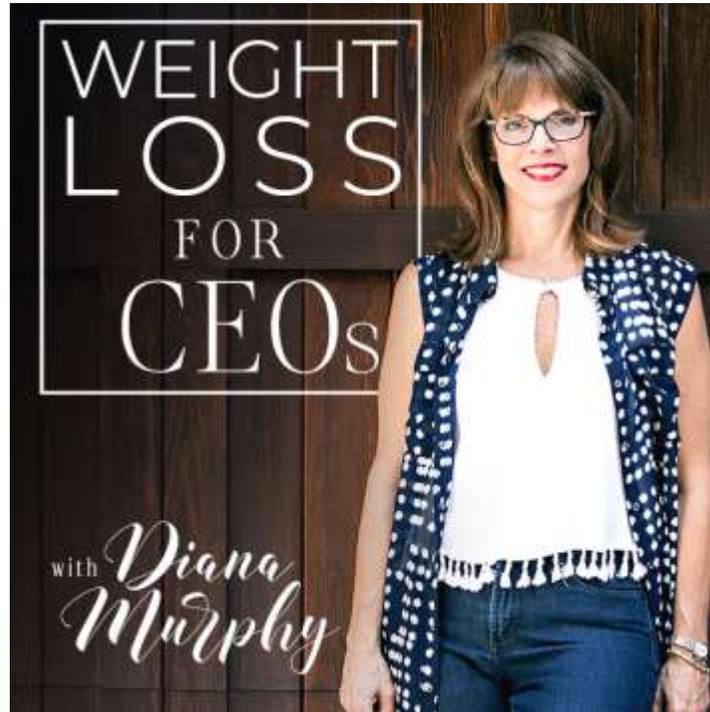


Ep #33: How Learning to Run at Any Size Can Change Your Life with Jill Angie



Full Episode Transcript

With Your Host

Diana Murphy

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Welcome to *Weight Loss for CEOs*. A podcast that teaches executives and leaders how to deal with the unique challenges of achieving sustainable weight loss while balancing the responsibility of a growing company, family, and their own health. Here's your host, executive coach, Diana Murphy.

Diana: Alright, my friends, we have a special, special treat on the podcast this morning. I have waited way too long to introduce this fabulous life coach. And her name is Jill Angie and she is the CEO of Not Your Average Runner. And I wanted to bring her on today because I have followed her for a long time, we are fellow coaches from The Life Coach School with Brooke Castillo.

And we met during a mastermind where we both were there and I loved how Jill was so effective and has done a lot of growth in her business by really serving a group of people, a tribe, something that I am creating in my business now. So, buckle up, people. You've got an amazing story to hear from Jill, and not only because of the work that she does and what she's going to share with you about movement and that perspective about running in any shape or size or any fitness level, as well as the very normal challenges of being a business owner. Alright, so, Jill, share with us a little bit about not only the personal journey, tell us a little bit about your business and what that looks like now so they can have that picture, and then I want them to hear your story.

Jill: Okay, hi everyone, so my business is Not Your Average Runner and I serve, basically, women who are in midlife who are overweight or have never seen themselves as athletic. And I help them start running so they can feel confident and empowered and just kind of badass in general and really start doing things for themselves, because most of the women that I work with have had, you know, families or businesses and they've given everything to those efforts, which is awesome, and they're kind of at a place in their life where they're like, alright, I need to take time for me and here's how I'm going to do it. So that's the population of women that I help, which is basically, you know, the person that I was 10 years ago when I

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kind of came to this moment that, hey, I need to change careers and yeah, it's incredibly rewarding.

Diana: Oh, I love it, and I love what you do. I follow you, and so I've seen, like, your pictures of doing half-marathons as a retreat and the way that you encourage them and the – when I just think I know what that journey is, you mentioned when we were speaking before the show a little bit about your first part, and we'll talk about this a little bit, of deciding to do the breast cancer walk. And that, like I know what it took to get to that breast cancer walk because I did that. And so when I saw that room of women, it's not just that day, right, I thought of all the preparation that you helped those women get to, not only in their bodies, but in their minds. And so that just excites me about your business, about what you're doing, helping people do things that they probably never pictured doing.

Jill: Yeah, for sure, and I think that's – I'm a run coach, I'm a life coach, but really, I think where I excel, or what my jam is, is literally using running the same way that you use weight, as sort of a way in to help people get past their mental blocks, get past their mental drama and really just do something so epic that they look back and they're like, "I can't believe I just did that and I'm so proud of myself."

Diana: Yeah, so learning to believe, like we did, we didn't have a business and now we have a business. We had to believe to create it. I love helping – you're right, I help my clients when they don't think there is any possible way after everything that they've tried, that there is a peaceful way to lose weight, and there really is. And the outcomes are so amazing when people are able to do those things in their lives, whether it's running that half-marathon or losing 30 pounds and being at peace. And the outcomes are so vast in the rest of their lives. That's the delight that we get to observe and witness.

Jill: Yes, exactly, like the running, the race medal is awesome, but it's the person you have to become to earn that medal is that is the real gift.

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Diana: Yes, that's so good. So tell me a little bit about your personal journey. How does someone go from not being a runner but then trying to be, like, being a runner, realizing you – there was this shift that I love hearing in you and I think my listeners could really benefit from how do you make that shift from using running as a way to lose weight – and we talk about it all the time. It's like the first sentences of people will come in my coaching calls or consults will be, you know, "Well I know I'm not working out so I'm not losing weight," and there's just so many other factors. And we have this idea in our culture that if I don't work out, I can't take care of my body, and if I pound and make myself do this, then I'm going to have the success. But that's just not true. So tell us a little bit about your story with running.

Jill: Yeah, and before I do that, I want to point out how right you are about that, because I've heard this before – somebody told me once and I just really took it to heart – you can't possibly exercise away overeating. You just can't, and so exercise is something you have to do because you love yourself, because you want to treat your body with respect, because you get a lot out of it. But it's just not the path to weight loss. And the reason I know that...

Diana: Thank you, Jill, for being so open...

Jill: Is because I tried to do it for years and years. So I started running when I was in high school. I was on the tennis team and I was on the swim team and I was actually fairly athletic. I was always a little, I don't want to say chubby because I don't think I was chubby, but I wasn't skinny. I wasn't a super tiny body, but I was able to play tennis and swim and so forth.

So I had to run a little bit in high school here and there, but then I graduated and I was like, that's enough of that. So I gained a ton of weight and then I found myself almost 30 and, you know, probably at that point 50 or 60 pounds overweight, and not really happy about that. so I thought, okay, I'm going to start running and I'm going to run all this weight off, that's what I'm going to do.

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And I tried and I failed and I tried and I failed and I tried and I failed and it was sort of a spin cycle of trying to hate myself then, basically, because I would just punish myself with running and I just did not love it and I was embarrassed and ashamed and just all the feelings. But I kept trying to do it because I didn't know any other way.

I didn't understand that there was another option. I just thought, okay, maybe if I could just get myself to running a little bit faster, having no idea that I needed to work on my thoughts. I thought that it was something physically I was doing wrong that was not helping...

Diana: Not creating your result, right?

Jill: Exactly, so anyway, so in one of my many attempts to like exercise myself thin, I signed up for the breast cancer three-day. And I know you know what it is. In case your listeners aren't aware, it's this thing where you walk 20 miles and then you camp, and then the next day, you get up and you walk 20 miles again, and then you camp again, and then you walk 20 miles the last day. So it's 60 miles over three days.

I weighed about 270 pounds at this point because every attempt to run myself thin resulted in me gaining weight because of all the horrible things I was saying to myself. And so I started training for this thing because I thought, 60 miles, that's far, that will get the weight off of me. So I hired a personal trainer and that changed everything because she was not your average personal trainer.

She was not – I mean, she was very thin and she looked like a personal trainer, but her brain was of somebody who just wants to help her clients feel better in their own body, and that changed everything. So she was also a yoga teacher and I worked with her for several months and realized, wait a minute, maybe I don't have to lose weight to feel good, to feel confident, to feel empowered. Maybe I can be athletic just for the sake of being athletic, just because it feels good, just because it gives me results of feeling proud and feeling confident.

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And so long story short, I recognized that hating myself thin and beating myself up wasn't doing what I wanted it to do, so I said, alright well I actually like this exercise thing now, she taught me how to like it. Let's see what I can do with that.

So I signed up for a triathlon and I did my first triathlon. It was amazing. I was almost dead last, which was awesome. So many people are afraid of being last, and I'm like, why? There's nobody in your finish line pictures if you're coming across the finish line last.

Diana: I love that attitude. And I think of the care that you got on the road with the team, when you think of the team closing the race, that they were all with you. I'm just picturing that.

Jill: Yeah, it was super fun, honestly.

Diana: That's pretty cool, and I bet they were pretty dang impressed with you.

Jill: Yeah, they still announced my name and I still got my medal and it was pouring down rain, so I will never forget it. It was just drenching rain, but this was a race that was like, we never close down the finish line until everybody's across it. We stay until the last person is there, and it was an amazing experience.

So, from there, I thought, well if I can do that, what else can I do? Then, at the same time, I was in my early 40s at this time and I was going through some career angst, I guess, because I hadn't really discovered coaching, but I knew I wasn't really happy in my job. I worked in a – I had a really amazing corporate job for a pharmaceutical company, I travelled the world inspecting our manufacturing plants, but it wasn't really lighting me up.

I realized, this wasn't what I was put on the planet to do. My job here as a human, the obligation I have to the world is to show other women how they can feel amazing in their body without having to change anything else.

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Diana: Let's just pause right there, right, that is – and you could have done that as a side hustle and had running groups that you loved on and had things, but like, that shift of realizing that and really owning it, what did that take? That's really courageous.

Jill: You know, it's so funny, I think everybody's journey to becoming an entrepreneur and becoming the CEO of their own business is different. Mine sort of happened in a series of little lightning strikes, and I think after I finished that triathlon and was kind of looking around saying, wait a minute, everybody needs to feel as good as I feel right now, and how can I make that happen?

That was sort of the beginning of it. And so, I think within a year and a half – so I started, I got certified as a personal trainer and I started training people as a side hustle for about a year I did it out of my home in the evenings. And then I was like, no I can't do both of these things and I'm going to put all of my heart and soul into the thing that I love. So I quit my job and we went from there, right.

I imagined that I would just help women in my community love their bodies, and I did, but then I wrote this book called Running with Curves, which is now available as Not Your Average Runner, and it's been downloaded like 100,000 times. So there are women out there that need to hear this message. And once I realized that, I said, okay well personal training is awesome but I need to impact people on a much grander scale, and Not Your Average Runner was born from there.

Diana: Oh, I love hearing that story. And I know that that was the switch for me. And this, I just feel, is so important for our listeners because there's ideas that you have that may not mean quitting your job, but it also is reengaging for those successful CEOs out there that, you know, I hope are reengaging with their story and their reason for starting because what you said is like, I know that the moment that I was at peace and had lost weight after a lifetime of shame around gaining and losing 35 pounds, I know that moment was when I said, I don't want one more person to suffer like I did.

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And to own that and to do what I've done in my practice, but I know that also it could be a good practice for our listeners today to really remember that in the struggle that they're in now, because I feel like so often, some of my business owners, the reason that they are struggling with weight and struggling with self-care is because they are not reminding themselves how far they've come. So I feel like that's an important part of our story because we're not in our first year-. You and I have both developed beautiful practices. Tell me a little more – I think I want to focus on the listener that is feeling very uncomfortable in their body right now but they know they want to be moving and they are in their mind a little bit like what you and I talked about, feel like they have to. What could you share with them as the way to shift to the wanting? Like it's almost wanting to want to work out or getting over there, I should run but I'd rather do yoga. What are some of the ways and suggestions that you have for them that they can start making those shifts? What worked for you and what is working for your clients?

Jill: Yeah that's a great question, and I think you kind of hit the nail on the head when you said they feel obligated or like they should do it. And I think any time we approach an activity thinking it's something we, "Should be doing," we're not going to have much fun doing it.

Diana: When somebody tells me I should, I become a rebellious child.

Jill: Exactly, and so...

Diana: Even if it's me.

Jill: Yeah, I love that. Like, it does. It sort of flips this rebel switch in our brains where we stamp our foot and we say, "I'm not doing that, you can't tell me what to do. So I think, you know, you kind of have to play a little trick on your brain and just say, like, hey what do you want to do? We're going to be active, but what looks like fun? And if yoga feels amazing, do yoga. Like, go all in and do the yoga.

So two points that I want to make about that, the first is that whatever you're looking at and intrigued by, if it's rock climbing, if it's running, if it's

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yoga, whatever it is, the way to make it fun and make it something that you enjoy doing and make it something that you choose to do is to be willing to suck at it in the beginning. I know, and I know because I'm the same way with new things that I try.

We want to be perfect. We're all high-performing women and men. We're CEOs, we're extremely accomplished individuals and we're not used to trying something new and not being good at it. And So that's where I think the work is, to like humble yourself and say, I'm doing this new thing and I'm willing to suck at it so that I can learn what it has to teach me and whether I like it or not.

And I think, when you go out for example, if you're going to try running, you need to go out, run for 30 seconds, walk for a minute, run for 30 seconds, walk for a minute, like give yourself a chance. Do that for 20 minutes or so. Give yourself a chance to decide, do I like this or not? And if I do like it, what are the things that I like? And it might be, I like how my legs feel when I'm moving. It feels good to just get my body moving. Or, I like the walking parts...

Diana: Oh, it's okay to want the pause, I love it.

Jill: Exactly, but pay attention. Let yourself suck at it and then look at it objectively and say, what do I like about this activity and am I willing to continue doing it so that I can get more of what I like?

Diana: Oh I love it. I love this part, and this is something I talk about with my clients is that intrigue. What is drawing you? Even if you've never done it, like belly dancing? I have one woman that I had worked with that loved canoeing, and here we are in the middle of the winter where there's no canoeing – it's asking, what are the activities you can be doing now so that canoeing is amazing when you get to the season?

Jill: I love that.

Diana: being drawn to what really is getting your heart – and I've had different seasons. I did the breast cancer walk like you did and thought I

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would be an amazing walker, and I never walked another step. I was not doing it for the enjoyment.

Jill: So I love what you just said about what can you do, like if you have an activity that you want to – like canoeing, we don't do that in the winter when the creeks or rivers are frozen. What can you be doing now to prep for it? Because I think that's very similar to what you do as a CEO. You have a launch coming up or you have a big project that you're working on and you have to do a lot of prep work ahead so that whatever that big activity is is successful.

And so I just kind of love that. And with running, it might be like running on a treadmill in the winter so that when the weather warms up, you still can, or it's doing your strength training or focusing a lot on yoga and flexibility and whatever it is. But yeah, that's a great point.

Diana: It's like tying things into a bigger purpose. But I love what you said and I love using this – I have for so often – like what are you strong at? Use that towards this journey of weight loss or use this towards your journey of becoming athletic and it's like, use the parts in your brain as a CEO and plan it out, but never do it because you have to, because you don't have to.

Like, couch potatoes haven't been working out. You don't have to do anything. But I feel like there's always something in us when we want to get healthy again, and this is when my clients show up all the time, they really do have this desire, but how do I get started? And I love that 15-seconds, you know, how many seconds on and how many seconds off on the running, Jill, to get started?

Jill: If you're just starting, I would say start with 30 seconds of running and 60 seconds of walking and see how that feels. If it's too hard then you back it off to maybe 15 or 20 seconds of running. If it's too easy, you ramp it up to 45 seconds or a minute of running. And that's the thing that I think is so beautiful. It's why I love running so much, that there are no rules, there are no – like, if you look running up in the dictionary, it doesn't say it has to be a 12-minute mile or a 10-minute mile. It just says, "Faster than a walk."

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Diana: Is that right? Is that the true definition?

Jill: It is, I mean, running isn't a pace. Running is a way of moving your body that is different than how you move your body when you're walking, slightly different...

Diana: But slightly, right?

Jill: Yeah, literally the definition of running. So that, to me, means there's so much space and so much room for you to make it what you want and what you need rather than having to fit into somebody else's way of doing it, just like you do with your business. We don't create a business and look at how somebody else is doing it and say, "That's how I should do it." We're like, "No, this is how I want to do it." And running is the same way.

Diana: Oh, I love it. And I do think that when we have an area that we are suffering – like, my clients come and life is rocking in all these areas. And this is the place, the fitness or the food or all of it is where they're sucking at it and yet we think it has to be this big thing to solve it, just like everything else, that it's this all or none kind of brain that we put to it. It's like, I'm going to, you know, if I'm launching something new, I think of this big massive way that I do it. When in fact, all I have to do is start by making a few phone calls. It's the same thing and we see it so naturally in an area we're successful, but where we have allowed those thoughts judging ourselves about what we're not doing, oh my god, I can't believe I overate or I can't believe I'm not working out anymore, that is shutting down that amazing part of ourselves that we actually do know what to do and it's just kind of getting over ourselves there and really speaking to ourselves more compassionately.

Jill: Yeah, I could not agree with that more. And that's one thing that I talk to about my clients, when I have somebody new join my tribe, one of the first things I say to them is we do not do perfection in this group. We have one rule, and that is that we don't do perfection, we only do progress and growth. And I think failure is not a bad thing unless you make it a bad thing.

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Failure is just a circumstance. I did X and Y happened, that is the circumstance. And then we have all these thoughts about it that make it either a bad thing or make it a good thing. Like, in my life, the more I fail, the better I grow or the more I grow the farther along I get. So I am all in for like failing myself to my goal...

Diana: Failing yourself to success, I love that.

Jill: Exactly, but we've just been conditioned, I think, to believe that failure is a bad thing, and it's not. It's just a thing.

Diana: Yeah, something happened, basically it's a circumstance, neutralizing – and I have been sharing with my podcast a lot deeper, talking about stress, and I actually call it the stress model instead of the thought model, but it really is our circumstances in our lives have no effect. Us not running a 5-minute mile means nothing unless we think differently about ourselves, that we aren't doing something. I love that.

So, I know that actually a lot of my clients are pretty active, but the disruptions are really what – it's that all or none a little bit or really thinking – again, I have clients that think if I only work out at a very high level, that's the only thing that's helpful, and that's a little bit of that calories in, calories out. But as a business owner, like, what helps you keep steady? Maybe your week doesn't look, activity-wise, like you really wanted, it isn't your idea week, but you still got to it. How do you keep that going? How do you keep the consistency? Here you are, a running coach, you're helping others, how do we – and I'm asking for myself sometimes on those weeks – what are ways and why do you stay active more consistently? What works for you?

Jill: That's a great question and it has evolved over the years for sure, because I think when I first started, even when I first started running with the current mindset I have of, like, this is a gift that I'm giving to myself, this is how I show my body respect, I still had that, like, "But it has to be perfect," in the back of my mind.

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And so for me, I've recognized that expecting it to look a certain way is not super helpful, it just sets me up for feeling really bad if it doesn't look that way. So my goal is to go out for a run three times a week. Now, sometimes that's a really long run. Sometimes it's like this amazing cathartic experience where I just come back and, like, the angels are singing and daisies and prancing. And sometimes it's a suckfest and it's like 15 or 20 minutes, but I gave myself that, like, hey you did what you needed to do and it's not always going to look a certain way. And expecting it to look a certain way so that I can feel good about myself is not very helpful.

Diana: Yeah, so if it turns out this way or if I – it should be a good run because I've been training so well this month, like, and yet it sucked and you don't know why – because I was a runner, there's no explanation sometimes for why it feels awful.

Jill: Yeah, sometimes it just sucks, and that's okay. Like, losing the attachment to the outcome, become attached or involved in the process, right? So I think that's where the work is; the process. And sometimes, like, my hardest runs, the ones that are the suckiest of all the runs are the ones where my brain is doing all kinds of work and I'm seeing excuses come up. I just had this experience yesterday.

This is perfect timing. So I've actually been in physical therapy for my knee for about three months and I've just started running again this week after taking six months off because my knee was not agreeing with me. And I'll tell you what; it's because basically all of 2018 I was so focused on growing my business that I stopped caring for myself. I was like, I care more about my business than I care about my body right now.

I didn't say that outright, but on a daily basis, every little choice I was making was basically expressing that deep belief. And towards the end of last year, I thought, this is not working for me. And so I got myself into physical therapy and it's been amazing, and I started running again this week.

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But yesterday, I went to my typical session and she started me out with some – she kind of ramped up some of the exercises that she has me do and after the first round of these, like one-legged squats, I was done. Ever muscle was shaking and I thought, I can't do the rest of this workout. And I just watched the drama in my brain and it was – I mean, it felt like an awful workout.

I went through the whole thing and every single time she gave me a new exercise, my brain was like, I can't do this, I'm going to fail, I'm going to fall down, you're going to see, you're being too hard on me. Like, all of this crap in my brain every single time, and every single time, I still did the exercise, I still made it through, and I was like, huh...

So by the end, even though I was miserable the entire workout, I walked away realizing so much about myself. First of all, when your brain tells you, you can't do something, that's a lie. Like, why would you believe your brain? It has a history of lying to you, so stop believing the first thought that you have every time somebody presents you with something new.

And so I think the sucky workouts are sometimes the ones that are the best workouts because that's where we do a lot of hard work on ourselves and our mindset.

Diana: Our mindset, yeah, absolutely. And like, I know for me, when I have been training – I trained for races, I ran all the way up to a 15K and because of an issue in my back, I don't run anymore, but I remember those days. It's like, why does one run suck and where I'm having to talk myself into keeping going when another is amazing.

And I know, looking back, I was not as deep in my coaching as I am now, I know that probably a lot of that was mental. And just like expecting – sometimes you get heavy legs and you don't know why, you just do. You don't know how the food affected you that morning or your rest or whatever, but thinking that something has gone wrong that it doesn't feel great is just getting in our way.

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Jill: Yeah, and I think that – I know there's so many parallels between running and business, or just any kind of athletic pursuit, but first of all is expecting that running is going to give us something, expecting that it's always going to be like amazing, because sometimes we expect that out of our businesses as well, that you should just always be producing money for me, you should always be working.

And there are some times when you have a month and you're like, I don't know what happened, but like, people aren't signing up, people aren't buying, and who knows? You might never know what happened that month, but making it mean that obviously I'm destined to live in a van down by the river, or obviously if this run went badly then I'm going to be on the couch for the rest of my life, we go to these crazy dramatic places.

Diana: Yeah, what is it? And I feel like, when we can admit and realize from others, like here you are, a running coach, now because of physical issues, having to do that same journey again. And you could make it mean so many awful things, and I'm sure your brain offered you some opportunities.

Jill: She did.

Diana: And our brain is not our friend. It needs to be managed. Like Brooke has always said, it's a toddler with a knife. And we just have opportunities at every stance, but the payoff if we can do it in this struggle place of working out, if that's our struggle right now, or wherever it might be, and just get the best of ourselves by managing our mind, it's amazing what we can create. Because look on the other side, that high school girl or that early 20s girl that thought she had to beat herself thin is now – like what you're doing in your business where clothing lines are coming to you and you're in magazines and the amount of women that you're touching.

Jill: There's no way I could have predicted this because the brain that I had back then could not even envision a life without the constant mental beatings.

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Diana: So I feel like this is a good time to pause to just ask listeners to – what is that place where the ugly story where you're not willing – there's something you really want to be doing, and it could be in your business, but we're talking about movement – in movement that is really intriguing to you but you're not quite sure it will pay off right? Even in your business, you're not sure it's going to pay off but it's something you're really drawn to do. And I don't know about you, Jill, but I'm learning to honor those tugs because there's always something delicious on the other side of that. And whether it is just personal gratification or someone I was supposed to reach out to, but also an activity, there's always something on the other side. And I just want listeners to, like, are you willing to fail, manage your mind a little bit to kind of pursue what you know would be best for you right now, whether it's walking for 30 and then running for 30, whatever it is for you, starting yoga because you know that that's what you want to be doing, like whatever it might be, to really listen to that and get – we have to just get out of our own way, get over ourselves and our fear of failure.

Jill: And I would love to share a client's story with you on this topic. So it was four years ago now, I was doing my very first online 5K course and I had a bunch of ads running on Facebook and I had one woman sign up for it. She'd just had gastric bypass surgery and so her doctor had cleared her to start moving her body. She saw my ad that said I can teach anyone to run and she did not believe me. And she literally hired me so that she could prove me wrong.

And she told me that from day one. She's like, "I don't think you can teach anybody to run, so I'm here to show you that it's not possible." And a year and a half later, she ran her first marathon.

Diana: And not half-marathon? Oh my.

Jill: She ran her first marathon and she's done two full marathons, probably 10 or 12 half-marathons and she's a runner now. And not only is she a runner, like, she identifies so deeply as a runner that she's posting pictures of herself at every single race. Like, it's just constant. If you look at her

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Facebook feed, it's just like running, running, running. And this is a woman who, four years ago, she felt pulled to do it but she was very resistant. And when we worked together, I was like, let's just open your mind to the possibility that it could happen and see what happens. So I just think, like, be willing to be wrong. Be willing to be wrong.

Diana: Yeah, when I think of my clients, some of them that have quite a bit of weight to lose, it's like, oh there's no way that this will work. They may be listening to my podcast and listening to the tools, and because of that belief, it's getting in their way. And anything that's intriguing you through what Jill is sharing today, through the work that is in my podcast and now will be sharing on Jill's podcast, which is going to be amazing, but if there's anything that's intriguing you and pulling you and you'd love to just, like – but there's no way – open your mind to the possibility. I feel like that's a good bottom line today; open your mind to the possibility and do the work of managing your mind through it because there's something in us.

I never could see what my business would be, I just knew I was to do it. And I know that there are a lot of CEOs that feel that, I'm just to do it. And now we have this business to manage, right? And that is the beauty of it. It's like, open your mind to what could be next, no matter whether it's physical challenge, weight challenge, wellness challenge, stress challenge, or something in your business.

Jill: I love that.

Diana: That is so good, Jill. Thank you so much. Tell us how my listeners can engage with you and what are the favorite ways that you're showing up that they can get a taste of it and download your book or buy your book. Tell us where they can find you.

Jill: So, probably the best place to start is to just listen to my podcast, it's called The Not Your Average Runner Podcast. It's very creatively named. There's a lot of swearing on my podcast. I do have to warn, it has an explicit warning on iTunes.

Ep #33: How Learning to Run at Any Size Can Change Your Life with Jill Angie

Diana: You've got the E, okay...

Jill: I've got the E. I'm very proud of that E. I'll tell you what, I had to bite my tongue a couple of times today. I was like...

Diana: Thank you, I'm now an E.

Jill: She's not an E, exactly. So I would start with my podcast, Not Your Average Runner. And you can find it wherever podcasts are found. Or you can also – if you're thinking, I might want to be a runner someday, I don't know, I have a Facebook group and there's about – we're almost at 10,000 people in that group right now. I call my people the Rebels, Rebel Runners because basically we are sort of rebelling against society's expectations that you have to run a certain way and you have to look a certain way. And we are just rebels.

So you can join my little band of Rebels in the official Not Your Average Runner Podcast Community, which is a free Facebook group. And that's also a great place to start. And if you want to work with me, I have an even more beautiful group called Run Your Best Life and you can find that at runyourbestlife.com and I'm in there in that group coaching people every single day. We do live coaching calls two or three times a week where people can actually connect with me and with my team of coaches. And it's pretty freaking awesome.

Diana: Team of coaches. Just think about the first day you started just knowing – and this is for business owners out there that you can go from the idea and now how many Facebook people, 10,000?

Jill: Coming up on 10,000.

Diana: So it's not a tribe, it's an army. And yet you offer that personal way for those that would like to go deeper, you offer that in your private coaching, and have a group of coaches. That's so exciting. It's so great. This is all possible; all possible. Alright, Jill Angie, you are a delight. And in the show notes will be the link to Jill's webpage and we'll provide all the ways to connect with her there. So know that you can hit the show notes.

[Weight Loss for CEOs](#) with Diana Murphy

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And it will be dianamurphycoaching.com and we do not know the episode number, so you know to go to my webpage to figure all that out.

And I want to thank you, Jill, so much for taking the time today and being my first podcast interview. I'm cutting my teeth.

Jill: What?

Diana: You are my very first one.

Jill: I'm so glad you didn't tell me that ahead of time or I would have been very nervous.

Diana: Oh that's so funny because I did say it before when we were having technical difficulties and guess what, ladies and gentlemen, I just forgot to turn on my mic, so we thought Skype wasn't working. It's all a thought. I hate Skype, so I thought for sure it was Skype's fault and not my own. So yes, the coach got in her own way for sure. And hopefully this podcast interview is going to be really good and Pavel is going to be very happy with us.

Alright, my listeners, we love you very much. Anything else you want to share, Jill?

Jill: No, that's it, just get out there and run. It's so fun.

Diana: Oh, run, be the runner in the body you have now.

Thank you for listening to this episode of *Weight Loss for CEOs*. If you enjoyed this episode and want more, visit dianamurphycoaching.com for Diana's latest free coaching tools to get started losing weight without having to start a diet now.