here, I'm going to do this program, I'm going to do this, and I'm so excited about this and I'm...

J: (Laughs)

G: ... so genuinely inspired by what I do that it's so easy for me to get... you know, for the expression, the horse and the cart getting away from each other, I kind of go full in. And so the experience kind of peeled me back a little bit and I just said, "Okay, whoa, whoa, whoa, whoa, whoa, whoa, where are you making space for yourself?"

J: Mm-hmm.

G: "You know, you don't need to fill that empty space on your calendar, it actually could just be an open space," and...

J: Yes. (Laughs)

G: ... yeah, right? Like, you don't jam-pack every single moment of every day.

J: Yeah.

G: It's actually really great to have some quiet moments where you don't have anything to do; it's beautiful actually. (Laughs)

J: It's true, I am there with you, I am almost a new person. Sometimes it... it's funny, I wonder, "Can I be successful being so easygoing now?" but I think it's going okay (Laughs), I feel so much more balanced, you know? (Laughs)

G: Right? And I was very open with my clients and opened on my blog, etc., sharing, you know, what I was doing with taking some time for myself. And, again, back to your permission comment, when we give ourselves permission to create space for ourselves, it gives other people permission to do the same.

J: Mm-hmm.

G: And I had so many people tell me, "Thank you for taking that time out." I didn't realize I was near burn-out. I didn't realize I was working too hard. And I... you've inspired me to peel back, you've inspired me to do things a little differently. And it's... so it's you create these ripple effects that you don't even really realize.

J: Wow.

G: I think that's really important.

J: That is cool, that is so cool.

G: Yeah.

J: Well, let's do some talk about your favorite things, and we'll do at lightning speed.

G: Okay.

J: Because I want to put some more pressure on you after all (Laughs). Alright, you're ready? We're competing.

G: I'm ready.

J: Here we go.

[Laughter]

J: Okay, favorite book. (Laughs)

G: Oh, I don't think I can choose a favorite book, but I...

J: (Laughs) You're losing the game! (Laughs)

G: I'm losing the game, I'm totally losing the game; oh my gosh!

*Vibrant Happy
Women*

Episode 190: An Intuitive Approach to Health with
Gillian Goerzen

<http://jenriday.com/190>

J: (Laughs)

G: Okay, Brené Brown, I have a complete and utter girl crush on her. I love all of her books, but her... my favorite of her books is 'Braving the Wilderness'.

J: Okay, excellent.

G: I have a hard time choosing just one...

J: You did great.

G: ... but that's one of...

J: Alright.

G: ... thanks.

J: Now, that was the first leg of our what we're doing, quadrathlon here.

G: Yes.

J: So, now you've got to up your game in this next section...

G: Okay.

J: ... biking section.

G: Okay.

J: Okay. Your favorite... (Laughs) your favorite happiness tool.

G: (Laughs) Has to be exercise.

J: Okay.

G: For me, movement is medicine, for sure.

J: Ooh, I like that, movement is medicine.

G: Mm-hmm.

J: Bowel movements or... no, just kidding.

[Laughter]

G: I always say to... when you teach running clinics, you often talk about poop or...

J: Yeah.

G: ... with women especially, you talk about incontinence because it's part of like something that happens as runners; like, nothing's off the table. And, my friend, I am good.

[Laughter]

J: Okay, easy meal, favorite easy meal.

G: Oh, I'm all about bowls right now, bowls are my favorite thing. And I will basically take some sort of a whole-grain like quinoa or rice or something like that or even like pasta or whatever, and then I layer on vegetables, sometimes they're fresh and raw, sometimes it's like roasted vegetables. And then I add some sort of a protein, maybe beans or tofu or grilled fish or grilled chicken. And then some sort of a sauce or a dressing, and then garnishes is like seeds and nuts and dried fruits.

J: Yeah!

G: And like they love it and they set it up on the counter as like a salad bar. And then as a mom (this is a big real mom win) is everybody builds their own bowl, so there's no complaining. You can choose what goes in the bowl. My kids know that they have to choose some vegetables, but they get to choose what and how much.

J: Yeah.

G: And that's a game changer for us.

J: So, instead of salad as the base, it's the quinoa or the rice as the base.

G: Yeah.

Vibrant Happy
Women

Episode 190: An Intuitive Approach to Health with
Gillian Goerzen

<http://jenriday.com/190>

J: Yeah.

G: Yeah.

J: That's cool.

G: And then like lots of fun different sauces. So, like sometimes, it'll be more of like an Asian influence, sometimes it'll be more like a Mexican style bowl or like a... you know, a sesame tahini type dressing or a nutritional yeast vinaigrette; so like lots of different varieties of dressings...

J: Where do you...

G: ... and sauces.

J: ... get your dressing recipes or do you buy sauces?

G: I love to cook so I have a ton of recipes on my website for sauces and the like. So... or I lean on... there are certain cookbooks and blogs that I really like. I really love 'Oh She Glows'. There's actually another local one you should hear about which is 'Whitewater Cooks', they are amazing, it's island-based, I think they're actually even Nanaimo-based and they have some...

J: Wow.

G: ... amazing books, mm-hmm.

J: And would these recipes be on your regular website?

G: They are, on superyou.ca.

J: superyou.ca. Okay, I'm going to go find some sauces, I want to be saucier super.

G: (Laughs)

J: Mm!

G: Super saucy.

J: So saucy. See, I'm totally moving to Nanaimo, we're like best...

G: Right?

J: ... friends already. Okay.

G: (Laughs) Yeah.

J: Final leg of your quadrathlon. I don't know what was in this quadrathlon, but...

G: (Laughs)

J: Speaking of quadrathlons, my husband did one. It was running, swimming, cross-country skiing and snowshoeing up a mountain and back down.

G: What?

J: (Laughs) And his...

G: Amazing.

J: Yeah, but his only training was he ran 10 miles one day then he entered.

G: Oh, okay.

J: And he finished in the top half (Laughs). Can you believe that?

G: That's impressive!

J: Well, he's just...

G: That's a weekend warrior right there.

J: Well, he's naturally athletic and healthy. He grew up...

G: Right.

J: ... in Switzerland, barrel chest, you know, all that.

G: Right, right.

J: Anyway.

*Vibrant Happy
Women*

Episode 190: An Intuitive Approach to Health with
Gillian Goerzen

<http://jenriday.com/190>

G: I mean, he grew up skiing and doing all these things. We have a very similar event called Snow to Surf, it's very similar. We have...

J: (Gasps) With surfing?

G: ... you're doing like 5 legs... yeah, it was... well, it was from the snow up at the top of Mount Washington, our local mountain, and you go... there's a... it's a relay and I don't know if you can do it as a...

J: Oh, fun.

G: ... but it's a relay and you like... there's like downhill, there's cross-country, there's I think a snowshoe segment, and then there's like mountain biking. I did the mountain biking leg this year for a team. And like there's kayaking and canoeing and road riding.

J: Oh.

G: And so you started the top of the mountain and you end in Comox, which is one of a coastal town, mm-hmm.

J: Oh.

G: Very cool.

J: What's that event called again?

G: Snow to Surf.

J: Snow to Surf. Okay, that's when I need to come to Nanaimo is...

G: Right?

J: ... when that's happening.

G: There you go. Yeah, your husband would love that.

J: (Laughs)

G: We should form a team.

J: Okay, back to our quadrathlon on about favorite things.

G: Okay, I'm ready.

J: Last one is favorite life hack.

G: Ooh, I love life hacks, they're my thing. My most recent life hack that has changed my life (and I feel like I might be late to the party on this one) is Google Calendars. My husband and I share a calendar so we have family events in there, I can put my business events in there, like I can put... it all syncs. And so like if he's trying to plan a night to... you know, for one thing, you know, trying to be able to go out in an evening when I'm not working, he can look at my Google Calendar and see if it's available and then block it.

J: Mm-hmm.

G: Mm-hmm.

J: I'm happy for you. My husband has not gotten on the Google Calendar train.

[Laughter]

J: So we have to sit and talk to each other. What?

G: Right?

J: Oh my gosh.

G: Well, and what was happening was actually (bless him) my husband is the tech person in our family. Tech is not my zone of genius.

J: Mm-hmm.

G: And so he was who finally got me on because I kept on making... like we kept on having these scheduling issues (Laughs), so he got me onto Google Calendars.

Vibrant Happy
Women

Episode 190: An Intuitive Approach to Health with
Gillian Goerzen

<http://jenriday.com/190>

J: Oh, that's great, that's great.

G: Yeah.

J: You're not good at tech yet; there. Then you're...

G: Thank you, yes.

J: ... you're going to get there. (Laughs)

G: Thank you, that changed my fixed mindset. It's a growth, I am getting more and more tech-savvy with every day. (Laughs)

J: Oh, that's good. Well, okay, let's have a challenge from you to...

G: Okay.

J: ... our listeners and, oh, I don't want to say goodbye, but we will after you give us a challenge.

G: Yeah, okay. I think my biggest challenge to every woman listening or every man listening is to just... if you're wanting to make some health changes, I invite you to choose one thing. Don't choose 10, don't try to overhaul your health all in one day or in one week or one month. Choose one thing, really establish it, create routines, use whatever strategies you need and really get that new habit ingrained, and then and only then layer something else on. So, choose one thing at a time and allow your brain to be set up for success when it comes to building those habits.

J: Mm, I love that. And that you said to really establish it in your routines, that's good; make it a habit.

G: Yeah.

J: Mm-hmm.

G: Yeah, mm-hmm.

J: Okay, that's easy. We can do that, everyone, right? (Laughs)

G: Totally, totally can. You're going to rock it, you're going to be amazing. (Laughs)

J: We are, we are. Okay, Gillian, before we say goodbye, I remember you have a freebie for our listeners. Tell us about that.

G: I sure do. So, I have recently launched... back in last April and I launched an online platform called the **Super You Studio**. And basically, the studio is the house of all the things I believe in around and fitness. There's coaching in there, there's master classes in there, there's follow-along fitness and yoga videos in there, and then of course, there's an online community that goes with it. So, I have right now a 2-week sneak peek inside the **Super You Studio** that they can access. I'm assuming you'll put that link in the show notes.

J: Yes. And tell us where it's at just in case anyone's really ready.

G: Yeah, for sure, of course; **superyoustudio** (all one word)...

J: Okay.

G:com.

J: Super You Studio. Alright, we will put that in the show notes as well. Our show notes match...

G: No problem.

J: ... the episode, jenriday.com/190; perfect. Well, I appreciate you being on the show, I will see you in the night off. Until then, thanks so much.

G: Love it.

J: Take care.

G: Thanks for having me.

J: Alright, my friends, what is the one thing you're going to do to take care of your health this week, one thing that you're going to integrate into your routines and make it easy and consistent? So easy

Vibrant Happy
Women

Episode 190: An Intuitive Approach to Health with
Gillian Goerzen

<http://jenriday.com/190>



and consistent that you don't even have to think about it, it's totally locked it; and you only have to do one thing. I know without a doubt that all of us can do one thing. I've got mine locked in my head, it's a secret. What's yours? If you want to share what it is, email me at support to jenriday.com, follow me on instagram and DM me there. Tell me what your one thing is, I'll help you be accountable, or at least by telling someone, you'll feel more accountable. And if you add one thing every quarter of the year, oh my gosh, you were going to be so healthy. And then one day, I'll see you in Nanaimo for the Snow to Surf race, okay, we can team up and do that relay together.

Alright, my friends, this has been so much fun. I really love and appreciate all of you. You're doing a great job and I hope you're celebrating your wins. Remember WIN equals 'What's Important Now?' And that's our big question, what part of your health is important now? You've got to win your day, do that one important thing and go kick it in the butt; you've got this. Do that one important thing like Gillian talked about in this interview.

Okay, friends, last call for the **Vibrant Happy Women** retreat, I'm going to give you one more call for the Vibrant Happy Woman retreat. Tickets are nearly sold out. We are meeting in Florida in a very beautiful place in January and into February, and I would love to see you there, I would love to meet you in person, give you a hug, hear about your life, connect. I would also love to see you connect with the other women who will be there; so many awesome women. And I promise, if you like this podcast, you're going to love the women at the retreat. Grab your ticket today at jenriday.com/retreat. I will see you again soon later this week with a Happy Bit. Until then, make it a vibrant and happy week. Grab that vibrance and happiness by the horns and own it. Take care.

*Vibrant Happy
Women*

Episode 190: An Intuitive Approach to Health with
Gillian Goerzen

<http://jenriday.com/190>