

# Passive Weight Loss Mini-Class

## Transcript - Video 2

“The Ease of Passive Weight Loss”

### Introduction to Passive Weight Loss

Welcome back to part two of the Passive Weight Loss mini class, the power of passive design. In this section, we move away from the why and get into the how of making weight loss something that happens to you rather than something you have to force. In part one, we deconstructed the exhausting world of active weight loss, the apps, the checklist, the calories in calories out math that ignores the reality of being an actual human. Now I want to talk about the alternative.

### Defining Passive Weight Loss

I want to talk about Passive Weight Loss. So when I say passive, I don't mean you're sitting on the couch, eating bonbons, waiting for a miracle. I mean that we are moving into a state of ease. Passive Weight Loss is what happens when your environment and your systems are so well aligned to your actual life that the weight begins to fall off as a natural side effect.

### The Myth of Willpower in Weight Loss

Most people think that weight loss requires this white knuckling, that feeling where you're at a birthday party standing, staring at the cake and you're repeating like, I don't need it. I don't need it. That's not my food. That's not my food.

Like a mantra. That is active energy. It's a fight. And in any fight between your willpower and your environment, your environment is going to eventually win.

### Ending the Struggle with Environmental Design

Passive Weight Loss is about ending that fight. It's about building a life where you don't need to white knuckle anything, not even one percent of the time. Now to understand how this works, we have to look at environmental design. Imagine you have a habit of coming home every day, you drop your keys on the kitchen table, but in your mind, think you should be the kind of person

who hangs their keys on the wall mounted hook by the front door, that really nice one you bought at Home Depot.

So every day you walk in, you drop your keys on the table, and five minutes later, feel a little guilty. You tell yourself, well, I wish I was more disciplined. I just need to remember to put the keys on the hook. What's wrong with me?

You might even set a reminder on your phone, might put a sticky note on the door, hang up the keys for, you know, for three days. That kind of stuff works. You're being active. You're focusing on that.

But then on day four, you come home stressed. The kids are crying. The groceries are heavy and you've had a terrible day. You drop the keys on the table.

You fail. Now in the world of passive design, the solution isn't to try harder to use the hook. The solution is to put the key holder on the kitchen table. Most of us are trying to force ourselves to walk across the room to the wall hook of dieting.

We're trying to completely arrange our natural flow to make a rigid system work. But Passive Weight Loss says, let's look at where we already drop our keys. Let's look at our actual life, our schedule, our stressors, our preferences, and let's put the key holder there because almost none of us are going to successfully rearrange our entire lives for a diet, nor should we have to. Let's talk about what real life actually looks like.

## **Real Life Challenges in Weight Management**

For me, real life is three young kids. It's three little humans who need high calorie kid friendly meals every single day. They need snacks, they need breakfast, they need dinner. My husband isn't home during the week, so the mental and physical load of all that food prep is a hundred percent on me.

Not to mention my own food prep, right? Traditional weight loss advice would look at my situation and say, well, just meal prep separate meals for yourself on Sunday, or hire a chef, or just have more discipline when you're feeding your kids. Just buck up more. Right?

But those aren't solutions. Those are insults. I don't have six hours on a Sunday to meal prep, and if I did, I wouldn't use it to meal prep. And I certainly don't have private chef kind of money.

You better believe that discipline is the first thing to evaporate when I have been solo parenting for five days and one of my five year old twins is having a meltdown over the color of the plate she got. The point isn't to fix your life or change your kids or something so that you can finally follow your diet. Your life isn't a problem to be solved. Your kids, your job, your missing spouse, your stress is the landscape.

## **Designing a Plan Around Your Life**

We have to design the plan around that landscape. The plan requires your life to be different than it actually is. The plan is garbage. I want to give you a specific example of how I moved from active struggle to passive ease in my own journey.

## **Identifying Danger Zones in Eating Habits**

For a long time, my danger zone, right, the witching hour was four PM to eight PM. If you're a parent, you know this hour. This set of time, you're transitioning from work, afternoon activities into the dinner, bath, bedtime gauntlet. During this time, I was constantly feeding the kids.

I was handing out apple slices and crackers and cheese sticks and chocolate and then making dinner. I love their food. Mac and cheese is awesome.

I find myself grazing through that entire four hour block, a bite of their crust, a handful of their Goldfish, an extra apple slice because it was right there. I wasn't even hungry in the traditional sense. Right? I was just around food all the time.

For months, I tried to fix that five PM window. I tried to use willpower. I told myself, don't eat the snacks. I tried to eat a huge salad, but I couldn't do that every day.

I tried to drink more water. I tried to stay out of the kitchen. It was an exhausting struggle that I worried about and stressed about every single night. And every night I ended up feeling like I was failing because I'd eventually give in and just eat that junk.

But then I stopped trying to fix that window. I started looking at the scaffolding of my entire day. What I discovered was that I was white knuckling my hunger earlier in the day. I was eating a light breakfast or a skimpy lunch because I was trying to be good and have less calories.

Then by the time four PM rolled around, my body was screaming for support. My willpower is depleted from days of parenting and work, and my biological hunger was peaking. So the solution wasn't to just be stronger at five PM, the solution was to create more support earlier in the day. I just was curious.

I'm like, I wonder if this would work. So I started eating more substantial high protein, high fiber meals at ten and one and tried lots of different things. And what did I find? Suddenly, that four pm to eight pm window, it shifted.

## **The Shift to Passive Weight Loss**

I wasn't grazing because I was disciplined and actively trying to stop because I was trying to be better. I wasn't grazing because I wasn't hungry anymore. That's Passive Weight Loss. I didn't have to think about it.

I didn't have to fight myself. The desire to eat the crackers, it just wasn't there anymore. The scaffolding that I had built earlier in the day held me up when the stress of the evening would hit. Most diets are what I call fair weather diets.

## **The Flaws of Fair Weather Diets**

They work great when the sun is shining, when our bank account is full, when the kids are behaving, when we're feeling motivated. But the second a storm hits, the diet falls apart. It's a flimsy umbrella that turns inside out at the first gust of wind. But Passive Weight Loss is about scaffolding.

It's a structure that holds you up while you're building something else. It's sturdy. It's meant to be there during construction, through rain and wind. Your weight loss system has to be able to survive normal life stuff and crises.

It has to work when a loved one is in the hospital. It has to work when you're on vacation, surrounded by diet. It has to work when work is a nightmare and you're putting in ten hours of overtime. If your system requires you to put things into an app or shop at a specific specialty store in order to work, it's going to fail the moment life gets heavy. The system has to be so simple and so integrated into your existing habits that it feels like ease rather than push.

## **Fixing the System, Not the Person**

So we fix the system, not the person. We don't try to change the five pm stress. We don't try to beat ourselves up for not being good at that. We just change where we put that key holder so the stress doesn't lead to overeating.

## **The Transformation of Weight Loss Perspective**

When you stop the active push, something amazing happens. Weight loss becomes a side effect. In the active world, weight loss is the prize that you get for suffering. It's the result of how stress and energy you can put into the process.

But in the Passive Weight Loss world, weight loss is the oops. It's the feeling of stepping out onto the scale at the end of the week and thinking, oh, I lost some weight. That's cool. I didn't even feel like I was on a diet.

I had some Twix for lunch a few times. This is the only way that weight loss becomes permanent and sustainable. If you have to white knuckle your way to your goal weight, you're constantly living in fear of the day that your grip slips. You wonder, can I keep this up forever?

## **Sustainability in Weight Loss**

And the deep, dark answer in your heart is usually no, I don't think so. But when you do it passively, when you do it by designing a life that fits you and your weight loss goals, you never

have to wonder if you can keep it off because the way that you lost the weight is exactly the way you live your life now. There's no going off the diet because there was never a diet to begin with. There was just a better designed environment.

## **Creating a Balanced Life Beyond Dieting**

Passive Weight Loss works because it's sustainable forever. It feels good. It involves zero stress. When you learn how to stop overeating without an app, when you learn how to enjoy the foods you actually like without guilt, and when you learn how to create a maintenance mode that feels like your natural rhythm, the beast of weight loss is tamed.

## **Preview of the Next Framework**

You stop being a person who's trying to lose weight and you start being a person who just lives a high quality, balanced life. The weight loss is just the physical manifestation of that internal ease. So in part three, I'm gonna give you the specific framework that we use to build this scaffolding. We're gonna talk about the MelMath framework, more, enough, less, and how you can apply these principles to your plate starting today.

And we'll have a special exercise that you work on, take it home, work on it, and that'll be at the end of the next video. But for now, I want you to ask yourself, where in my life am I trying to force myself to use the wall hook for my keys when I should just be moving the key holder to the table? See you in part three.