

Full Plate Podcast Transcript: #109: "Good for a Girl": Lauren Fleshman on Building a Better Future for Female Athletes

00:00.30

Abbie

Hey, everyone, welcome back to full plate. I'm so glad you're here and I'm so excited to invite you into this conversation that I had with the absolutely incredible Lauren Fleshman who is. A former professional distance runner and honestly she is a million amazing things beyond that which I'll get into in a moment. Something that I want you to know upfront about this episode is that Lauren actually has. Been a role model of mine in a sense for a long time. She played a really significant part in my life and of course she didn't know that until now because I let her know when we spoke but it's because. Her presence in the running world both as a female athlete and as a human being who spoke so much truth to power and also truth to the experience of being a female athlete. She really had such an impact on me and I think in many ways probably helped me heal my relationship with running and that dovetailed into my relationship with food and my disordered eating experience. So.

01:30.25

Abbie

Think a lot of this happened because of the injuries that I was going through as a result of my disordered eating which haven't been talked about too much in particular. But of course when we're restricting and we're not taking care of ourselves. Nutritionally even if we think it's about health. Then our body starts to physically suffer and so that's why I had a lot of injuries. in my career and that's eventually why I had to, you know, stop running but Lauren also was dealing with different injuries and her career was kind of coming to a close around that time too. So.

02:06.92

Abbie

I mean the timing. I kind of struggle with exactly what the timing was but I just remember her blog being a really beautiful lifeline for me and her writing has always spoken to me in this really magical way. She has such an incredible way with words so I could go on about that for an hour just the just. How her presence has been so meaningful to me and I know a lot of other female athletes. But the thing that you need to know, especially in this conversation, is that she is an incredible writer and her book is absolutely a must read. The book is called, Good for a girl: a woman running in a man's world. It's a memoir but it's also a call to action. , it's embedded with research throughout. It's a deeply moving story about Lauren's life in running but it's also a manifesto for women's sports. How can we create a better and more equitable experience and future for young women athletes in general. So in this

conversation. We talk equity and fairness with the nuance that girls aren't boys. They aren't the same and. While we want to provide them with an equal playing field. We also have to honor and start to build structures that support girls going through different experiences at different times of life than boys right? Specifically we talk about how prevalent disordered eating is in particular.

03:40.90

Abbie

When girls are going through the hormonal experience in high school of getting their period and their bodies are changing so we talk about that. , among a lot of other things today and it's a super important conversation if you have been a woman in a man's world which you have if you're a woman and you live in this world. , you've accessed or tried to navigate systems that have been built for men whether that's sports or else elsewhere. So I just yes this book you got to get it. Ok, promise me, you'll get it and read it. It's awesome as a physical read. It's also awesome as an audio book Lauren reads it herself and I really appreciate. It. Both formats so a little bit about little more about Lauren ah before we hop into this conversation. She's one of the most decorated american distance runners of all time having won 5 Nca championships at Stanford University and 2 national championships as a professional her writing has appeared in The New York Times and runners world. She is a mother of 2 the brand strategy advisor for wasll a fitness apparel company for women and the co-founder of picky bars, a natural food company and she lives in Bend Oregon ok enough from me, let's hear from Lauren and then I want to hear from you about how this.

05:12.92

Abbie

Conversation affected you how the book affected you. I just can't recommend it highly enough. , and I recommend following Lauren in every possible way. So I'll see you on the other side of this conversation and I really hope you enjoy it.

00:00.75

Abbie

Ah, Lauren I'm so happy you're here. I was telling you off Mike that or we've been technically on Mike but not recording that you've had a big influence on my life. Overall, this is really exciting for me to get to talk to you.

00:13.91

Lauren

Oh well. Thank you. I'm thrilled to be here and talk with you about these things that are important to both of us so much.

00:18.76

Abbie

Yeah, so much overlap and I know the listeners are going to love this. so so much but I want to start with my usual question, which is what's on your plate: food and then Lifewise you know.

00:30.80

Lauren

Oh well, food wise my girlfriend and I are having a dinner party tonight with some friends and we are making something from the plenty cookbook which is I'm not vegetarian, but some of the people who are coming over are vegetarian and so are.

00:37.63

Abbie

Ooh fun.

00:47.20

Lauren

That's always the fun challenge especially in Portland is which dish can you make when you combine everybody's food needs. , so but there's this veggie? Yeah this real estate v veggie tart that we've made multiple times is so good in the plenty cookbook.

00:54.92

Abbie

It's a good game. Ah.

01:03.51

Lauren

And so , we're making that and it's my favorite thing I had at my birthday party and I really like it so that's what's literally going to be on my plate in about 2 hours and then what's on my life plate I've just been emerging from a state of constant overwhelm that was writing the book.

01:08.82

Abbie

Sounds so good.

01:22.60

Lauren

Ah, promoting the book like putting myself out there in the world around this work and I was doing that from a place of not great mental health at the time and so , like

there's just little ways that I can tell that I'm little and big ways that I'm feeling completely different now like when I drive I don't use Google maps. Unless I'm in a weird location like when I'm overwhelmed I have to use Google maps to drive to the places that I drive all the time like it offers me this comfort to know someone else is thinking about it or just responding to emails things like that.

01:51.15

Abbie

Yeah.

01:58.77

Lauren

Haven't been able to stay on top of adulting very well until recently and so feel and I feel like I'm not procrastinating my essential tasks the way I have and I'm like wow I think I'm actually doing pretty good and so I recently got to work on my website a year later than I planned to. To plot out this next stage of my career, the next iteration of how I want to take this work that I did with my book and my lifetime of work in sports. and direct it into the next stage and that's been very creatively satisfying and exciting.

02:35.40

Abbie

You're tempting me to go down that rabbit hole right now. But I'm like maybe that's a really great way to end the podcast is like what's next Lauren but right now like god damn it Lauren what's going on what's the stage like and I am I am a big rabbit hole person. So that's it.

02:50.99

Abbie

Hence a podcast I'm like I could just talk forever. Ah, yeah, yeah, yeah, yeah, you just like set traps for me like everywhere in that. Okay, well well ok I'll put a pin in that because I do want to talk about that eventually I'm really excited to hear about that. .

02:51.41

Lauren

Yeah, all the podcast people were all rabbit holers. So it's mine. Yeah there you go.

03:09.64

Abbie

But you mentioned the mental health piece and that was actually something well first of all that I relate to so deeply. Google maps. Yes I do the exact same thing. It's such a weird and strange way to identify with oh my god I'm so overwhelmed that

I'm so burnt out. I can't even take on this responsibility like let's let somebody else handle that right now but you've been so open about just the fact that you did end up just with life being life that when you wrote the book. It's not that.

03:33.21

Lauren

Yeah, yeah, yeah.

03:48.00

Abbie

From what I understand it's not that you started writing the book and you were in a difficult place but like the difficult place with your mental health. The depression ended up happening during the book writing process, right? yeah.

03:57.68

Lauren

yeah yeah I got a book contract in February of 2020 and then within two weeks there was no school and I'm homeschooling and 2 kids in a one Thousand square Foot two bedroom in 1 bathroom place and.

04:03.81

Abbie

Yeah.

04:15.23

Lauren

And with 2 work from home parents. So we weren't unique like it was happening all over the place but then on top of that it was how am I going to write this deeply personal story that you know.

04:20.61

Abbie

, yeah.

04:28.79

Lauren

Now that it's in book form. You're like oh yeah, it makes perfect sense. You've got your life story interwoven with science and research interwoven with some expert voice and proposals for change. But like when I started I did not know that's what I was going to be doing so from this place of overwhelm I had to create the entire thing and find my way to the best form and the best craft.

04:48.28

Lauren

Through a lot of discouraging bad drafts and dead ends and like even just handling editor Critique was I'm a pretty resilient person normally but I like it so it was. It was just like such a fragile version of myself through that whole thing that it was very difficult to.

04:55.31

Abbie

, yeah.

05:04.88

Lauren

To hear my editor be like no I'm not accepting this manuscript. You have some significant changes and I'm like what this is it hope be I have it in me to do this. But luckily the passion for the project was bigger than all of that other stuff and.

05:15.56

Abbie

Ah.

05:19.66

Abbie

Yeah.

05:22.56

Lauren

That kept me coming back to it and I could just say like I know this is really hard right now but the alternative which is not doing it not finishing it and continuing to live with this ache that like these life experiences and my education and my coaching have. Given me this unique set of tools to tell this story in a way that I think could help change things for people out there now for my daughter, for my son like my friends, people older than me that are.

05:48.40

Abbie

Yeah.

05:52.37

Lauren

Able to look back at their lives differently with this information the stories they've told themselves about themselves so that motivated me to to see it through and then , yeah, so now it's been over a year just over a year and I survived.

06:08.45

Abbie

You're emerging and you thanked wellburin in your big shout out. It's going to say that's one tool in the toolbox.

06:09.76

Lauren

I'm emerging. Yes.

06:14.23

Lauren

I did. Big time. Yes, Absolutely yep.

06:23.93

Abbie

, ah a powerful tool and one that's important for other people I mean just your book is full of advocacy but like that in and of itself. The fact that you included that is a triumph in the fact that so many people feel shame for needing support in that way and from medication.

06:35.65

Lauren

Yeah.

06:42.44

Lauren

Yeah, that was a huge I'd tried therapy without it. for a while and that made a huge difference to taking wellbutrin for me. It just tipped the anxiety and just below whatever the threshold needed to be in order to do.

06:59.91

Lauren

Get just enough done to make progress. It wasn't like it solved everything but it made me functional enough to get moment and then Moment gave me confidence and kind of helped the despair dissipate and and then.

06:59.97

Abbie

Yeah.

07:17.70

Lauren

Creativity was possible again.

07:17.61

Abbie

Yeah I've been in a similar place before and it's like you just need that little. It's like just that little boost to bring your baseline up to a place where and then it kind of becomes you get some moment and that little burst.

07:25.92

Lauren

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07:29.90

Lauren

M.

07:35.66

Abbie

Helps just enough for like your authentic self to kind of kick in a little bit stronger right? It's yeah but I resonate. Let's just leave it at that. Oh my God So so you said something ah like a minute or two ago you said this ache.

07:37.90

Lauren

Yes, yep.

07:54.83

Abbie

That you had inside of you and I mean I feel like all of us I mean anyone you know there's so so many different threads we could like pull on in our life story and I'm curious. Why do you think it was this book in particular, you probably could have written 20 different books.

07:55.61

Lauren

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08:14.11

Abbie

In terms of your life experiences. But why did you have this ache? Why did this thread need to be pulled on in this particular way?

08:22.50

Lauren

, well I think that first it started with watching these forces at play take down people I loved so that happened first took down teammates. . You know for a short term very few people for the long term but career. You know, athletic careers were dashed and confidence was dashed, relationships with food and body was altered in significant ways that required a ton of work. And so I watched that happen and then eventually it happened to me too and then when I was able to recover from that and I looked back on that experience I had so much anger that I bought in to those forces and that I somehow like let them get me so I went through that stage of just being really mad that I let. Those forces get me. and then then the ache that I carried after that was like I came through the other side I was glad I had those experiences because I developed empathy for people that I had previously judged when I didn't have those problems but I was looking at people with those problems I kind of held this judgment like i. Felt bad for them. But I was just like well it's really quite easy to not make those choices and just from over here where I am you know? So then I yeah, so then once I got to the full like to the next level of recovery was like wow I've got this ah my own struggle with food and body is.

09:40.16

Abbie

Totally.

09:53.50

Lauren

Far enough in the rear view I now have this empathy and this and I feel like I have clarity around what needs to change and I don't have all the answers of how to change it but I have a few suggestions and places to start and and so that's where the ache started to come from was like now that I know I could do that I'm not doing it why am I not doing it I need to stop not doing it. , and then every time there'd be more research coming out like ah Dr. Kirsty Elliot's sale with menstruation research is building moment and red's research is building moment and and there's all these and.

10:25.45

Abbie

I'm here.

10:32.15

Lauren

These brilliant scientific voices often have their corners producing papers that you have to have like a membership or pay money to read right? like academia makes it really challenging to create big sweeping changes at first.

10:48.79

Lauren

And so I thought well another thing that I could do with this book is help highlight these scientists and researchers work all in 1 place alongside personal narratives that have a pulse and a drive and pull people in in a way scientific writing can't and that will hopefully like. Aid them in their work as well. So it started to feel like the perfect time to do it and I ran out of excuses not to do it.

11:15.28

Abbie

The ache is so familiar to me in terms of like what I do too like I was telling you before that one of the one of the things that I mean I would say there was like 3 kinds of trap doors that led me into disordered eating which is like I was running and running culture and well.

11:34.94

Abbie

Talk more about that. Obviously like what that's like for women. and the pressures on body ideals and and then just the moralization of certain ways of eating as if it could produce optimal performance right? myth myth..

11:50.35

Lauren

This.

11:53.82

Abbie

And then the other two for me was like I have chronic illness and that has its own traps like diet culture with food and stuff and then anxiety like mental health stuff like that just predisposed me to all the disordered eating stuff but it did like all those that's created the ache.

12:07.27

Lauren

Yep.

12:12.90

Abbie

For me like why I do what I do now and for you it seems like it specifically kind of funneled you toward the writing to fulfill that like to to bring that ache into like something that you felt was I Guess helpful.

12:21.88

Lauren

Yeah .

12:29.60

Abbie

To the world to kind of synthesize it and make sense of it and then start to put together ideas for how to move forward. Why do you think it was writing and I know you've been involved in writing for a long time.

12:37.88

Lauren

, yeah, well I had I think it was just I had started a blog in 2009 and I watched the way it impacted people like.

12:44.00

Abbie

So yeah.

12:51.95

Lauren

Could reach people. It reached the people it needed to reach because of word of mouth social media Email shares whatever and if somebody didn't if it didn't resonate with them. They wouldn't read it or they wouldn't pass it along right? So I was just very taken by that ah virality using that in a conservative way. I'm not like a viral sensation in any way.

12:53.57

Abbie

Yeah.

13:01.38

Abbie

Right.

13:07.34

Abbie

Yeah, you are you are a New York Times bestseller now but

13:11.35

Lauren

Ah, like that idea that it could so well know that it could spread to where it needed to go that was exciting to me and when it came time for thinking about it like a book What I liked about the idea of a book versus.

13:18.18

Abbie

Yeah, yeah.

13:28.84

Lauren

Starting my own podcast or I don't know some other media was where I had practice as a writer. I'd always been curious about writing a book so there was that part and then it was like to get somebody to spend.

13:38.36

Abbie

Yeah.

13:45.70

Lauren

Between 8 and 16 hours with you like you like you can read the story about Mary Kane in the New York Times and what Alberto Salazar did to her and unhealthy like culture around that with a person you can read an article New York Times about it or you can watch a 3 minute documentary and and that will make you outraged.

13:55.76

Abbie

Yeah.

14:02.68

Abbie

I have.

14:04.52

Lauren

For a while for like 15 minutes maybe a day and then there's always going to be another story but there's something about a book where you like marinating in it.

You get to know the person before they run into the forces at play. You become invested and then you can feel it like it gets your heart and your mind.

14:12.60

Abbie

Yes.

14:24.12

Lauren

In a different way than like the outrage machine or the pure logic side that a scientific article could bring up or you read science and you're like very intellectually stimulated but you're not feeling it in your heart. So I just thought that I know books are outdated for some and they're not that popular for a lot of people. The publishing industry isn't.

14:38.86

Abbie

Not for me. Oh my God devour books over here.

14:44.31

Lauren

Necessarily killing it. Yeah, well, that's how I am too and I've had my life changed by books and my perspective on the world changed by books So I thought let's give that a try I Do think it was the right medium for it and I think like the audible version is the and even better version. , personally.

14:53.85

Abbie

, yeah.

15:01.13

Abbie

Ah, so okay so I've done both so I read it when it first came out and then I listened to it actually not too long ago because I was like well it's been a year since I read this damn book and I need to get a refresh but I might as well hear Lauren's voice ah and loved it.

15:12.51

Lauren

, what did you think of ah 1 versus the other for you.

15:18.28

Abbie

So I loved I Loved both? I think I have different use cases for my own personal experience with books like reading it versus listening. I think it's nice that if an author reads a book I'm much more likely to listen to it, especially if it's a memoir style book about their own story.

15:31.94

Lauren

Yeah, same.

15:38.12

Abbie

And I think it's really a wonderful way to engage with a story and hear it from there. I don't know if it's infused with some emotion but also I feel like the pace with which you read and the way in which you read it.

15:55.13

Lauren

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15:57.73

Abbie

Conveyed more like urgency to me with the material in almost like different than maybe even a lot of your writing has been like I'm more of like a poetic writer myself and I have to I have to catch myself in like the newsletters I write and all the stuff I put out there because I'm like okay Abby like.

16:14.90

Abbie

Get to the point. But yeah, yeah, totally. But I loved it. I mean it did what it needed to do with the book like there was a pace to your storytelling.

16:17.54

Lauren

That's my default way I like to write. I like to write more poetically. My blogs have traditionally been more poetic and yeah and this was a different style.

16:32.62

Abbie

And I felt that reading the book too. But it was really cool to witness it and hear it from you. , and especially some of the more like and not that all of it wasn't personal but some of the more deeply like profound personal experiences that you went

through like I mean I want to come back to this but everything like that. The way that you tell the stories about your dad touched me like it just hit me so hard, a very similar relationship to my own dad and like hearing you speak about that was something really different and the times that you told stories that were a little bit like cringe. You could tell even for you. You know.

17:09.98

Lauren

, yeah, that was like ah.

17:13.92

Abbie

I'm telling this to everyone. Ah.

17:15.17

Lauren

And I really wish I didn't have to but I think it will help. Yeah.

17:19.97

Abbie

Ah, now I loved them both, you know I loved them both so much. But yeah, like I said there is an urgency to the book as there should be but that's the like material you're talking through and you mentioned like I'm thinking about the people listening that maybe haven't read it yet and you mentioned.

17:31.98

Lauren

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17:36.96

Abbie

Ah, you said the phrase of forces at play when you were talking about the ache and the end kind of watching your own experience through it and others can we kind of define some of those for everybody listening to like understand what we're talking about here in women's sports and yeah, let's let's yeah, do that.

17:39.88

Lauren

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17:46.91

Lauren

, yeah, definitely yeah, so the way I like to think about it is these concentric circles of like you start with the body right? an individual and their body and there's forces that have to do with biology and physiology. , and then there's like an immediate community. So your team or your family system that is reacting to that body or talking about their bodies that changes how you think about your body and then there's the larger one beyond that which is the broader culture. And , and like patriarchy and white supremacy and fat phobia and diet culture. All that stuff right? and they're all layered on top of each other. But even if you'd never seen a diet culture ad and you're somehow made it to twelve years old without having.

18:25.70

Abbie

Yes, yes, yes.

18:36.79

Abbie

You lived under a rock? Yes, yeah.

18:38.96

Lauren

That yeah and you're in pe class and and you've been an active kid your whole life and now you're developing breasts which is the first , the first thing that happens in female puberty then you are going to experience just in your own body that movement feels different. Climbing a tree feels different, jumping rope feels different, running feels different. and then and that is that is the first moment just within the body itself of like huh will I continue doing this movement does this feel good to me anymore and then you go out one more layer and now it's like. Okay, well now I'm running and I don't have a sports bra. It feels weird and people are looking at me. So now there's that next ring out is how are people reacting to the way my body moves now through space and then there's the larger culture like how are what are the messages around this body. And so for female-bodied people that's where it kind of begins and so I talk's and when I go through my book I take you through my life and in those moments when those things come up for female-bodied people even if they weren't happening to Meeks I was a late bloomer I will sometimes take the reader through those forces.

19:52.30

Abbie

Yeah.

19:52.35

Lauren

That I'm watching others and then sometimes there are forces at play as they're happening to me and I think it's important to do that and I did that on purpose because when something's not happening to us. We don't. I don't feel like humans in general are naturally very Empathetic. We tend to need to be hit over the head with something ourselves. In order to feel emotionally invested in when it's happening to others I mean there are the real empaths among us. , and that comes naturally too. But at least for myself I needed I Often more than I wish I needed or more than I wish had happened. I Needed to experience something myself before I understood it and I wanted to normalize that because I think a lot of us stand in some form of judgment whether it's about diet or body or so or race or whatever any of these other issues going on in the World. We think we know things and are part of getting it. , more evolved and like growing as a person is being willing to say oh I got that wrong I had that wrong. Let me let me figure this out. Let me go back and be willing to say I did that wrong and in order for my book to create the change that I want it to create it requires people to read this. See themselves reflected in some of the undesirable actions that have happened or that they saw in the book and go ooh. Wow I've messed up. I can see a way I've negatively maybe influenced my niece or I can see how this diet culture actually lives in me in a way that I didn't even Know. .

21:14.63

Abbie

E.

21:23.76

Lauren

And not be ashamed to admit that and change it because you've just watched me in those cringe moments do the same thing like I chide my best to be vulnerable to model it so that it wouldn't be quite as hard to do it for the reader.

21:32.46

Abbie

, yeah, yeah, and you did an amazing job. I feel like this book means every time I recommend this book to a particularly female identifying folks in my life. I look like I see them resist for a second because it's about running. I don't even care if it's like this is something that it transcends running because what you're speaking to is like a microcosm of broader issues that exist systemically in our culture.

21:51.77

Lauren

Yeah.

22:03.67

Lauren
Yeah, yeah.

22:05.85

Abbie

To your point, like all these different systems of oppression like this is one particular way in which it's experienced from the female perspective in sports but like everything you talk about is it's implicated in all these other experiences in the world like you said, like to help us better understand why we don't understand.

22:11.60

Lauren
, yeah.

22:25.85

Abbie

Experiences of other people and other bodies because if we've never been through it, that empathy. It's just it's not the same and it is really yeah, go ahead.

22:26.26

Lauren
Yeah.

22:32.40

Lauren

Well 50 years. Yeah, when I was just thinking of relating to that like another force at play is that it is that I told the breast development story because our sports systems are built. By men for men and boys like most of our systems when we live in this patriarchal culture where historically women have been. We've been Property. We've been. You know we've had a lot of yeah things have been dramatically better than they've ever been in history and that wasn't even that distant.

22:55.46

Abbie
Yeah.

23:04.61

Lauren

A lot of these things were going on when women couldn't get their own credit card or file for divorce or whatever the things are and so it went fifty years ago and title 9 mandated that women and girls get access to sports at the equal opportunities to men and boys. in federally funded institutions. That was like a huge moment in

history but just taking 1 group of people and adding them to an existing system did not mean that that group of that new group of people is going to thrive in the same way because these systems whether it's sports or medicine or you name it.

23:36.68

Abbie

Yes.

23:42.61

Lauren

were built around a default human which was a male human and , so what I try to bring to life in my book is how sports specifically as an institution is like where the points of friction show up in a female-bodied person's life. When thrown into a system built around a male body around male norms. , and even if sports isn't your thing I try to tell it in a way where you will then whatever your thing is whatever your industry is and I know this because people come up to me all the time from different industries who've read my Book. You'll be.. You'll start to have these light bulbs if you haven't already had them in your life.

24:13.18

Abbie

Yeah.

24:18.97

Abbie

, yes, yeah.

24:20.71

Lauren

Or like oh Wow Well this is how it works in Academia or this is how it works in Medicine or whatever it is and that's the power of books right? It's so cool. But yeah, and so then when you have ah , our sports system is built around the male body and.

24:29.50

Abbie

Yes.

24:38.70

Lauren

Ah, a big part of my book is around adolescent development. It's not the whole book. , it's also a sports story and all the other things but there's breast development menstruation. There's the different ways that male bodies and female bodies

progress when training like the male norm that sports was built around is to work harder. Get better. You get out what you put in right? This linear model of improvement for female-bodied people. It's like that at first but then part of adolescence is instead of this female or instead of this performance arrow. It's like a performance wave and it's completely normal to experience a plateau or even get a little bit worse during a specific part of adolescent development. Even if you're training harder. Even if you're more experienced you will still likely experience a plateau or getting a little bit worse and it's and then you will if you can get through that. you will. Skyrocket again back into the linear more of a linear arrow until whenever the next rocky road is right pregnancy menopause? A female path is full of rocky roads. But this we are not serving adolescence during that first plateau stage and that's when they're in our. Institutions of sports like our formal institutions federally funded institutions of high school sports or parks and rec sports or collegiate sports or club sports and we are.

26:06.00

Lauren

When their bodies are changing in their plateauing instead of meeting them there and saying great. You're having a completely normal experience. coaches administrators parents ourselves. We're looking at it and we're pathologizing it. Something must be wrong. Why am I not continuing to get better. It must be. You know it must be my body. Looks different than it did before. I must need to reverse that change, lose weight get leaner. or it might be between my ears. It must be that I am just not as motivated anymore. I must not care enough. , and we go barking up all the wrong trees. Instead of just saying hey you're having a completely normal experience and you just need to ride this out and do your best to like ignore all the boogiemens that are going to come up during the next eighteen to 20 to thirty six months that are going to tell you you need to lose weight that losing your period is totally fine. , that you need to be whatever percent body fat that fast looks a certain way or excellence looks a certain way or ah that there's a morally right? a way to eat that shows commitment and like you're going to see all these boogie men and what I hope. We can do it when we get it. We can anticipate that when that phase of adolescent development is happening and we can arm ourselves with the athletes' parents, anyone that works with people of that age can arm them with the tools they need to normalize that experience and fight off the boogeyman.

27:37.90

Lauren

And get them to the other side of that so they can truly thrive. And we can reduce harm. And it's just like I get so passionate about it, like I'm shaking in my body right now because I just know we can do it.

27:46.64

Abbie

I mean me I know I'm like well you know Lauren like every so every person I've ever worked with all the groups all the individual folks like I always ask like when is that moment that you remember starting to think. Something was wrong with your body like without fail. It is right around that time for women for some folks like tragically it is really young if their bodies were policed at a really young age like if you know they just thought they were quote unquote too big. .

28:24.14

Abbie

You know, even at 5 years old right? We know like body image research is showing us that girls are starting to internalize this stuff at 5 points but it is. It's right around like that time where your body's changing where you're starting where boys. It's funny I literally just posted to my group about this yesterday and.

28:41.94

Abbie

Every response was like yeah I remember this boy commenting on how flat chested I was or like that I couldn't fit into this like on the playground and it's you start to get objectified. You start to have the experiences. It's the forces at play that you named right? That you're experiencing in your body then people are commenting on your body then you're looking around.

28:52.38

Lauren

Yeah, yeah.

29:01.19

Abbie

And seeing what else is going on and how it looks like to navigate the world in the body that you have and you did a great job of explaining at that time in your life. How you were still in this like mental toughness kind of how come how come these girls are you know. Why are they doing this? Why are they getting eating disorders? Why are they? you know like you should just be able to like not make these quote unquote bad choices and by the end of the Book. You've kind of brought us full circle and like know the systems and the structures are setting girls and women up for these things. .

29:24.40

Lauren

.

29:36.80

Lauren

Yes, they're making it the most logical choice and not that it's a choice like yeah yeah, yeah.

29:40.60

Abbie

Like yes, yeah, rather than looking at science right? and like you like you said like we know we know girls are going through this process and yet we continue to try and shove them into this pipeline.

29:51.19

Lauren

Yes, yes.

29:57.32

Abbie

That only works for boys and like not so coincidentally also sets them up for like their futures the way that we have things set up right now from the transition to high school to college. It's like it relies on this.

30:11.96

Lauren

Yeah, yeah.

30:12.31

Abbie

Specific age range where women and girls actually struggle the most and yet we're saying well better fucking figure it out because this is the time where you're.

30:16.92

Lauren

Yeah, yeah, yeah, they're like you know what? yeah you will give them. We'll get. We'll pay for your college and permanently change the course of your entire life based on who's the fastest 17 year old. I couldn't think of a worse age.

30:32.20

Abbie

Yes, unbelievable, great for men. Yeah yeah, yeah, exactly because we didn't rethink it. Yeah.

30:35.18

Lauren

To be betting on female bodies on what they can and can't do yeah and that's why it's done then right? That's why we have collegiate sports and that's why even going professional at 21 or 22 that makes a hell of a lot more sense taking ah like a recruiter looking at a 21 year old male and being like. Well, but based on what you've done over the last eight years we can pretty much predict you're going to do this at the professional level and so we're going to bet on you and it's not like you can 100% count on that for men either. But you can do a hell of a lot better than you can for a female-bodied person where if you look back? Well, let's just take a look at what you've done over the last eight years

31:02.92

Abbie

Right? right? But more. So yeah.

31:13.35

Lauren

And it's going to look like a roller coaster. You know? yeah.

31:15.25

Abbie

Totally totally and you know we and then we see I mean like it makes me so angry because then you also see what happens when girls fight against this to try and stay in those more that like. Less quote women womanly body as they try to like fight their hormones and I don't know the statistics. Maybe you do but isn't it like I mean that the the girls that make it to like foot locker in and high school like the ones that are actually like the best at that time like those are the ones that they never actually make it.

31:32.53

Lauren

, yeah.

31:50.59

Abbie

Like most of them never make it because they've pushed their bodies so hard or they've fought their bodies So hard Thanks to coaches and the systems like it's those.

31:50.84

Lauren

, yeah.

31:58.72

Lauren

, and I don't know the exact most recent number but I know that for a long time. There was something called the Footlocker curse which was that if you were a female athlete and you won the National the high school national title that that.

32:05.60

Abbie

, yeah, exactly.

32:10.38

Lauren

None of them had gone on to win a cross country or outdoor track and N Ca title. So bridging that gap just made it a horrible predictor right? and , and oftentimes the people who are winning and in that adolescent window are the ones that are fighting their bodies. Not always.

32:26.30

Abbie

Great. Yeah.

32:29.34

Lauren

But , and then that perpetuates the cycle because then we're all naturally insecure in some way and we're looking around us to see what it takes to win and so yeah.

32:35.63

Abbie

Exactly Oh it's that body I have to look like that. Yeah.

32:42.68

Lauren

And that's where the role of coaches and administrators and athletic trainers and parents becomes so important that we have to be like repeatedly telling a different story and valuing different things. and like. But like we can. You know we'd still reward coaches at the collegiate level and no collegiate sports only applies to a pretty small percentage of the population. But it's worth talking about just when we think about what we reward and when we reward coaches for titles one like. A conference and national titles and a number of all Americans and things like that of course they're going to be facing enormous pressure for short-term gains and doing that with 18 to 22 year old male bodies is a completely different thing and doing that on

18 to 22 year old female bodies and the. 18 to 22 year old female bodies need to be allowed to develop. They need to be going through their softer-bodied stage like these are not things that are wrong. Yeah, this is what it looked like. This is what excellence should look like at that age and yet coaches and administrators and parents and the athletes themselves.

33:38.77

Abbie

Peak bone growth. Yeah yeah.

33:51.81

Lauren

Expect excellence to mirror. What male excellence looks like, which is very lean compared to a female body of that Age. What's developmentally appropriate right? And that's where it's hard for us to go. Oh Excellence looks different over here on the women's side of sport than it does over there and. And that's good and we need to foster that and that culture of it being different than what that looks like over there. , but that's hard to do. We don't reward like if we rewarded ah coaches based on the team's average. Yeah menstrual cycles bone density being in the normal range.

34:24.64

Abbie

Menstrual cycles. Yeah yeah.

34:30.30

Lauren

Upon graduation and like I like to say continuing to love the sport. , and if coaches got rewarded on that that would be great. It's not like they need to like I don't know it's I think it's all possible but it still feels like it's.

34:33.80

Abbie

Yeah, yeah, yeah.

34:44.60

Abbie

It's so complicated.

34:47.48

Lauren

I don't even know who to talk to to change those things right? I still feel like there's a part of me that's just hoping the right people pick up the book and then can take it from there because it's a big group project. 1 thing that is really easy to do though.

34:53.28

Abbie

I Know it is. It's.

35:02.28

Lauren

That I feel like is such a powerful example for people who haven't read my book to see the way. Sports are clearly built around a male body and we threw women and girls into it without thinking about it. We lose girls in sport at twice the rate of boys starting at. Or by age 14 right around there right? So we're having but in the breast development and beginning of menstruation phase so they're dropping out at much higher rates even in environments where girls are getting equal access to sports. They're leaving right? like large amounts of them are leaving and 50% of girls drop out by age 17 in sports and.

35:21.23

Abbie

, right at that age.

35:38.93

Lauren

When we're trying to create. Ah what we're really trying to do here is create a lifetime of movement to have healthy people. It's not about excellence in sport or anything like that, sports is just this playground that we've created once we feel like we're too old to play with our friends.

35:54.80

Abbie

, yes, totally yeah.

35:55.14

Lauren

Like kids come, you know they stop going into each other's house and saying can you play and they start saying can you hang out and so sports becomes the place for play and if we do our jobs right? Then enough of us will stick with it that our days will feel like something's missing when we're an adult if we haven't moved our body that day. Moving our body turns out to be really good for us right? And so we don't, so we standard issue athletic gear for kids in middle school doesn't include a sports bra so

over half of the population in middle school is having breast Development. We know that their body changes are impacting their relationship with Movement. We know we're losing them at twice The rate. Of boys and we don't provide a sports bra and 50% of kids in that age group don't own a sports bra and it's not viewed as essential equipment whereas like a Jock Strap is so this is like an easy fix like probably the easiest solution that you could change right? away is. Is that? , but we're completely overlooked even when you're in a sport. I don't even think like a soccer team you join a soccer team at parks and rec you get your Jersey and your shorts You don't get a sports bra. Yeah, it's like that's your responsibility figured out.

36:56.27

Abbie

Now get a t-shirt and yeah totally yeah yeah a hundred percent no I love that you went there because I think that is the next question. It's like okay this is such a vulnerable age this age range for girls and. Yet what we have is we have the like at the same time we have the pressure like the financial pressure even of getting scholarships to go to college. So you have that added pressure on performance and so you look around like we were talking about earlier and think like what can I do to ensure my performance.

37:33.34

Lauren

, yeah, yep.

37:34.64

Abbie

Like doesn't Plateau doesn't falter, it doesn't get worse and we're taught that it's the body that controls the body controls the body and then unfortunately we value the short term over the long term and so even if I mean.

37:42.10

Lauren

Yeah, yeah, yeah.

37:52.21

Abbie

Have to be honest, like and I think I've been honest about this before like when I lost my menstrual cycle as an athlete. It wasn't like most people kind of overlooked it and we're like Wow that's just because you're training right? like we're kind of we're We're told that that's like a quote good sign of.

38:06.23

Lauren

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38:11.10

Abbie

You know you're just training hard. That's why you lost it and it's okay, but even when people were like oh you know like you know this could cause some problems in the future. My brain at that time was like I don't care like I'm you know I'm I'm valuing my present performance over that future me.

38:28.22

Lauren

Yeah, yeah, well, that's what the brain. Yeah, that's what I like. There's a reason why insurance Car Insurance premiums are higher for people in their teens and early twenties right, like our long term thinking is not what we're known for at that age.

38:29.92

Abbie

When I'm that age, it's so painful to look back on. But yeah, yeah.

38:39.32

Abbie

Right? right? right.

38:46.88

Lauren

And that's what's one of the things that I was excited about the opportunity for the book as well is when I take people through those early 20 s because adolescence lasts through about 25 26 years old when you're going through those years I helped debunk the myth that that losing weight or ignoring losing your menstrual cycle.

38:54.81

Abbie

Yeah.

39:05.59

Abbie

, yeah, yeah, constantly. Yeah, yeah, yeah.

39:06.75

Lauren

, is for short term benefit because it's also working against you and if you read my book. You have to go through multiple injuries with me right? So there may be some flashes of fast times. Ah like here or there. But

39:21.50

Abbie

And it's literally a flash like it's so quick because you fall off that cliff so much faster than you realize it's.

39:25.69

Lauren

It is. That's it so fast. Yeah yep, and then you it takes you. There's a really delayed effect in your bone density recovering from that, your immune system recovering from that right? and so you feel like you're paying for them.

39:37.20

Abbie

Yep.

39:44.81

Lauren

For that way longer than you should have to have people call it like oh I was I lost too much weight I was running fast at first then I got injured and then I just got injured and injured and injured and injured and and yeah, that's what happens and and so even if you have like.

39:53.11

Abbie

Yeah.

40:00.60

Lauren

Done ah done the work in recovering your relationship with food and body. You feel like you're no longer restricted. You could be eating a non-restrictive diet for 2 years and it still might not be quite enough time to make up for. Like all the losses that happened during that shorter window when you were depriving yourself and so there's a lot of patience involved. So I wanted to lay that out really clearly because we need to also be speaking to young people differently about losing their menstrual cycle and weight loss because it isn't actually working for you in the short term either.

40:28.41

Abbie
Yes, yes.

40:37.16

Lauren

It is impacting your Immune system function is going down so you're more likely to get sick. Your mental health is going down, your pain tolerance is going down. , when you have reds when you're not eating enough to fulfill your needs and those are things that and every athlete knows they need they need their pain tolerance up. They.

40:53.20

Abbie

Yes.

40:56.42

Lauren

Need their immune system functioning and that that kind of messaging could be enough for an athlete to be like okay maybe I don't need to worry about those last £5 so much or whatever it is that is in their mind so many of these competitive kids they get it in their head some number they need to reach some magical number.

41:04.97

Abbie

Yeah, yeah, yeah.

41:12.62

Abbie

Yeah, yeah I mean I had that experience I was telling you before we started recording like the lag for me was really long years and years and I work with folks all the time who go through that frustration too thinking like well I'm doing all this stuff now like I'm eating I've. I've healed my relationship with food but I'm still having these effects and it is the patience you mentioned because you want to blame yourself again at that point and be like well it must be something else because now I'm doing everything quote unquote right? But it's just the body. The body is behind in terms of healing.

41:41.86

Lauren

Yeah.

41:49.74

Abbie

Like healing the Immune system the endocrine system I mean the impact it has on cardiovascular tissue too like it's just it's everything and I paid for it for years and then eventually couldn't keep running competitively which is not a unique story. , yeah.

42:02.73

Lauren

Yeah, not so common right? And yet you run now in a different way right? You are telling me that yeah and that's I have a totally different relationship with running now too and it's great.

42:10.40

Abbie

Joyfully yeah joyfully yeah, it's so great. It's so great. It's so great to just feel like it's just about movement.

42:23.30

Lauren

Yeah, so.

42:25.46

Abbie

, like you said and and I think that's what we want and so when I'm thinking about that time period We're talking about. It's like what can we do? So yeah, the sports bras like talking to me. I was telling you I do this like workshops with high school teams talking about the effects of under-eating overtraining. You know all of that.

42:41.94

Lauren

Yeah, yeah.

42:45.40

Abbie

But at a systems level. What do you think can be done in terms of you know I mean I'm thinking about we were talking about the scholarships but also just how we frame the sports environment at that age for women like making it more about play and enjoyment. And like making and normalizing perhaps that like the competition and the kind of excelling so to speak doesn't happen until a certain age like what how when you start to think about like the systems and structures I know you talk about in the book. It. It takes so many layers to coach parents.

43:18.30

Lauren

, yeah, yeah, well if we had I think I would like to imagine myself as a high school coach and we have the first meeting where parents and and.

43:23.39

Abbie

Everybody: But what about this whole time? Period. Yeah.

43:35.38

Lauren

Athletes are coming together to learn about the program in the fall or in the late summer and we're so I'm sitting down I'm explaining my coaching philosophy and I like to imagine that right off the bat. We should be saying hey this is a really exciting time of life like I'm coaching adolescents.

43:36.23

Abbie

Yeah, yeah.

43:53.93

Lauren

And let's say we're just talking to the girls team like I'm coaching adolescent girls and I coach adolescent boys and this is such an exciting time of life. A lot of changes. You're developing into yourselves and the way that looks on the girls team is going to look different. On average than the way that looks on the boys team because we have different biology and physiology and different normals and so let me tell you about what to expect over the next four years like what can normal look like it can look a lot of different ways. , but what we're going to be doing as a team is. We're going to be pursuing excellence like I don't think you can. You have to do this right? like it's not like competition versus health I think that those 2 things can live together really? Well, we're pursuing excellence but what that looks like it can look a couple different ways depending on where we're at in this thing called the female performance wave and then I would explain what that is.

44:35.96

Abbie

Coexist. Yeah.

44:46.26

Lauren

Like what does linear improvement look like okay but what does improvement look like for an adolescent female body through puberty and normalize that be like this

and you all are going to be at a different point on that wave at different times right?
and we're a team. Yep and we're a team and so.

44:56.46

Abbie

Yeah, total scatterplot. Yeah.

45:02.88

Lauren

But that's something we're all going to be working with together and not not treating it like it's the enemy or it's this big scary force. It's just like here's the reality here's what our improvement curve looks like we're going to be all over it. Sometimes you're going to be riding high. You may be on the plateau part. But here's the culture that we have as a team like we're a team. We're working together if things aren't coming as easily to you on the performance side and you're not getting Prs here's what excellence can look like during that season and then and and create that within your program like. You should be able to answer what excellence looks like in 5 different ways so that an athlete can always feel like they're progressing if their times aren't getting better but they're a better strategic thinker or they're a better leader. Or they're able to execute race plans better like where you can predict what you're going to be able to do out there and you can stick to a plan a person can get better at that. Even if their overall performance is further down the field than it used to be right and those are all skills that you need to develop. That is going to all come together to serve you wherever you are in your athletic journey. So I just think there's just ways that we could talk about this as parents so we can be prepared for it. , and we can meet our kids with a totally different energy and facial expression than parents have in the past with these myths around puberty like.

46:11.79

Abbie

1 hand.

46:26.90

Abbie

Yeah.

46:26.55

Lauren

It's a death sentence or worrying that if our kid's body changes that means that they're off the path of excellence and we're judging them prematurely and we need to get out of the business of doing that and instead be welcoming them through their development stage And. , and also allowing for feelings of disappointment that

are going to be natural too. It's not easy. It doesn't feel good to get worse when you're training harder and that that is a normal experience. Doesn't mean that it doesn't hurt right? and so we don't need to be on the bright side. It. We just have to be like yep we're at that part.

46:46.52

Abbie

Totally Yeah yeah.

47:02.87

Lauren

We're at that part of the curve now and like to support them the best we can through that. Yeah.

47:03.20

Abbie

Yeah, and it's hard. It's hard and important. It's like this going through this without fighting. It is actually what's going to give you that longevity and that enjoyment that you're after and that excellence that you're after in whatever way you're defining it like.

47:17.16

Lauren

Yeah, yeah.

47:22.69

Abbie

But right now it's like it's a little mucky. It's a little slower going but it's going to pay off. You know, just like any hard work. But we're just yeah yeah, and you got to get there like we've got to give you a chance to get there. You don't have a chance if you're fighting at every step of the way.

47:25.65

Lauren

, yeah, yeah, the world records are held by women bodies. Not little girl bodies like that. Yep yep, yes.

47:42.20

Abbie

I Love that though, What you' were saying about like starting with like just really envisioning like I'm just I'm getting excited and imagining like every coach

everywhere giving that kind of welcoming speech and getting parents on board with that and being like this is how like it's not coming to the races necessarily and.

47:42.63

Lauren

Yeah, yeah.

47:54.89

Lauren

, yes.

47:59.10

Abbie

Dreaming your head off or like getting on the coach about performances. It's like it's actually like supporting your kids through like these really hard changes The body like that we're going through. Yeah.

48:07.60

Lauren

Yeah, that's right like let's let's ride that wave but we need to rebrand what riding that wave feels like right like it doesn't that that can be exciting and we're going to do it together as a team or as a family. Yeah.

48:22.16

Abbie

, and yours happened later Lauren right? like I think as like you had kind of more of the Boyish linear growth bodywise but and then obviously that translated to performance wise. So.

48:31.20

Lauren

H.

48:38.27

Abbie

What was the age at which you started noticing that was college early like freshman sophomore year yeah

48:42.54

Lauren

, yeah, yup and yup freshman sophomore years when my body started to change in a more significant way and it was everybody else on my high school team who was going through a more typical progression. But when you look at collegiate sports.

48:46.52

Abbie

And so that was off kilter with everybody else. So yeah. Right.

49:00.80

Lauren

Most of the top freshmen that are coming in because we recruit seventeen year olds who's the fastest 17 year old most of them , were like me. They were either a late bloomer naturally or they were a late bloomer through personal intervention. and or and dysfunction.

49:04.61

Abbie

Right. Yeah, yeah. Yes, yes.

49:19.84

Lauren

And then there are some of them that were early bloomers and they actually had the opportunity to come out the other end on the performance wave and be yeah, yeah, exactly and so then college coaches and and like college athletes themselves need to be aware of this because all the same things apply but now in the next.

49:23.47

Abbie

To hit an up slide by the end of high school. Yeah yeah.

49:35.53

Abbie

, yeah, yes, yeah, oh I Love how you just framed that like it was really magical. The puzzle pieces just came together. It's like yeah that actually does funnel it funnels the high risk folks into sport.

49:40.12

Lauren

Sporting institution, the collegiate system.

49:52.51

Abbie

And it's like a new age range that we're dealing with again of folks that are going through that and for you like the disordered relationship you developed with food I mean you in high school I remember the scene you kind of described being at like a banquet and looking around and seeing all the girls filling up.

49:54.59

Lauren

, yeah, and.

50:10.96

Abbie

Plates with salad and you were you know, purposefully trying to set an example by having the pasta you know by the time you got to college things started to change a little bit and you started wanting to like replicate what some of the women were doing around you that you felt were like quote unquote eating healthy.

50:16.94

Lauren

, yeah.

50:28.98

Abbie

And doing the quote right thing is when it starts shifting for you like when you think about your story with food. Yeah.

50:29.44

Lauren

Yes, yes, yup, yeah yeah I think there was like , a more like I would say at first because I had a high school coach that made me aware of eating disorders and.

50:40.54

Abbie

And then listen.

50:44.70

Lauren

They related to high performance and I had watched one of my heroes that broke the national record end up having to take a medical retirement from an eating disorder a few years later so I had her ahead of me by a few years or I so I had the theory being told to me by the coach and then I also had like a person that I could see it happening to.

50:54.40

Abbie

Yeah.

51:02.56

Lauren

And and so that made me very determined at first not to have it happened to me and I and then I I think I was developing an anti eating disorder eating disorder like I'm I'm going to try so I'm Goingnna yes, the rebel against it which develops its own own disordered eating like oh look how many cookies I'm eating. It's okay like and you're you.

51:08.94

Abbie

Yeah, like the rebel against it. Yeah, that's me. Yes, yes, yes, yes, yes yeah.

51:21.88

Lauren

You're you're just you're not listening to your body's hunger and full cues or what it actually wants. You're just doing it the opposite direction right? So yes, yep, it's still running the show in some way. Yeah.

51:26.59

Abbie

Right? You're still rebelling against the thing you're either like obeying it or rebelling against it and still. Yeah, yeah, yeah, exactly either way. Yeah.

51:38.31

Lauren

And then I bought into this story of morals. What does a committed person committed to their health and their body is a temple which is like yeah and and like I've seen that show up in yogis and like you know.

51:47.94

Abbie

, and there's sport. Yes.

51:54.40

Abbie

Oh yeah.

51:56.13

Lauren

People that aren't in Elite Sports. It shows up in so many places but this concept of like my body is a temple and what is the morally right thing to feed myself and how are my food choices broadcasting to people what my commitment level is or what? yeah yeah, yeah, so there was that and I really truly.

52:08.70

Abbie

Performative Health right? yeah.

52:13.41

Lauren

Bought in and believed because of the messaging around me from nutrition books and stuff too that yeah, that eating this way will make me a better athlete and that there was very little room for error.

52:13.43

Abbie

, yes, yes, totally my experience? yes.

52:27.20

Abbie

Yeah.

52:29.21

Lauren

That they're like it kind of triggered my perfectionism and I'm like well I'm more dedicated than anyone and I can also be more dedicated than anyone with my nutrition and then you become rigid you have whole groups of food. You won't eat and then from there. It's just kind of.

52:40.88

Abbie

Yes, yes, it's a snowball. Yeah I had such a similar experience and you take us through. You know you get kind of these injuries and then they come and bite you in the ass a little bit later. .

52:46.10

Lauren

Kind of starts to snowball. Yeah yeah. Yeah, yep.

52:57.66

Abbie

Even later in your career and kind of transitioning into your professional career falling back into that trap again in a different way, because it kind of Shapeshifts diet culture continues to shapeshift.

52:59.92

Lauren

And yeah, yep, absolutely it does it does it continues to and then injuries can just happen too in sport without food stuff so that can make it confusing too and it's only with hindsight and.

53:11.84

Abbie

Right? totally.

53:18.76

Lauren

The rise of more research into trans and female-bodied people in sport in general and just female bodies that we have. We have such a hole in the research still a gender bias and research. So but as that stuff started to come in I was like oh that's what was going on. Okay I see now and like.

53:24.20

Abbie

Yeah.

53:38.49

Lauren

Ah, can I unfold this story for people when I didn't know that at the time but I know it now that's a really tricky thing to do yeah.

53:42.99

Abbie

No, but you did it really well like that's what the book does. I feel like it helps people. It helps the reader put together more clearly their own experiences and like to start to rethink why things happened the way that they happened and maybe it.

53:55.52

Lauren

M.

54:00.22

Abbie

Like eases any kind of self-blame or judgment and then also judgment of others like it. Basically it instills more self-compassion and compassion for others like you were talking about empathy and not blaming other women for you know somehow fighting their way in an eating disorder like no they were set up for it in the first place.

54:10.54

Lauren
, yeah.

54:17.70

Lauren
, yeah, be up. Yeah.

54:19.61

Abbie

Same these injuries happened to them because they weren't disciplined or they weren't trained correctly or all of these things like it's yeah, they're they're set up to fail in a male system and a men system like it wasn't built for us like it was not built for us. Yeah.

54:31.39

Lauren

, yeah, no and these aren't and most of the people who are facilitators who are , kind of recycling these old ways of thinking that cause so much harm are not bad intentioned people right? We all like we're all just in the same system right? and so it's like.

54:42.67

Abbie

Yeah, yeah.

54:48.55

Lauren

Coaches in particular I love getting messages from coaches and parents too who are like oh wow I'm going to change the way I do this immediately. I wish I had had this twenty years ago but I'm really glad that I I see it now and then the other favorite story I have is when.

54:53.22

Abbie

Yeah, yeah, yeah I messed up. Yeah.

55:06.96

Lauren

, what you were talking about earlier about how people start to look at their own life differently and they put together the pieces in a new way and when it shifts the story they've had about themselves that can be huge I mean the the.

55:11.80

Abbie

Listen.

55:17.60

Abbie

Yes, I mean it releases shame and I mean yeah, it's like a whole new life happens as a result.

55:26.85

Lauren

Yes, I've also had quite a few people say this helped me get to the place where I am. I'm actually going to work on making these changes now to my relationship with my body and food.

55:35.20

Abbie

Yeah.

55:40.60

Lauren

Like it was, it helped be that bridge for them to get them motivated to do it and maybe that's from the dissipation of shame because I think shame can be a real block to working on things.

55:46.30

Abbie

I think eating disorders at their core are always about that in some way you know I mean people talk a lot about control. They talk about Perfectionism but like at the core of both of those things is still shame and the behaviors that are happening from coaches from parents I mean.

55:57.12

Lauren

Yeah.

56:05.30

Abbie

If you really think about it. Coaches are really just projecting their own fear of failure on their athletes. Parents are projecting their own identity on the success or failure of their kids. I mean everybody's acting from this place of like how do I look at what like right? like in this world. .

56:14.22

Lauren

, yep.

56:19.54

Lauren

Yeah, yeah, absolutely and then you can throw money on top of that because in the sporting institutions we've got money like real financial rewards at Stake and very few people. Yeah yeah.

56:22.58

Abbie

The judgment piece.

56:28.67

Abbie

Yeah, totally yeah and we didn't even get to get into that everything with Nike and yeah I know oh so much I could talk to you but , so I want to be conscious of your time and everything and so I do want to I literally have a million more questions. It's okay. It's fine. Okay, good. But okay so I did bounce around the initial rabbit hole of what's next so like quickly before we you know, just sub it up real quick. Nice little bow. What is next?

56:45.69

Lauren

, but we can explore around 2 some time if you want.

57:02.84

Abbie

Like how are you envisioning this next stage of the book in the world? You're coming out of the overwhelm not to say that we're all not going to get overwhelmed again, but this phase of overwhelm like yeah, what are you thinking about Lauren.

57:10.89

Lauren
, yeah.

57:15.39

Lauren

Ah, well I just am very aware that that the book was kind of the best that I could do at the time and I also helped me hand it off to others like okay now you take what you want if this resonates with you What you can from it and and go and like.

57:19.24

Abbie
Yeah.

57:24.92

Abbie
Yes, yeah, yeah.

57:33.30

Lauren

The biggest changes are going to happen in local communities. with motivated individuals and so what I now know I could do I can do speaking so I could come in if somebody is moved by this and they have identified a group of people that are critical to changing the culture like let's say university.

57:50.65

Lauren

Athletic department or something like that. , then I would love to be able to come in and speak to that group and get them energized, the people that can actually change in and then go from there because not everybody is going to pick up a book. But

57:59.42

Abbie
Yes, yes.

58:07.98

Lauren

I Can maybe motivate them to either pick up the book or just take what I'm saying and read with it. , so there's that so public speaking is a part of it with being very intentional about the places that I do it because I don't want to spend all of my life traveling and and and then.

58:21.35

Abbie

Right? Yeah, you've got family. You've got yes.

58:26.77

Lauren

Yeah, and then virtual speaking as well. So the same thing but not needing to leave home. , that can be very effective as well and then I also want to have an experiment with some consulting companies who have.

58:45.90

Lauren

Ah, they have based their business on something like a male default norm and that's in their Dna and they're trying to serve women or a broader population and they're not able to do it effectively because their core Dna has been this male norm. And so I think that my 1 thing about my book that I've noticed is resonating with people not in the running world is that it's triggering them to think okay, how can we change what we're doing truly change it instead of adding women as a category onto the existing. Orb.

59:21.12

Abbie

Yeah, yeah, right.

59:22.00

Lauren

, and just sticking them there. How can we change or and and I think I could help with that and then ah I'm also curious about doing a little bit of individual coaching like small sessions not with athletes for sport but let's say a coach wants a coach that will help them change the culture of their team.

59:38.27

Abbie

, listen to a reason.

59:41.13

Lauren

And we're just going to do like 3 sessions of talking about their specific team. The culture. They've been dealing with what they can do because if I can in 3 hours motivate an already motivated person and arm them with confidence like a lot of

times. It's just gaining the confidence to do it differently than they were taught to. To be and to like they're going to have to deal with parents who are bringing in these old ways of thinking too to have and ah confident grounded and resolved in this new way of thinking about serving adolescent female-bodied people and I'd love to experiment and see what that's like to do just a ah few and see how it goes and maybe.

01:00:02.34

Abbie

You hear.

01:00:18.32

Lauren

Broaden that out beyond a few if ah if it goes well.

01:00:22.58

Abbie

Okay, so many things I have so many people like ideas that I want to send your way now like , really like groups and institutions coaches that I know out here. Yeah okay I'm very excited. I Love that's amazing.

01:00:28.89

Lauren

, please do.

01:00:36.59

Lauren

Yay I Really appreciate this opportunity. It's been really nice talking to you and I'm grateful for the work that you're doing and I hope you continue to do it.

01:00:40.42

Abbie

Oh my God No, it's an honor ditto Ditto I Will I mean I always say like I hope I'm out of a job one day you know in this area like like I hope that no one has use for me. This is some point.

01:00:50.87

Lauren

Yeah, same.

01:00:56.97

Lauren

Yeah, that's my joke. It's like I hope that my six year old daughter, when she picks it up to read it in 10 years, is like I don't understand why this was a bestseller mom. This thing makes no sense.

01:01:00.36

Abbie

My dream.

01:01:07.36

Abbie

Yeah mom This thing sucks This makes no sense. Ah, that would be the dream. Yeah, for sure that it doesn't even it doesn't have to be something That's so central let alone the thing that dictates So many women's just sense of self-worth and.

01:01:10.48

Lauren

That would be a dream.

01:01:24.33

Lauren

, yeah, yeah, oh thank you for sharing your platform with me.

01:01:24.83

Abbie

How they spend their time and energy all day every day so ditto for how grateful I am for you to be here and ah I can't wait to get this out to everybody. So thank you again? Lauren no thank you.