



#100 How Consistency Equals Success In Business, Health & Li...

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SPEAKERS

Michelle Glogovac, Lisa Herrington

M Michelle Glogovac 00:01

You're listening to the my simplified life podcast and this is episode number 100. Welcome to the my simplified life podcast, a place where you will learn that your past and even your present. don't define your future. Regardless of what stage of life you're in, I want you to feel inspired and encouraged to pursue your dreams, simplify your life and start taking action today. I'm your host, Michelle Glogovac, and I'm excited to share my stories and life lessons with you will taking you on my own journey. This is my simplified life. Cue the confetti and the horns and let's pop the champagne friends because we've made it to Episode 100. By now you know that I'm your host, Michelle Glogovac, and I have to start by thanking you from the bottom of my heart. Thank you for listening. Thank you for emailing me dm'ing me rating and reviewing the show, sharing the show. I am blown away by the support I've received. And honestly, I never really imagined today happening. I started the show back in 2018. And thought I'd make it a solo podcast of me sharing about myself and my journey. But then I discovered how much I truly love engaging with other people, and hearing their stories and life lessons, and have enjoyed meeting so many new people and getting to share them with you. I literally pinch myself when I think of the guests I've had on and the ones that are yet to come. And I want you to see that you too can have these kinds of experiences. If you simply put yourself out there. My friend and trainer and repeat guest Lisa Harrington asked me if she could interview me for my 100th episode, because although I've done my fair share of interviews and other podcasts, I

have yet to be interviewed on my own show. For the past year, I've been on a health journey. And I haven't shared too much of it online. But Lisa knows firsthand all about it. Because she's been front and center every week with me for a year now. Lisa is an acsm certified fitness trainer and best selling author we met three years ago in a course and have been friends ever since. yet we've never actually met in person. I had no idea what questions Lisa was going to ask me, but I knew that she was really excited for this interview to happen. I hope you enjoy a sneak peek into what my journey over the last year has looked like. And that it might inspire you as well. Hello, my friend Lisa. Hello, Michelle. I am excited and maybe a little bit nervous about today. You have nothing to be nervous about. You are so good at this. You're sweet. Alright, so Lisa is going to interview me today. I have no idea what her questions are. That's about it. This is how we're gonna celebrate Episode 100. So hit me, Lisa.

L Lisa Herrington 03:20

Yeah, so I thought that it would be really fun to interview Michelle because she is always on the other side of the table interviewing all of her guests for her incredible podcast and I have had the privilege of working with Michelle from a different angle as her fitness trainer over the last year, year and a half. And Michelle and I met actually through a podcasting course. I am a fitness trainer. And I do it virtually and also in in studio in Davis, California. But since Michelle is in San Jose, we meet virtually once a week. And it has just been such an honor and such a joy to train Michelle and to watch her incredible progress over the last year. So I thought it would be fun to get on together and talk about just where she's been in her health journey and where she is now. And she could share tips with her own audience on health and fitness and how it's great for not only physical fitness, but also mind mental health and emotional health, which is very, very important these days.

M Michelle Glogovac 04:36

You are too sweet and sometimes it's twice a week. Oh,

L Lisa Herrington 04:40

sometimes it's more than twice a week. We're always checking in and texting with each other too, which is awesome. It's awesome. So I think we'll get started first with Michelle, I want you to kind of share with your audience where you were a year ago when we started doing the once a week virtual training.

M Michelle Glogovac 05:01

So a year ago, we were in the midst of the pandemic and get what really picked up for our household is we normally have a Saturday night kind of couch date night where we watch an old movie, we make cocktails, drink wine, have popcorn. And with the pandemic, for some reason, we thought that this should be like a nightly occasion. We were getting drunk every night, but there was, you know, oh, I can have a glass of wine tonight because it's pandemic Wednesday, or pandemic Thursday. It was no more of a it's okay to just kind of do this whenever. And the pounds, you know, came on. I also was prior to the pandemic, I plan out my meals a week in advance. And so we knew what we were having every night and I would grocery shop once a week and that would be it. But I stopped doing that I would go to Costco once every three to four weeks and buy whatever I could fit in the fridge in the freezer, which meant that it was you know, a lot of pasta, I think I bought literally at the beginning of the pandemic, their box of pasta that they sell to restaurants. Yep. So we have spaghetti like 10 pounds of spaghetti. It was something absolutely ridiculous. Probably more than that. And so our eating habits just kind of went downhill that not kind of they just they went downhill. You know, drinking increased. And we just didn't do much because you didn't want to get outside. We were no longer doing Park playdates. So we were just more lethargic. And at one point from then to now can I share my miles my first milestone? Oh, absolutely. Yeah. So when we started working out to where we are now, a year later, I've dropped 17 pounds. I love it. Love, love, love it. So and and really, it's, you know, it came down to working out with you. And showing up, I feel like for me to have an accountability, that you know, I have to show up, you're expecting me, I know that if I don't show up, or I'm a minute late that I'll get a text. My kids know that Wednesdays are for workouts. But then we also included walks and bike rides, and they became longer because you know, a quick walk around the block was like, great, there was 10 minutes, 15 minutes. So they became 40 minute, you know, journeys outside, getting to know our neighbors and everything else. And these became more regular things that we had to bring into our lives. But you know, most specifically for me to get back on track of you know, being healthy and really embracing and loving my body that I wasn't doing before.

L

Lisa Herrington 07:50

I love that you just said loving your body. And I think it's really important to note a couple things that you mentioned, the the pandemic drinking and eating, you know, all the food that we all bought for we didn't know how long everybody was going to be on lockdown that that was a very, very common thing for many, many people, including my own household. And you know, here is the health and fitness trainer. I did I found I found my family, my husband and I having a couple drinks every night and just feeling like well, you know everything else is is feels very hard right now. And this is the way we unwind at night. And for many clients that I work with, it was the same story. And once once that becomes

a routine, the drinking every night, the eating pasta every night, the just kind of also eating a lot of our feelings because that was happening in the beginning of the pandemic. You get stuck, you get stuck in this rut, and it's sometimes really, really hard to come out of. And one of the biggest steps that you can take is is saying to yourself, you know what, I need to change something I put on you know, COVID 15, the COVID 20 I'm just don't feel great. And a big step out of that is asking for help or knowing that you can't do it alone and finding an accountability coach and it doesn't even have to be a coach. It could be a friend that you're walking around the block with. It could be your kids I love I love how much you have incorporated your kids into your workouts not only the walks but even on Wednesdays when when your kids sometimes join and your daughter Katie is the burpee queen. I love it so much.

M

Michelle Glogovac 09:35

I hate it. I hate it. Mommy, you gotta do your burpees Yeah, it's

L

Lisa Herrington 09:40

it's amazing. I mean, you set such a great example for them. And you taking that first step to join. The Wednesday workout group was huge. I mean, there's a big excuse happening with you being in San Jose and me being you know, a couple hour car ride away that you didn't have fun. A trainer to show up for but you did because it was online. And even if we aren't in the same facility, being online together is just as effective. And I'm so glad that you took advantage of that accountability and that you knew you were going to get a text if you did not show up. Now you did, you did a lot of the work, you know, I am here as sort of this motivating face and obviously to suggest exercises, but you are the one that has been putting in the work for the last year plus, and it is really paid off.

M

Michelle Glogovac 10:35

And you know, I think another thing to point out, there's really two, you know, when I started I had Dr. For those who don't know it that that I can't even say it diastasis recti. Thank you. So basically, when I do like a crunch, my stomach is a cone. And it's from having back to back babies. And you know, they they can they say you can might be able to repair it, you might need surgery. And I was at the point where I'm like, you know what, EFF it, let's go spend 10 grand, so I can have a flat stomach again. And that's when I really, I really, I realized and recognize that I was okay with just dropping 10 grand and having major surgery. But joining like a meal plan like fissile for a month. I'm like, Oh, that's too much money. No, that's stupid. And that goes, you know, back to your mindset. So we even tried fissile, which was a big, that was a big jumpstart for me too. We did this back in

like April May, where we subscribe to this San Francisco based meal delivery where they're prepared meals. And I did a vegan gluten free, dairy free option for lunch and dinner. And it got pricey. That's why we only did it for a month. But I was able to see what kind of foods I could cook, consume, and that were making a difference in my lifestyle. And so I got Ted, the non vegan version of everything. And he just did dinners with me. So it was a little bit easier, you know, not to have to cook every night and think about it. But it was that realization of you know what if we put just a little bit of money into food and eating right, then I don't need to spend \$10,000 on a surgery for a flat stomach because my dr is now healed. I don't have a cone anymore after a year of working out with you. So thank you for saving me \$10,000.

L

Lisa Herrington 12:27

So welcome. You know, think think yourself, because again, you did the work. And I think that we can all fall into the trap of the easy fixes, whether it's the crash diets or the surgeries. You know, I know after my fourth c section I had four. And I did I also had a moment of because my dr was pretty I had a pretty large gap. Talking about surgery with my doctor and I went no I'm I am a fitness professional. Let me try to safely regain the core muscles and figure out how to fix this without surgery. Sometimes there are some cases that do require surgery. But I can say for a fact that there are plenty of safe exercises to strengthen the core muscles. And And so yeah, so if you know that you have Dr after having having babies and you need help with that there are plenty of programs. Obviously I'm here. And Michelle, you are really really great example of putting in the work pays off. And I also love that you mentioned the soul because I think that that was a huge from from my perspective as your fitness trainer, I've noticed a huge change in in, obviously not just physical because that's probably the least important. But mentally, I just feel like you are happier. You are just have this energy about you that it sort of buzzes online, when we're on the phone when we're even texting, you just have this energy about you that wasn't present before. And that's showing up is showing up in your work and all the successes that you're having with your career right now and with your physical health. And I think not only was the meeting once a week, that was sort of what ignited all of this. And then you added in the walking yourself you added in the this'll and the meal planning and learning how to eat healthy. And I do see this pattern where you start one thing, you take a step, adopt a fitness program, you start feeling good, great or better, you start feeling better, and you realize, okay, hold on a second, the exercise is making me feel better. Now what if I figure out the nutrition piece of it too. And then you figure that out and you combine the two and that's when the really big changes happen. With with weight loss with health goals, when you can combine the exercise and the healthy eating, and you have done both of those, and you should be very, very proud of yourself.

M

Michelle Glogovac 15:09

Thank you. And, you know, I think it's a combination of so much of just working on yourself, you know, I also, I have a therapist, you know, I have you for training, I am working on the eating, I'm drinking all my water, it's, you know, a combination of all of these things that go into who you are. And, you know, finding that, that balance per se, of where do I want to be, you know, you have to be patient on the journey, because nothing happens overnight, no matter what we're talking about. And just recognizing that it's going to take time, and it takes work. And you know, you're going to need support from those that are around you as well. It was it was a miracle that every Wednesday, my husband would yell at the kids, you got to leave mom alone, it's her work hour doesn't happen unless it's a work call. Nobody's like, let mom go take a bubble bath. Those words have never been spoken. But when I committed to showing up every Wednesday morning, it was you better be quiet and leave her alone, because she's doing her workout.

L

Lisa Herrington 16:17

Absolutely. And I think you just gave permission to everybody listening, to ask for that help to ask for that support from the people around you, whether it's a spouse, a partner, a friend, I mean, I remember my mom being a runner, and she says that she ran a lot, which I do now for mental health reasons to take a break from her kids. And even though she loved us dearly, you know, we all need breaks. And she, my dad was at home all the time. And so she would ask a neighbor to watch us while she went for random and cheap trade off, her neighbor would go for it. And she'd watch my my neighbor friends. And so it's kind of finding, you know, if you don't have a spouse at home, it's finding your tribe and communicating that I need help, you know, I need just just so that I can take a break and work on my health and show up as a better version of really, ourselves when we take breaks. And it is hard. It's very hard for people sometimes to carve out time. But once you're able to find 30 minutes, and go and do something for yourself. And you can feel the difference in your personality, before the workout and after the workout. And you can make it a consistent thing, you'll realize that your days are easier, it's easier to manage things. And I love that Ted, I'm sure noticed that you were a little bit maybe a little bit happier after workout. And that's why he made it a priority to for you.

M

Michelle Glogovac 17:59

And something else I did was I put it on my calendar and blocked it. blocked for infinity actually, Wednesday mornings are completely blocked. Now that school started we'll figure out you know what that looks like going forward. But I blocked it. So nobody can take a call book a call during that time, because it's my coveted time. And I was actually talking to another girlfriend about this the other day because she said that she loved that

idea. So she started putting in blocks throughout her week of when she wouldn't take call and that was dedicated workout time. And I think that's a great idea. Because if somebody you know, books a call during that hour, then you're like, Okay, well then I can't work out.

L

Lisa Herrington 18:38

No, absolutely. block it block. And a block is just as important as a dentist's appointment is just as important as a school appointment for your child. You're, whether it's a workout, maybe one day, you don't want to work out, but you know, you need to go take a little break. You have that time for yourself. And you know, you've heard me say this before, it's not selfish to take to take a little mini break during the day to go and do something that lifts you up and working out is, you know, it needs to be a priority. It's not it's a non negotiable during the week, if you're not moving your body at least four times a week in some form or another. You need to start. Yes, and

M

Michelle Glogovac 19:22

I'm readjusting now that school is in session and I'm getting used to, you know, schedules change. So allow yourself some grace. How half days for kindergarten for a week and a half. And so it's a lot of pickup drop off. And oh, now I have four hours of time to myself, but I'm also cramming in all of my work day into those four hours right now. Yeah. So it's a little you know, different and I know that that's all going to change next week when we have six hour days. And I can have more flexibility in you know, when am I going to come right home and take the walk and you know, maybe it's certain days and times that I make all of these changes, but allow yourself that grace to adjust with whatever's going on in life at the moment.

L

Lisa Herrington 20:09

Absolutely, I think allow yourself grace, with a lot of different things over this last year and a half, like schedules are all over the map. And finding time during the week, whether it's in the mornings, you know, I'm, I always try to fit things in in the mornings. But I found that pretty difficult lately, and so I've switched it up to the afternoons I take a kid to soccer practice, and then there's a big field that I do you see other parents walking and running around. And I thought that's a great idea. You know, while my, my kid is playing a sport, I can go and get in movement time, too. And so looking for those little opportunities, where maybe you're sitting in your car, and just waiting, if you can actually be out and moving around and taking a walk, that's a great time to fit it in great time. But you I have to say, with all of the changes that have happened over the last year and a half, you've done

such an excellent job of being consistent. And I think that that has really paid off. Because with the consistency I do you remember, I think there was a time maybe in the middle of all of this where you were a little bit frustrated, because you felt like there wasn't much progress happening. Oh, yeah. Yeah,

M

Michelle Glogovac 21:23

I remember that was really why I started researching Thistle. And going like, how, how do you change the way you cook, and you know, you've got kids, and they aren't going to eat kean wah. And, you know, even I'm like, I don't do tofu. But when that's the meal that served to you, and you've paid money for it, you eat it. Exactly. And you adjust and you're like, Oh, it's not so bad. And that, for me was a big kicker, and between Thistle and then one of my neighbors is gluten free, she's vegan, they're plant based, and, you know, getting her recipes and trying those and she'll, she'll still bring me over, you know, kean wine muffins that have, you know, pumpkin or chocolate chips or cherries, and just trying new things, you know, it helps. And I wouldn't say that we're still like, I've maintained the 17 pounds off, I just need to start cooking even better. And I'm hoping that with this new school schedule, that I'll be able to experiment more and dedicate more time to it. But again, it's just dedicating that time and making sure that I'm doing what I need to be doing.

L

Lisa Herrington 22:36

That's and again, giving yourself grace that if you can't find time to cook more meals, you have the knowledge still of eating well. And, and you did that there was I think sometimes people will get to a place where they're plateauing with their fitness and they feel like they're not going anywhere. And they've been putting all this work in. And it's really, really easy to quit and give up. And instead of quitting giving up, you said, Okay, now I'm going to invest in this nutritional company. And you did it for a few months, you learned everything that you needed to learn, you stopped it and you're still doing it on your own. And so that's a really, really good lesson to anybody that if you are nervous to try something new or step into something new, you're not committing forever, you're committing for a little while you're trying it even with the trainer, you might sign up for with a trainer for six weeks, learn a bunch of new exercises, get into a consistent exercise routine. And then you can do it on your own. But so asking for that initial help or finding that initial help or motivation and then seeking it out again when you're in a in a plateau place instead of quitting. changing it up a little bit. So important and and I love watching you figure all of this out and stick with it and you've been successful. And then I'm so proud of you. I'm so proud of you. Thank you. I do have to ask you, because I feel like this is what happens with you me it's one question and then we can talk forever. How do you

or what what has been your biggest motivation throughout this last year and a half? What is it that when you feel like giving up or you're on a plateau and instead of quitting you keep going What What is it? What is your biggest motivator?

M

Michelle Glogovac 24:31

I would say there's two and I'll go with the superficial one first is that I want to fit into my clothes. I have a closet full of clothes and you know pandemic it was all just have leggings and yoga pants and sweat pants and literally that's what I lived in. And sports bras. I was like who cares? We're not going anywhere. And there's something about being able to dress up but on a real bra that fits you know, to feel confident and good and I was noticing that like, my jeans are too tight, well, then I'm not gonna wear jeans, on their frickin jeans, you know, there's no excuse. So to be able to wear what I actually own was a big one. But then also just for my kids, you know, they saw that this is something that I was committed to that is healthy, it's something that they need to be doing. And that they can continue on, you know, forever. And they noticed just the change in me and you for the one of the biggest changes that I can see not just in my waist, but it's actually in my legs. I've always had the strongest quads ever. Like, I've got rock hard legs, Lisa. And now they're not just rock hard. They're like fully defined. I'm like, watch out Carrie Underwood, because my quads are coming for you.

L

Lisa Herrington 25:51

I love it. I'm telling you. I can see I can sell on zoom. We train on zoom, I can see I can see Michelle and I have watched her burpees and her squat. She's so fast and so strong now compared to when we first started. I had kind of to look into the computer sometimes and go Is she on? Is she on double? I wish there was an option not be cool. No, it's amazing. Yeah, so just watching you get stronger. And not just the strength, the endurance, you know, I see. You're taking less breaks. I mean, I don't think you take any breaks anymore. But you're just there. You show up. You work hard. We're done. I love the text later that you're super sore because you weren't for your work for it. Well, yeah, your legs better be super strong.

M

Michelle Glogovac 26:38

They are they're defined in everything. I annoy Ted, because I'm looking at my legs. Just stop. Like it's not that big of a deal. Like Yeah, it is.

L

Lisa Herrington 26:48

I love it. This is the kind of stuff that makes me so happy. And then what would you tell someone who who's you know, maybe kind of apprehensive to start anything new, whether it's a fitness program, or figuring out a new nutrition plan. They've been kind of stuck in that COVID rut for months and months, maybe a year and it's just getting harder to start? What would you tell someone who needs a little motivation to kickstart a program,

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Michelle Glogovac 27:23

I would say baby steps, you know, you don't have to go all in, where you're working out four times a week, and you've changed your meals. And you know, you've put all this pressure on you to make all of these changes all at once. Take one thing like your breakfast, and you know, figure out what's the healthy thing that you should eat for your breakfast and start your day that way. You know, instead of having your Froot Loops, you know, why not have my favorites avocado toast with a fried egg on top. That's my favorite. That's my go to and it's got to be whole wheat bread. But you know, maybe you're doing white bread. So switch it up to whole wheat bread. Just making small little tweaks like that. And going from there starting just one thing at a time. You know, drinking your water. I bought one of those ginormous water bottles where it's a half gallon, and I know I have to drink twice a day. The entire thing. But just having that on my desk of Okay, this is what I've got to drink and consume. That makes a big difference.

L

Lisa Herrington 28:26

Yep, those are. I'm, you're so good. You're so good. You're like, I feel like you are I mean, you're basically everybody's fitness coach right now because that is exactly exactly what I tell everyone who's nervous. And I also want to share that I remember a text going back and forth between us where we were talking about what you eat for breakfast. And and we made a few small little tweaks. And you're eating an excellent breakfast now. But that was the baby step that was before thistle. That was you know, I think in the beginning when when the workout had just started. And and that was a baby step. And from there, you've taken more baby steps, more movies, six steps, leaps and bounds and you're where you are now and I just I can't stress enough how much I have loved watching your journey. And even watching even watching the struggles because I think that when you struggle when you are starting a fitness program trying to maintain a fitness program, and you hit that struggle point. That's really when the work comes in when you have to keep showing up. And you might not want to and you've continuously showed up and I think you are a perfect example for everyone anyone who is either in the middle of a workout program and wants to stop Don't do it, or beginning of work or workout program and has a goal in mind, you can get there. as Michelle, you're there, I know that I know that you still have

goals ahead of you, but you I think you're in like the most perfect spot that you can be and in the middle of a pandemic, still.

M

Michelle Glogovac 30:17

Yeah, something else I want to mention just came to mind too, is figuring out what you like. And I do this a lot with the kids because Declan is very anti fruit. He's not a big veggie person. But he loves raw vegetables. He will he is kind of weird, a raw sweet potato. He loves raw cauliflower. He loves raw carrots. Whereas Katie is all over, you know, every kind of berry there is. And I would say lean into whatever that is. So even if you think it's odd, you know, maybe that's you, you like the raw veggies, you don't like them cooked, then do it. Do what's you and do that for your kids to?

L

Lisa Herrington 31:01

Yes, do it for you do it for your kids, do it for yourself. I always tell everybody if you go to a fitness class, and it's a bootcamp class, and you realize I hate squats, there are plenty of other workout options, there's spin, there's dance, there's yoga, there's running, there's, there's so many different options now that if you don't like what you try, first Try it. Try something else, try something else. And then also find a friend, find a trainer if you need accountability. There's just so many different things that you can do with fitness and nutrition. Now, finding something that you love and something that you can maintain. It's half the battle, easily half the battle. With that actually, in mind, I have a question about workouts. What What is your favorite workout move? And what is your least favorite workout move?

M

Michelle Glogovac 31:58

My least favorite is burpees. So good at them. I hate Oh my god. We're gonna do one Wednesday just for that. Oh, hell no. Um, what I have loved is the bar movements. Yes. And the bar ones and the yoga ones because I've always wanted to do yoga, but I've never, I don't think I'm good at it. So I just avoid it. But I like the yoga poses and the moves. And then I love these bar exercises where I'm like, yeah, I'm shaking, and it hurts so bad. That means it's so good.

L

Lisa Herrington 32:37

Yeah, can we just Can you say that again? I'm shaking. so bad. But I know it's so good. There you go. Everyone. That's your that's your motto for the rest of the week.

M

Michelle Glogovac 32:49

The other thing I love is when like, especially I'll watch a video of yours. And you're like, here, we're working our inner thigh. And I'm like, She's crazy. I don't feel nothing. And the next day, I can't do it. Like, oh, we were working it and I didn't realize it. Those are called sneak attack exercises. You don't even know what you're doing until the morning, you wake up and go, What in the world did we do?

L

Lisa Herrington 33:15

Well, I am so proud of you. I cannot say that enough. And do you have? Do you have anything else that you want to share about this last year and a half? And you know, share with your audience. Thank you for letting me take over your hosting gigs. Oh,

M

Michelle Glogovac 33:29

I'm thrilled. It's exciting. I didn't know anything that you would ask. So it's been fun. Um, what else I wish I, you know, I think that when we go to like our doctor's appointments, this is true for me. And I would literally go to my annual appointment and cry in my doctor's office of how unhappy I just was with my weight with you know, whatever it was. And the advice that I got was, well, you just need to eat better, like, have some apples after dinner. Like, well, I'm not eating ice cream every night. So that's really not helpful at all. Thanks. Um, but do not be discouraged when you hear silly things like that. And, you know, if you weren't happy, go fight for yourself. And you know, for your happiness, go find what works for you. And don't take no for an answer.

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Lisa Herrington 34:22

Absolutely. And you just had a really successful doctor's appointment a few weeks ago, didn't you?

M

Michelle Glogovac 34:27

Yes, same doctor who was like, wow, not only do you look great, but you've lost a lot of weight.

L

Lisa Herrington 34:35

And those are really, really telltale appointments when especially because doctors, we only see our doctors a few times a year right? And so there's that's when you can kind of

see the big progress happening and and for a doctor to be amazed and proud of you. You should feel really, really, really good about that because you put the work in no surgery. You've done it It's not just physical. I mean, I will say this again, I feel like emotionally and mentally you are just like such a light, I can hear it in your voice, I can see it when we're online together. I can't wait until we meet in person we haven't even now that's crazy. Or we're gonna go out and Michelle and I are gonna go and celebrate somewhere in the middle between where we both live and I can't wait to give you a big hug because I'm just I just I love it. I love I've loved watching your journey and I am really grateful to be a part of it.

M Michelle Glogovac 35:31

Oh, thank you for kicking my butt every single week and throughout the weeks,

L Lisa Herrington 35:37

any time and anybody out there listening and you know if you if you feel like fitness training is something that you need to add into your life. There are plenty of options, plenty of online options. Obviously, I am a virtual trainer as well as an in person trainer. But if you need something, then reach out, reach out to somebody in your area. Reach out to one of us and we can help you. We can help you.

M Michelle Glogovac 36:05

Yeah, our weekly zooms are tons of fun. Sometimes kids are involved. It's good stuff.

L Lisa Herrington 36:09

So much fun. So much fun. I think that is it from the host today.

M Michelle Glogovac 36:16

Well, thank you for interviewing me. It's

L Lisa Herrington 36:18

been a blast. You are so welcome. Thank you for doing this for your 100th episode. I do have to say I am very impressed to with your you are an incredible host and it's just been so fun to watch. Not just your fitness journey but your career journey journey. Thank you my friend.

M Michelle Glogovac 36:35
Thank you.

L Lisa Herrington 36:37
You are so welcome. Thank you so much to all of your listeners. I keep calling them your listeners because they're Michelle's listeners, all the listeners and go out and do something healthy this week. What was our motto? Our motto was, if it burns or if it hurts, you know that it's working. So good.

M Michelle Glogovac 36:57
I'll make that a quote graphic. Oh, good. Well, my friends there you have the behind the scenes of what I've been doing for the past year to help myself. If you'd like to get in touch with Lisa, please visit her at [live fit with lisa.com](http://livefitwithlisa.com) or check out her Instagram at Lisa Harrington. I don't think I have taken the time to fully grasp what these kinds of accomplishments mean and how far I've come. I'm proud of myself for getting this far and doing it all while distance learning a kindergartener running a business and somehow continuing a podcast show. As I said in the beginning, thank you. I still don't fully believe that there are so many of you listening to me. And often I figured that I'm just talking to myself. So I'm beyond grateful when you let me know that you liked an episode that something resonated with you or you even have a suggestion, or a guest that I should interview. My plan is to keep on going, keep recording, keep growing and bringing on more incredible guests, as well as continue to share my journey with you all. Thank you for allowing me to be in your ears week after week. I appreciate you. Until next week, stay inspired, stay motivated, and stay true to yourself.