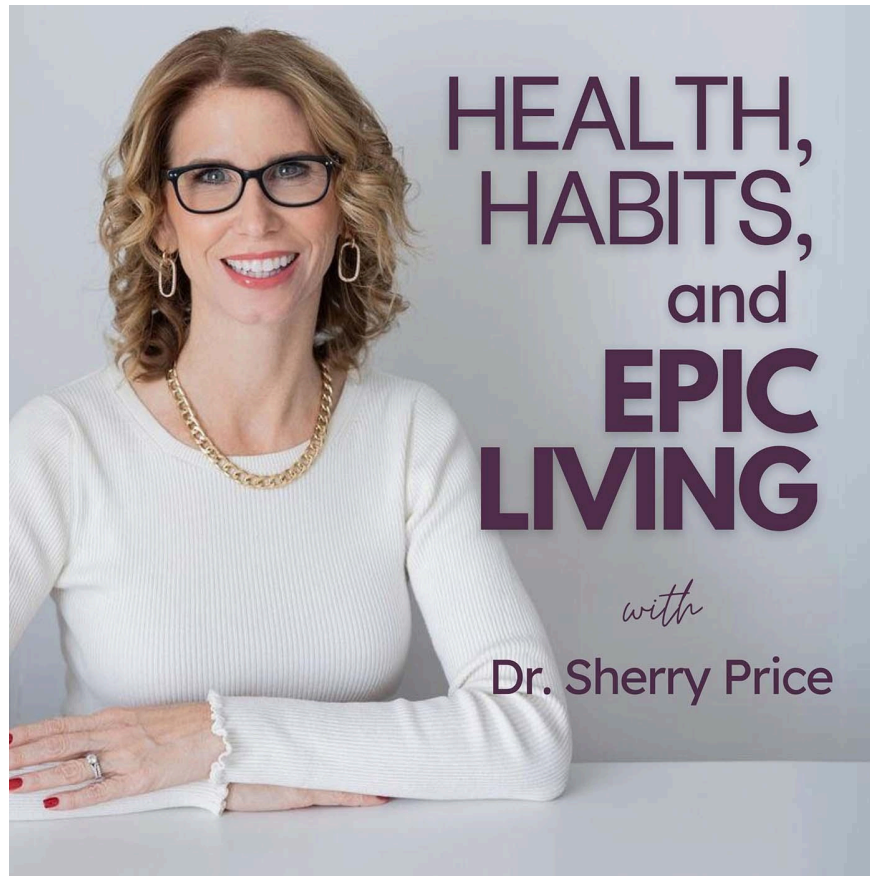


Ep #175: 5 Levels of Commitment



Full Episode Transcript

With Your Host

Dr. Sherry Price

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Welcome to the *Health, Habits, and Epic Living* podcast. I'm your host, Dr. Sherry Price. The goal of this podcast is to educate and enable empowered women to take the next steps towards achieving their health, wellness, and lifestyle goals. Let's get started.

Well, hello, my beautiful epic friend, I hope you are doing great. In today's episode, I would like to talk about the five levels of commitment. The reason I want to talk about this at this time is because we've started a new year in a new you.

Generally, by the time the late January, early February timeframe comes around, many people have given up on what they committed to for the new year. And I want to help you really commit to the goals, particularly the health goals, the habits that you want to create in your life, I really want you to commit to that long term.

And so, I want to go over these five levels of commitment, because I believe that they can help you when you're identifying, "What is my level of commitment? Where am I at now compared to the beginning of the year?" Then, I want to give you strategies on how to increase your level of commitment, at the end of this podcast.

So, let's dive in and break down those five levels of commitment. Level one is called "lack of commitment." I even call this ground zero; you have no commitment to change, you don't want to change. This can be considered a denial phase for people who overeat or overdrink; they just don't want to change. They don't want to talk about it. "Leave me alone, I have no desire to change."

This level is characterized by strong resistance to change. They don't want to do it. They might think it's too hard. They might think, "I've tried so many times, and I failed. Nothing's going to work. Don't bother me about this. I don't want to talk about this." They get pretty adamant and use statements that they really don't want to change or do anything else.

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They may even come at it from 180°, like, “Leave me alone, I like my drinking. Leave me alone, I like my smoking habit. Leave me alone, I'm not willing to change. I like overeating.” Deep down, that's coming from anger or resentment, and not really their true desire to keep smoking or their true desire to keep drinking or overeating.

And so, I consider this like a phase where you might just be in denial, you might be putting up a smokescreen, you might just not want to tap into wanting to change. There are times in our life where we get hardened, things just seem so difficult, and like nothing's going to change. And so, we just give up.

Now, as I'm going through these levels of commitment, I want you to know that I have non-judgment for any of these areas. Meaning, I've found myself not wanting to change. I've found myself at this level at a phase of my life. I know this phase will come back, so it's not to say that we're always going to live at one level, I just want us to recognize where we're at.

Because my philosophy is always ‘meet yourself where you're at.’ We have to honor that version of where we are at. We have to honor it so that we can soften it. And when we soften that hardened heart, when we soften that denial, when we soften where we're at, maybe then the brain is safe to feel, “Hmm, maybe change is possible. Maybe I can ascend to the next level, maybe I am willing to do a small piece.”

Then we can get movement. So, none of this that I'm saying is like I've never been there, I don't understand, you should always be at this level; there are no ‘shoulds.’ We work in stages and seasons through our life, and I think the best thing we can do as humans is to honor that in ourselves and to honor that and others.

And so, that is level one. A lack of commitment, the denial level, just not willing to change.

Let's move on to level two. Level two is what's called “outcome without effort.” So, we want the outcome, we want the goal, we want to lose those

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20 pounds, we want to become a different drinker, we want to decrease our relationship with alcohol. But we want to do it without effort.

And so, at this level, you will find that you may be full of hope, wish, fantasizing about 'one day when'. "One day, when I lose weight... One day, when I get in shape... One day, when my health takes the most priority in my life... One day, when I'm able to kick this drinking habit... One day, when... I wish I could... I want to be able to do," X, Y and Z.

That could look like, "I want to walk up two flights of steps without being winded. I want to expand my lung capacity. I want to expand my VO2 max. I want to expand my longevity and my health span." I often hear women tell me, "I want to drink less, I just don't know how to get there."

And so, there's a flicker of hope. That is so much better than level one, where there is no hope. They are actually hopeless at level one. So, in level two we have something to work with, right? We have something to work with at every stage, but level two, having that hope, really, we can tap into that desire to want to change and then create small actions and get them to level three.

So, level two, I consider this the wishful stage, the I'm thinking about it. But the primary component of level two is, you have want without action. This stage is really characterized by no action that's taken by the individual to change. No action to go after that result or that goal.

And for me, when I'm coaching clients, I really like to dive into, "Okay, why aren't you taking the action? Let's really look at that." Because a lot of times it's excuses, "I don't have enough time. I don't know how to do it." And sometimes it's just stories that we keep telling ourselves that we may not even recognize.

They're subconscious, and we aren't even aware of them until somebody asks us pointed questions, right? Like, "I don't think I can I achieve it, because I've tried 20 times and I keep failing." So, if you have the subconscious thought that you're not even in tune with, you don't even

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know it's there until somebody poses a question to you, you may not realize that that is what you have to overcome.

Taking the action may or may not be difficult, but it becomes more difficult if you've got a limiting belief in the way. Personally, I love working with people in the level two phase, because I know they want something and we just have to fuel and fan that fire. When we do, we can really see a person catapult out of 'I'm kind of stuck. I really don't want to be stuck,' but we can get some progress for them.

So, I think level two is not a bad place to be, you just have to know how to work with yourself or find somebody who can work with you, so you can move out of level two and into level three. Again, level two is, you want it but you're not willing to work for it. You're not changing your actions.

To be completely transparent, I find that in one of my goals for this year, I am stuck in level two commitment. So, I am working with myself. And I'll tell you some of the strategies at the end of this podcast, where I'm working with myself to move more into level three and level four commitment.

Again, I just want to emphasize none of these levels are good or bad, we just want to recognize where we're at. And when we can recognize and meet ourselves where we're at, and we know what it takes to get to the next stage, boom, that's where the magic can happen. Here's also what I want to propose, is that sometimes you have to think about it for a little bit before you actually do move into action.

You'll see this a lot around the holidays, or people talking about New Year's resolutions, right? They're like, "Oh, I'm doing this, but I can't wait till the new year because I'm going to do this." So, they're at that level two, where they're wanting the outcome, they're wishing for the outcome, and they're waiting for a certain period of time to elapse 'til they feel that they will take the action, or until they feel that they will move into the action.

Okay, so now we move into level three, where people are taking action. Level three phase of commitment is called "the trying phase." And so, what

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makes this level different than the other two is someone is actually taking action in this phase. They're willing to do something, they're willing to try new things, they're willing to sign up for new things. They begin taking steps, whether they're small or big, but they begin taking steps towards the outcome they want.

Now, this is a wonderful phase, right? It's progress from level one, it's progress from level two. However, there are some downsides in this phase, which we'll talk about. And so, it's great to try. I want to emphasize the good points of this phase. You're taking action. You are doing things that will make a difference.

And you'll often hear in your words, "I'm trying to lose weight. I'm trying to change my drinking, I'm trying this... I'm trying that, and I'll see what happens." Sometimes I hear, "Well, maybe it will work. I'm trying this and maybe it will work." So, sometimes I hear "trying" in the words of my clients. And then, I hear also a "maybe" in that sentence.

Generally, people who are trying, and maybe something will work, they have a level of commitment that's considered weak. It's not on fire. It's not turned up to the degree of 10. It's kind of like at a low simmer. Consequently, people are dabblers in this phase, where they're trying this, trying that but they never really get to a place where it becomes a habit and where they begin to master the process to get to the result.

"Maybe I'll go to the gym a few times. I'm going to try the gym. I'm going to sign up for a membership." They go a few times gyms and since their commitment level is on the weaker end, they give up quickly. They give up quickly in the face of difficulty. That's really the defining characteristic of this "trying phase."

They get little or paltry results, because they find that they are in that start/stop. They start, they try a few times, and then they stop. They go a few days being alcohol free, and then they turn on the faucet and go all in again. They go a couple of days to the gym, get in a couple of workouts, a

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couple of walks, or a couple of sessions of strength training, and then boom, they stop. And then, they start again, and then they stop.

That's a weak level of commitment. That's the "trying phase." Again, no judgment. It's just, if you're at that level of commitment, it's good to know what to expect, and then how to work with yourself to get to the next phase, if that's what you desire.

Maybe the "trying phase" is okay for the goal that you're wanting to pursue. Or maybe you're just in the "trying phase" as you figure things out. Maybe you're trying this program, maybe you're trying this way, and what you're going to do in a couple of weeks is assess which one is moving the needle the most.

So, there is value to the "trying phase." I just find that when people stay in the "trying phase," particularly when it's a goal that they really, really want, and they're starting and they're stopping, and they're starting and they're stopping, that this can be a very frustrating place to stay.

If you're constantly trying to change your relationship with alcohol, and you've been at it for years and years and years... I have, then I had to find something that was really going to move the needle. I see women do this with their weight. I see women do this with trying to get in shape, right?

They keep trying things trying, trying, trying and they get some progress, but then they put the weight back on. And then they get some progress and put the weight back on. They're constantly trying things. And trying is good because they're getting progress, and that feels amazing.

But really, analyzing what is sabotaging? Where do I not take it to the next level? How do I get to the next level? I think that kind of personal insight is very important. I call it "personal insight," because the insight I might have to my life and how my brain works and how I run my life, might not be valuable to somebody else, right?

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We are all unique. We are all individuals. So, we have to really tune in to how our brains and our bodies work so that we can learn from ourselves; we're a student of ourselves. And when we can find what really gets our commitment level there, to what we really want in our life, particularly if it's around health and healthy habits, then that's worth investigating and really studying. Okay, so that's level three, "the trying phase."

Now let's move on to level four. This phase is characterized as "I'm doing my best." What I love about somebody at the level four phase, is that they are really on fire. They are really heating things up. They are going after their goal. How you know if you're at level phase, is you are taking consistent action, and you are taking consistent action no matter what.

So, we are doing the Dry January challenge inside of my private Facebook group, called Stop the Overdrinking Habit. And so, if you notice that you are going dry during the week and on the weekends, no matter what, you are taking consistent action day after day after day.

And so, if you're in that level four of commitment, you are facing your challenges head on. You are stepping up to the challenge. You are facing life; you're facing the challenges. Somebody invites you out to dinner, you go out to dinner, the whole party or group that you went out with they're all drinking, but you are not because you decided, "I'm going to commit to this. I'm coming at it at a level four, so it doesn't matter what you do, I'm staying in my own lane, and I'm not drinking."

Okay, so now this phase comes with an added bonus; I call it an added bonus. This is not part of the research, but I added this part in because I noticed when people are at that level four commitment, you know what happens? They don't only get the benefit of being back committed, they also get the benefit of rapid progress, which feels so good.

And when it feels so good, and you're getting rapid progress, you know what happens? You gain momentum. You don't have momentum at the "trying phase" of level three, but you gain the added benefit, when you're at level four, of momentum. Your results begin to compound. You start going

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to the gym. You start losing a few pounds. You feel really good about that, it keeps you motivated. And you get momentum that you want to keep on going.

So, level four commitment has that added benefit, it has that added feature. It's like buying a car, do you want the basics or do you want to upgrade? Level four commitment is an upgrade to your physiology, your biology, how you feel, and how you show up because you know yourself. You are ready to do what it takes to get it done.

Okay, so you might be scratching your head and going, "Huh, that's level four? You mean, there's another level? There are five levels, you said." It's true. Level four commitment might seem like you're at the top level, however, I will tell you that commitment at level four still leaves the door open for giving up. It's open, just ajar, but it's still open.

Because remember, this phase is called "I'm doing my best." And so, in doing my best, we are still getting the results that we want. However, we are not opening our mind to say, "Oh, maybe there's more in the jar for me to accomplish. Maybe there's more in this goal for me to accomplish."

Not only that, what I also see if somebody sets out to get a goal at commitment level four and they reach 90% of it, maybe even a little less or a little bit more, like 95%, they say that this is good enough. So, let me just make up an example. "I want to be a woman who loses 20 pounds." She loses 18 pounds, and she's like, "This is good enough."

Or, "I want to be a woman who just has two drinks a week, because I want to optimize my health. And maybe, some weeks not even drink at all." But then she gets to four drinks a week, or six drinks a week, and she's like, "Ah, this is good enough. This is still in that moderate category of drinking. So, I'm a moderate drinker, and that's good enough. If I lower it to two a week, I'm still a moderate drinker. That's good enough."

And so, we begin to settle when we think we're doing just our best. And notice, it's our thinking that says, "Oh, this is the best we can reach. This is

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the best we can get.” So, we're actually leaving something on the table. That's what starts to differentiate level four from level five.

And level five is known as “commitment level at whatever it takes.” This is commitment to your results; the 20 pounds, the two drinks a week, whatever the goal is that you have. You're going to get it no matter what, period, mic drop, it's as good as done.

This level of commitment is incredibly powerful. It's so powerful because it really rejects any thought, from entering your mind, that you won't get it. Meaning, there is no exit ramp. You are on this trajectory, and you are going to reach it no matter what. You burn the boats; that's another cliché, “to burn the boats.” There is no going back, you are going to get this goal no matter what.

And here's the thing that I think people misunderstand about level five commitment. That is, they think, when they start and they have level five commitment, that they should have the entire process, from A to Z to get to that goal, completely figured out. And that is not true, my friends.

If you will look at people who have level five commitment, they do not know the entire process. All they know is the next step or the next two steps that they need to take. That's it. But they are committed to figuring the rest out. They will hire a trainer, they will look at programs, they will Google it online; they will figure it out on how to get it done.

So, they know obstacles are going to happen, and they actually expect them to appear. They know that their brain may not want to do something, but they're going to do it no matter what. And when you get to this level of commitment, I will tell you how you know you're there. You may have this happen at level four, but it really happens at level five commitment.

When you are committed to getting your goal, you let nothing stand in your way. Nothing. No one, no person, no thing, not your job, not your kids, not your husband. Nothing stands in your way. You don't care about pleasing others. It's not that you're rude to people. It's just like, “Hey, you're going to

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order dessert, I decided I'm losing weight. I'm cutting back on sugar. I'm not ordering dessert." It's not about the dessert. "It's not about you. It's about me, and what I want and what I want to achieve."

And so, you're on a mission to achieve this result. You're not on a mission in an angry way. You're on a mission in like, "I'm finally going to get it." You are so proud of yourself. You are feeling it in your bones that this is going to happen, and you are going to step into that version of you.

I've seen this with some of my private clients when we work on increasing their level of commitment, and we allow them to really experience what level five commitment feels like in their body, they are on fire. And not just for the day, I mean, they are on fire for weeks.

Because now we tap into this powerful source that goes even beyond our brain, and just it takes over our body. That's where I see breakthroughs happen. That's where I see massive transformations happen in such a short period of time.

If you could get to level five, I will tell you, it's glorious. And when you experience level five commitment, it feels amazing in your body. I recently experienced this in my body. Last year, in 2023, I was so committed to helping women really shape up. I'd been helping women for so long with drinking, and then they want more; they drink less, they still want greater health; they want to improve their physique. They want to improve their body composition.

A lot of times I'll hear, "I'm too old. I shouldn't want this, this is vain," blah, blah, blah. I'm so sick of these weak excuses that we continue to put out there and think that that's okay to say.

When men want to get in shape, it doesn't matter their age, they just go and do it. There's no man telling another man, "Oh, you can't do that. Oh, you're too old. Oh, just have cookies with me." It's just not in the bro community, right? They're cheering each other on.

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And when I see women talk to other women in the circles that I hang out with, or I've been exposed to, I'm like, "Ick, we've got to stop this. If women want to be strong and healthy and vibrant, let's get them there."

I created that Tone In 10 program on fire, full of commitment. I got that program done in such a short period of time, with the amount of content that is in that program. It is insane what I was able to create, because I was on fire with level five commitment.

Because I want to change the narrative for aging women, that they have to be old or frumpy or deal with weight gain as a normal sign of aging. It is not. There are many communities out in the world where women don't gain tremendous amount of weight as they age.

And so, I love this whatever-it-takes kind of commitment level. Because it feels amazing in your body, and you feel that you are on mission to change a narrative for yourself or for others.

I've explained these five levels of commitment. For all of them, you will find yourself in a place. That's not good, that's not bad; I really want to emphasize that point. But really, it's like, "Okay, if I'm here, and I don't desire to be at this level anymore, what can I do to take me to the next level?"

I love the quote, "Nothing happens until after you commit," by Dan Sullivan. Really think about that. Nothing happens, no action is taken, until you decide to commit. Right? So, nothing happens until *after* you commit to something. I think that's why New Year's resolutions feel so good. Because we commit to something, and when we commit and we have that commitment, there's an energy in our body that feels good. Because we're like, "Yes, I want that goal."

We know humans are designed to have goals. Our caveman people, predecessors, they had the goal of staying alive. They had the goal of procreating. They had a goal of go find food, let's not die. Humans are goal-oriented people. And so, we want to honor that process.

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Now, let's dive into strategies where you can increase your level of commitment. I'm going to talk about a few. I go into so many more inside of EpicYOU. I go into so many more when I'm working with clients. But here's a few to get you started.

One I want to talk about is called “a forcing function.” I've learned this term from Benjamin Hardy. He's amazing. He's an Organizational Psychologist, and he's written great books. He's taught me the concept of a forcing function. If you look at forcing functions, it's any task or any activity or any event that you take that forces you into action. It forces you into action to produce a specific result. So, that's called “a forcing function.”

There are many types of forcing functions you can do. You can set a deadline for yourself. “I'm going to learn to run a 5k by April. I'm going to sign up for that half marathon in June, because it's going to help me start running today. I'm going to sign up for a program so I can learn skills on how to become XY and Z. Sign up for a program to drink less. Sign up for a program to learn how to lose weight.”

That's a forcing function, you're taking an activity or a task or an event that's forcing you to take action. I do this all the time; I sign up for programs where I want to learn. Right now, I'm signed up for a hormone course, because hormones are fascinating. Particularly as I go through perimenopause and into menopause. I really want to understand my body and what's going on, because this wasn't taught to me in pharmacy school.

And so, by signing up for this course I'm forcing myself... It's a forcing function where I'm going to learn about hormones. I have a whole workbook to follow. I love learning; I'm a lifelong learner. I constantly want to grow and educate myself.

And yes, the benefit is for me, but also the benefit is when I can talk about it and share it with others. Because menopause is something that we have not talked enough about as a society. I was just meeting with my small group, and talking about all the changes that happens in the body; how we get weepy, how we get depressed.

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How we start thinking, “Oh, my gosh, what is my purpose, and what is my role in life? I used to think it was my kids and my job, and now I'm not feeling so fulfilled by that.” Some women can't sleep, some women have hot flashes, some women start having sex and it feels like sandpaper. Then we think, “Oh, this is just supposed to happen as we age,” and it is not. It's a hormonal dysregulation that happens.

And so, having this forcing function encourages me to get the goal that I want. I want to be extremely knowledgeable in this area. I want to help other women in this area. Because I could talk about sex. I could talk about your body in a very nonjudgmental, safe way.

And when I start talking about my experiences, and talking about it this way, I see women just break down and be so vulnerable with me. Where I can actually help them with the problems that they are feeling in life. Where they feel their doctor doesn't understand or their friends. They just don't feel comfortable bringing it to their friends. That's forcing function. I highly encourage you to use that to leverage your commitment to something.

Another strategy that's very useful, that's talked about a lot... It doesn't go for all goals, but depending on the goal that you do have, it's the strategy of breaking it down into smaller chunks. Eating the elephant one bite at a time. It may be very daunting to think about your goal, right?

Maybe some of you have a goal of losing a significant amount of weight, and that just feels like you're never going to get there. It's going to take months and months on end, so why even start? And so, if it's this big goal that you have, a great strategy to increase your commitment level is saying, “Okay, how can I break this down into milestones? How can I break this down into small chunks that I can conquer each week? That's going to keep me committed? That's going to keep me showing up doing the work?”

“That's going to move me from just dabbling in that trying level three phase to no, I'm doing my best? I'm going to level four, because I'm breaking it down into these small chunks.” Or I've seen small chunks really work to get

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somebody on fire. They're like, "Wow, I didn't see how I can lose 50 pounds that way. I didn't understand how I can do it. The goal seemed too big."

When you break it down into those smaller chunks, it's, "Now I'm on fire. Now, I am all in no matter what. I know I'm going to achieve it because now I could see the process to get there."

Will there be tweaks along the way to that process? One hundred percent absolutely. Will there be obstacles along the way in the process? One hundred percent absolutely. Life will throw us curveballs, but it's how you pivot and manage those curveballs. It's how you are able to come back to yourself and commit to your highest priority and your highest goals, even when life may detract you here and there.

The last strategy I want to talk about, is to increase your desire. I have an entire course, actually I have a few courses on this, inside of EpicYOU. I work on this a lot with my private clients, because I find this strategy to be so effective, particularly for women.

Why? Because a lot of times in society we get the opposite story. I can't think of the right word I want to use, but we get the opposite told to us. We get told that if we want to lose weight it's all vanity, or you shouldn't care about your body, or your body just does this when it ages. And so, particularly when working with women, I really love to dive into what do they really want.

Allow yourself to have it. What's in your soul? What's screaming from your body that I really want to have this? "I really want to feel confident in my body." I've heard that from women. "I really want to have better sex in my relationship." I heard that from women. "I really want to find a loving partner, increase the love that my partner gives me. I really want to embrace my body at any size and love it, along the way to treating it to better health."

Really allowing you to tap into what you really want now, even before you get to the goal. Allowing yourself to have it. Seeing yourself have it.

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Believing that you deserve it. That you can have it, and that you will achieve it.” This work, my friend, is incredibly powerful. It's actually my favorite strategy for increasing my commitment level.

And so, I want you to think about your goal for this year, or this month or this quarter. What is it? Define where you're at on the commitment level. Are you at level one, not working towards it, denying that you want it?

Are you at level two, where you just want it but you don't want to do any effort?

Are you at level three, where you're trying things but you're just not at that next level where you want to be?

Or are you at level four, where you're kind of on fire and like, “Yeah, I really want it,” but you notice that you might be beginning to settle. That you're not going after it as hard as you did maybe a couple of weeks ago.

Or maybe you want to ignite yourself even more to take yourself to level five, where it's as good as done. It's yours. It's yours for the having. It's yours for the taking. It's yours to own it, walk in it, feel it and be it.

And then, what strategies do you want to take away from this podcast? If you're at one of the levels and you want to go higher, what strategy are you going to implement? Pick one. Pick one and try it. Maybe you want to just dive into your desire and really just feel it in your body of what it's like to obtain it.

Maybe you want to look at your goal and say, “Okay, I'm feeling overwhelmed, and I just want to break it down into smaller chunks.” Or maybe you want to do a forcing function, where you're going to sign up for something, you're going to enroll in something, or you're going to commit to something outside of you, that's going to help you commit more internally.

And quick shout out about my intermittent fasting program. If you want to do a forcing function, particularly around how you feed yourself and eat

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healthy in a meaningful way for your phase in your life, I want to tell you that my intermittent fasting program is starting this Monday.

One of the reasons I love intermittent fasting, for me at this phase of my life, is that it really gives me more energy and brain clarity. When I've started to follow this type of eating, I noticed that I'm able to maintain my weight or lose weight with greater ease.

So, if you want to be able to understand how to eat, what to eat, when to eat, and why you're eating, because you want to become more metabolically flexible, you want to become healthier, you want to lose weight, you want to banish sugar cravings, then this program will show you how.

It's much more than “this is when you eat and this is when you don't eat.” It's really teaching you the principles around intermittent fasting for women; because they are different than for men. Women are not just little men; we are biologically different. We have a different chromosome; we are the X-X. We have different hormones, and we have different supplies of hormones.

Our hormones change throughout our life, particularly around perimenopause and menopause, which is a huge transition. And if not done appropriately, most people, as they go through menopause, will put on 20 pounds of weight. That's what the literature states.

It's because our eating patterns don't change. We continue to eat the same way as we did in our 20s and our 30s, thinking we can have that same body type. But since our hormones change, and the way we metabolize food changes, it's really important to understand how your body is working. So, you can work *with* your body, and not get mad at your body because you're treating it the same way as you did in your 20s and 30s.

That, my friends, is what I'm on a mission to teach people about. Because I've seen obesity, firsthand, limit people, cause depression, causes anxiety, cause rifts in their relationships, and frustrate the heck out of women. So, it's Intermittent Fasting 45, because it is a 45-day program where you get

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information to learn how to eat, what to eat, when to eat, and why you're eating.

I'll teach you how to structure your eating, including the timing, the quality of your food, the macros you should be having, and how to stay satisfied and satiated without overeating. As I mentioned, the reason I continue to do this and follow this as a lifestyle, is because it really helps with my energy levels, which go wonky in midlife. It helps me diminish brain fog, and feed my gut microbiome, so I'm producing the necessary hormones and transmitters that my body and my brain need to function optimally.

So, if you want to learn more about IF:45 For Women, please go to my website EpicYOU.com, and you will see it on the drop-down menu under the “work with me” tab.

All right, my friends, I love that you joined me this week. Please, implement some of these strategies into your life and keep going after your health and wellness goals. I'll see you next week.

Thanks for listening to the *Health, Habits, and Epic Living* podcast. If you are ready to take the next step to improve your health, wellness, and lifestyle goals, head over to www.EpicYOU.com to check out my programs and to sign up for my free newsletter. Again, that's EpicYOU.com.

Please, note that the information in this podcast is for educational purposes only and does not constitute medical advice.