



Corinne C.: Hey, everybody. Welcome to the first episode of Losing 100 Pounds with Phit-N-Phat. I am Corinne Crabtree. I am the owner of phit-n-phat.com. This podcast is going to be all about how women lose weight, specifically my girls who have 100-plus pounds to lose.

The reason why I am so passionate about this group of women is because I was you. I have lost 100 pounds myself. I was that girl that always felt fat her entire life. I'm going to tell you a little bit about my story, and then we're going to get into today where do you begin? I think that most people, the very first thing they want to know is, "How did you lose weight and how do I lose weight?" That's what this episode is going to be all about.

I also have a cohost and her name is Kathy, which you will meet in just a minute. She's going to tell you her part of the story, but she coaches with me at Phit-N-Phat and we met four years ago. She's lost 80 pounds on her own.

With all that, let me tell you my beginning and all that good stuff. When I was nine, it was when I really started putting on weight. I moved to Nashville from Alabama. My parents had divorced. When I was little, my mom was single and we just never had much food. I was kind of thin just because we never had a whole lot to go around.

Then I come to Nashville and we move in with my grandparents. They, seriously, they would be so proud of me to this day to know that I finally kicked that weight problem. We moved in with them and everyday my grandfather, who was retired, spent his summers, spent his lunches, spent his dinners, cooking us hamburgers. Anything we ever wanted, we had it.

Well, I ballooned up pretty good. I started chronicling my issues with weight. I remember my first diary talking about how overweight I was and how bad I wanted to lose weight. I was nine years old.

Cut to eighth grade. I graduate. Going into high school and graduating from eighth grade, I'm 210 pounds. Through high school I did lose a little weight and that kind of stuff, but I really never broke the 175 mark. That was always my tripping point. I'd lose some weight, get to 175, lose some weight, get to 175. It never would stick with me.

I get out of high school and I gain a lot of weight. Throughout my entire 20's, I bounced from 175 to 250. I think I did that three times, if I'm not mistaken, where I hit 250. The last time I hit 250, I had had my son. I always say that I hit 250 because I quit weighing after that. I seriously just couldn't even see anymore.



Kathy: He didn't know how to talk to you about it.

Corinne C.: Right. But that was in my head. I still remember my mom telling me all the time that I had big legs like so-and-so. In my brain, "Well, my thighs are always going to be too big." Anyway, go ahead. I just wanted to say I don't think you're alone. That if you want to find reasons why you are overweight, you'll find them. Doesn't mean you have to continue to be overweight.

Kathy: That's exactly right. You fast-forward through high school and I was probably average size, although it was always in the back of my head, "What should I be doing, or should I be eating this, or this won't hurt," or whatever. All that was going on in my head.

Make it through college. Get married. Then the weight starts to come in because the husband loved fast food and I'm the wife, so whatever the husband wants, right? We ate a lot of fast food. The weight starts going up. I start working. I'm less active, have kids. It's just that whole what I need is not as important because I'm the mama and I take care of everyone else.

Corinne C.: Which is funny, because we had such a different perspective.

Kathy: Yeah.

Corinne C.: I think that's very common. We coach people all the time who feel like, "I don't have time to do me right now. I've got to do everybody else."

Kathy: That's right.

Corinne C.: And, "One day I'll do it." One day becomes a long time.

Kathy: I say that because I see a lot of that. I understand that mindset. I understand how damaging that mindset can be to self-esteem, and your weight, and what you're dealing with on a day-to-day basis.

Through the course of my marriage and raising my kids, I did Weight Watchers a couple of times. I did a ketone diet and lost a bunch of weight. I think I gained it back faster than I lost it. I eventually settled into that same thought, "Well, you know, I have a family that struggles with weight problems. It's probably genetics. I'm probably just destined to be overweight my whole life."



Then I meet Corinne. I'm 47 years old, I'm bullied into going to this retreat. I meet Corinne.

Corinne C.: I love how you said, "I'm bullied into going to this religious retreat."

Kathy: By-the-way, Corinne doesn't remember meeting me.

Corinne C.: No, I don't. I met her a year later after she had lost weight. She had come to me to a beginner bootcamp and said, "I don't know if you remember me or not, but I lost all this weight." I'm like, "I don't remember you." There were 80 chicks at this thing.

Kathy: There were. There were. There were a lot of people there. But Corinne at this retreat just had so much commonsense to say, so many small tips that just made so much sense. I'll never forget she told us at the retreat that one of the changes that she made was she stopped eating ice cream out of a carton. She started eating it out of a bowl. She just encouraged the small changes. You don't have to join a program or pay somebody a whole lot of money to get their food plan or whatever. You need to look at yourself, and you need to take care of yourself, and you need to make small changes.

That night, I went home and I sat across the table from my husband and I said, "You know, I'm going to give this one more shot. I'm going to try. I met this girl. She makes a lot of sense. I'm going to give this one more shot. That doesn't mean you have to. Just let me cruise and we'll see how it goes."

Probably the defining moment for me, the reason that I took that turn in my head, was that my son had just gotten married and I saw myself in the pictures. I was that girl who was being overweight was hereditary. I stayed away from the full-length mirrors. I ordered clothes online so I wouldn't have to try them on in the store. All those things. I was just hiding from myself.

Then I meet Corinne. She pretty much smacks me upside the head with some commonsense. A year and a half later, I was down about 75 pounds. From there, as you know, I entered your private coaching area. She taught me how to run, for heaven's sake. I did a half marathon. I've tried all kinds of things since then. I've tried running and biking and triathlons and yoga. I'm just at a much happier place for me, mind and body, and just excited that I get to be part of the team that helps you help women.



Corinne C.: Yeah. Kathy and I are a lot alike. I will say this. As you start listening to this podcast, you're going to think, "You all are a lot alike." Because I'm definitely the more flamboyant one of the two of us and she's the steady stream. But neither one of us grew up playing sports. We had never been athletic. We had never done those kind of things. You didn't play sports, right?

Kathy: No, I didn't play a thing.

Corinne C.: Yeah, I didn't, either. I played volleyball for a couple years in elementary.

Kathy: I played the piano.

Corinne C.: Hey, I did march band. It wasn't that easy. But we didn't have what I would consider any edge on being able to lose the weight. It really had to come from something from within. That's what I want to tell everybody is where do you start? Before you change what you eat, before you do anything, I think you have to start with knowing where you are, and where you want to be, and really be honest about it.

That naturally happened for me when I sat there that day and I said, "I'm too tired to play." It's like it all came crashing down on me. My pain point had hit. It was not a rock bottom. My health wasn't at jeopardy. There was nothing going on there. But I had hit my point to where I saw that being overweight was way more painful than the pleasure of what I was doing to gain the weight. I was finally fed up. I thought about it. I think that's what has to happen.

If you're listening to this, one of the first things I would tell you to do is get out a piece of paper, draw a line down the middle. On the left side, write pain. On the right side, write what you want. Really go through the pain side. Start asking your questions about, "What all does this weight problem cost me every single day?" Get creative with it.

Kathy: Yeah, you're not just talking about physical pain here.

Corinne C.: Yeah. No, we're not talking about, "Well, my joints ache," or whatever. It's like, "I don't have sex with my husband because I'm ashamed of my body. I take a shower and I can't stand the way my hands feel when I wash my legs and stomach. I put on clothes each day and they stress me out. I get out of bed dreading going to my closet because I don't like my clothes."



All of that, that's your pain points. But what I see most people do is when we ask, "Well, what all is the weight doing for you," you'll say, "Well, I get out of breath easy and I don't like it. It depresses me and stuff." If it depresses you, then you need to say, "How does it depress me?" List it all out.

I think the big mistake I see a lot of women go through is they just want to find their fix. "Tell me what to do and I'll do it," without really starting with, "Where am I at?" Get your ass full of it. Be like, "Yeah, now I see why I'm so miserable and I'm looking for diets." A lot of times people will say they know they want to lose weight, they're looking for diets, and it's kind of like it becomes a habit. But they never really examine why they really want to lose the weight anyway.

Then the other side of it is once you've put it out there ... And let me just say it's not an easy process. Anytime I make somebody go through, "Let's go through all the pain that your problem is causing you," there's some tears. It's scary. A lot of times we don't want to admit it. It's not a fun part of the process, but I'm going to tell you this. All of that stuff, you can write it down. You're not having fun anyway. If you're not going to have fun, you might as well do it in a way that might get you some results, that might propel you to do more.

Once you finish that side, go to the other side. Then start looking at, "If I didn't have this weight problem, if I dropped every bit of my weight, this is what my life could be like. These are the things I know would change." Have that direction. Don't put down your goal weight and all that kind of stuff at first. Just visualize where and who you want to be. How does she feel when she wakes up everyday? What's her mindset like? When she takes a shower, is she scared to get in the shower because she has to rub herself, or is she like, "Yeah, I'm using all kinds of scrubs and stuff now because I like myself so much"? Really figure out what it is you want, where you want to be.

Kathy: It can be things as easy as, "I want to shop in the Misses section at the store." Or, "I want to go to that boutique store and find something that fits me." Or, "Man, wouldn't that haircut look great on me?"

Corinne C.: Right. I think the other thing, too, is as you're losing your weight ... Because if you do this and you start following some of the other advice we're going to give you through these podcasts, you'll start losing weight. But you should do what you want over and over again. That will help you set the small goals as you go down the thing.



Because seriously, when I first started, I didn't have a goal weight. I had no idea. It's not like I sat there and go, "Here's what I want. I will one day run a fitness business. I will help other women lose weight. I will do this." Mm-hmm (negative). In the beginning, at 250, my goal was, "I want to get under 200." I just knew the second that I hit wonderland that rainbows were going to shoot out. It was going to be a big freaking deal, right?

It was. I still remember when that scale went 199. I don't know if I cried or if I jumped up and down. I remember seeing it. In my mind, I can see that picture. But it was like I asked myself immediately, "What's the next thing? What do I want now? I've gotten there, so now what do I want to do?"

I think for a lot of people who have a lot of weight to lose, you just start with what's that first milestone? Honestly, I don't mind when people set number goals if number goals are your thing. But if you have always set number goals and that's not ... It sounds good to do, and it feels good to do, but it's not really a driver. Set a goal of, "I want out of Lane Bryant." I never even had a number goal for a long time. I always thought I would stop at 175. I remember setting a goal of, "I just want out of Lane Bryant. When I walk out of that store, I will never walk back in." That was my thing.

What I tell people, really identify what it's costing you, what you want, and then you make an agreement with yourself that you will not do one single thing that you're not willing to do the rest of your life. If you make that agreement with yourself, you will find the weight-loss programs that work for you. Because you have to be willing to do it the rest of your life. I have not done anything that I'm not willing to keep on doing. If I'm not, then I shouldn't put it in there because all I'm doing is setting myself up for breaking a promise to myself and I don't want to do that.

I'm sure in one of the later episodes you'll hear me talking all about breaking promises to yourself. Especially if you're one of my tribe members, you know I preach that all the time. If you watch me on Facebook Live, I beat it like a drum. It's all about that. The main thing about breaking promises to yourself is we get into a habit of saying we're going to do one thing, and then we do another. Stop doing that. The easiest way to stop doing that is every time you're going to do something, say, "Am I really?" If the answer is yes, go. If the answer is, "I don't know," it's not a promise to yourself. There's no try. There's no this. There's no that. Just decide what you will do and then go for that.



This comes up in exercise a lot. As an example: "I'm going to go to the gym five days a week." Then week two or three, it's like, "Oh well, I had a flat tire, and my kids are sick, and I've been sore, and my work wants me to stay late." We're not going to the gym five days a week. If your life is not set up to do that, trust me, just because you've said it to the universe that you want to do it doesn't mean the universe changes. But if you knew that no matter what, regardless of kids getting sick, having to work extra, and flat tires, that you could go once a week, then start there.

If you add something on top of it, wonderful for you, but the thing is is you want to practice keeping that promise to yourself. If you say, "I am now an exerciser who goes to the gym once every single week no matter what," I mean, you better be bleeding out the eyeballs before you don't do it. Where do you fall into the thing of, "What's the first thing that I should do?" Imagine that I'm somebody who wants to lose weight. "Hey, Kathy. I know what you did, now what do I need to do?"

Kathy: You know, you've hit on it quite a bit. It's all about commitment. That you make that first commitment to yourself that you're going to lose weight and I'm going to. Let's just use Corinne as an example. "I'm going to listen to Corinne, and I'm going to digest what she says, and I'm going to follow her program, and I'm making that commitment to myself." You have that great, big commitment, that non-negotiable decision that you've made that you're going to try and lose some weight. You're going to lose some weight.

Then there becomes a series of smaller commitments. Your first small commitment could be, "I'm eating clean today. I'm only looking just at today because I've got my plan. I've got my food set out. Today, I've got it. I'm committing to myself today." Then tomorrow, you might make the same commitment, but tomorrow you might say, "I'm eating clean today and I'm going to drink my water." You make those little, small commitments to yourself. You develop those new habits and then you layer in something else. Just like you did with the ice cream.

Corinne C.: Right. Yeah, my ice cream story, she touched on it. But I want to make sure everybody is real clear on this ice cream story. I sat down almost nightly for the majority of my life with a carton of ice cream. I don't mean the little ones. The half-gallon jobs. I would eat until it either was miserable, or it was gone, or I was just done. It was a lot.



Then one day I'm like, "I'm putting this in a bowl." Well, I grabbed about the biggest bowl that was available in my kitchen and filled it. I don't mean I suddenly went from a half a gallon of ice cream to a quarter cup. What is it, a half a cup is a serving? I don't even know what a serving is. I know it makes me angry, but I knew that I was not going to measure it, and I knew that a half a cup would make me angry, but I knew eating a half a gallon of ice cream almost daily was getting me nowhere. I made that commitment. I think Kathy touched on it. Sometimes, like for me, the last time I ate out of the carton was the last time I ate out of the carton.

**Kathy:** You probably told yourself, "I'm not doing this anymore." You have to hear yourself saying that. You can't just think, "Well, maybe I won't do this anymore." You have to hear yourself say, "This is the commitment I'm making to myself." Just like I did when I sat across from my husband, across the table, and said, "I'm doing this for me." I even told him, "You don't have to do it for you. If you don't like what I fix for dinner, you head on down to Taco Bell and you won't hurt my feelings. This is about me."

**Corinne C.:** Yeah. I think that's important. I think you have to realize it is the commitment. It is you have to just decide what you're going to say to yourself. There's no try in this. That's the big thing. What I want people to do is to be like, "You know what? This is what I'm going to do." I think for those of us who really carried a weight burden all of our life, where it feels like just second skin almost, it's a matter of getting really good at finding opportunities to do what you say you will do when it comes to your weight. We don't need to try anymore. We need to just decide and we need to just do that.

All right, we are going to wrap this one up. I really appreciate all you guys listening and I hope you learned a lot from us today. I'm just going to tell you, this has been fun and it's my life's dream to just help women. Hope you enjoyed the podcast. We will be back next week with something that I am sure will help any woman who is looking to lose that 100 pounds make all the improvements in their life. Talk to you later. Bye, you all.

I hope you enjoyed today's show. I'd love to help you with your weight loss, too. Come on over to [pnptribeshow.com](http://pnptribeshow.com). That's [pnptribeshow.com](http://pnptribeshow.com). You'll find a free course that is sure to give you more tips and things you can do starting today to lose weight. I am on a mission to make sure every woman has what they need to change their life, just like me.





I just remember all those years thinking that when I had my kids, that was not going to be me. I was going to be that mom who played. Everybody has their fuzzy moments of where they're just like, "It's all perfect." There I was, 29 years old, 100 pounds overweight, dead-ass tired by 10:00 in the morning, and I can't play with my kid, and I had a meltdown because I had absolutely become the one thing I did not want to do, which is a mom who's too tired for her children.

My husband comes home that night. I'm bawling my eyes out and telling him, "I don't know what the hell is going to change, but it all changes today. I'm figuring it out." I just told him. I said, "The one thing I know I can do tomorrow is I'm going to the Y, and I'm going to get on the treadmill, and I'm going to do something." He's like, "All right. If you want to, I know you can." I think that's one of the biggest things is that he believed in me before I did and it really helped. Not everybody has that blessing, but I did.

I go to the Y and I get on the treadmill. 15 minutes later, my ass is wet and I am exhausted, but I did it. I agreed with myself that everyday I was going to go to the Y and I was going to move. No matter what, the one thing I knew I could do is keep moving. I wasn't ready to change my food. I wasn't ready to hire trainers.

I mean, hell, I was dieting back in the day when you didn't have Google, you didn't have Facebook. We didn't have that stuff. If you wanted to find a diet, your butt had to go to the bookstore and find something to do. Or get your latest magazine.

I just everyday got up and just decided, "What more can I do today?" I had to figure it out. I don't think that's any different these days. That's what this podcast is going to be a lot about. I'm going to teach you all kinds of stuff throughout this podcast, but the one thing I want you to know is that you don't have to have anything other than this desire to do it and a thought that you'll figure it out. When you start pointing your head in the right direction, rather than looking at your shame, rather than looking at how big you are, what all has gone wrong, all your past mistakes and stuff, you drop all that crap, and you just start thinking about, "Okay, what can I do today," things start changing.

That's my story. 12 years ago, lost the weight. Took me 18 months. People always want to know, "How long did it take you to lose the weight?" It took me 18 months. There was no specific diet, no crazy anything. Although, I have tons of tips that I learned through all that, it just really started with a mindset shift.



Now I'm going to let Kathy talk to you. I want to say this. Kathy is one of my pride and joys. She found me by pure accident. Didn't even work with me online like the majority of my clients do, and just got motivated and made her changes, and has since started helping other women lose weight, too, with me.

Everybody always says, "What do you love the most? Is it your clothes, is it this?" I'm like, "That's all great, but the best thing I think that's come out of this weight loss is I get to help people do it, too." I never dreamed, especially when I was nine years old, writing in a diary, and feeling like crap because I was overweight already, I never dreamed that one day that I would teach other women how to do it. All right, Kathy, tell us your story.

Kathy: Well, I met Corinne four years ago at a retreat that was here locally in Nashville that a very good friend of mine pretty much bullied me into going to. I give her a hard time about it all the time. She talked me into going. I said, "Okay, I'll go listen to this lady."

Corinne C.: Is she in the tribe now?

Kathy: She is in the tribe. She is a tribe member and a very good friend. But I think I'd like to also tell you that my story probably begins, as I think about it, my story begins about the same time Corinne's does. I was probably 10 or 11 years old. I remember my father, who struggled with his weight his entire life, sitting me down in the basement of our house, telling me I needed to be more careful about how much I ate and what I ate, or I was going to have a weight problem, and that I was already starting down that road.

I don't think I'll ever forget that conversation because that was the seed. "Your family struggles with weight. You need to be careful." That was the seed, the beginning of the whole belief system that I developed, that whole concept blaming that I developed. That, "Well, my family struggles with weight. I probably will, too."

Corinne C.: I had the same thing. I love my daddy, don't get me wrong, but I still remember we rarely saw him. Everybody of this age is going to remember this commercial, the trash bag commercial: "Hefty, Hefty, Hefty." He would chant that when he would see me and he hadn't seen me in a year. You know? I don't think he meant to be an asshole. He just didn't know better.