

Ep #25: Becoming 60 and My Weight Journey



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With Your Host

Pat Beaupre Becker

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You are listening to It's Never Too Late to Lose Weight, a podcast with Pat Beaupre Becker, Episode 25.

Welcome to It's Never Too Late to Lose Weight, a podcast for women approaching 60 who have been successful at everything but reaching their weight loss goals. Tune in each week for tools and strategies to help you lose weight, create a strong body, and support a healthy mind. Here's your host, certified weight and life coach, Pat Beaupre Becker.

Hello, my dears. Welcome back. I wanted to quickly tell you about a couple of movies that I highly recommend you see, and one is called The Book Club and the other is called Film Stars Don't Die in Liverpool. Both of these movies challenge our beliefs about women and aging, and they are performed with glee and with depth by actresses that we have watched age naturally some of them, or sometimes with some help. But the thing is as ladies, you and I know if we're lucky we're aging, and we know that we have desire and maybe we're still having some still great sex, maybe not as often, maybe just as often. And you and I know that meaningful long-term friendships nourish us and bring us great joy. And we get to see all of this expressed in The Book Club and in Film Stars Don't Die in Liverpool, so I highly recommend you go see it with a friend and loved to hear what you think.

So welcome to your 60s. Now in case you didn't know it, this is the decade of authenticity and freedom. Why? Because it's time for you to choose you. The kids are out of the house. Maybe you're transitioning to a new career, or maybe you're retiring. Maybe you're looking at checking off your bucket list, or maybe you're looking to achieve some physical accomplishment, running a race, climbing a mountain. Or maybe you just want to stay home and garden and read.

But I want to propose that whatever it is that you do, you decide what you want to do for yourself with purpose and intention. Decide how you want to spend your time, how you want to behave toward yourself and others. Why

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you might ask? Well for me, becoming 60 has been such an opportunity and a privilege. I have a new career. I have new tools to create better relationships. Finally, I'm finding motivation to exercise and for self-care, having more fun and love being inside my brain most of the time.

Now some of you might think that your 60s is the beginning of the end. It all goes downhill from me. Your attractiveness disappears, your energy's gone. Why bother to try to lose the weight you have struggled with since menopause, or maybe you've struggled with it your whole life? You know, I just can't stop giving in so I'm just going to stop trying. I'm going to eat what I want whenever I want. Well, you know what? A natural weight, right sized body, healthy weight, thin, whatever you call it, when you've had a lifetime indulging in an antagonistic relationship with your body and food as I did, and you finally land at a healthy right sized natural weight, honey it is paradise. Even if I had to wait until I was close to 60 for this peace of mind, it's worth it.

I want you to know that there is another way, and you can learn it too. Now my brain is changing, and I follow a simple plan. It's weighed and measured. I have a protocol for my food. I have a mental hygiene practice for my thoughts, and I have the skill that I've been learning of feeling and managing my emotions. Now for some of you, this might sound like hell, but for me it is total freedom. You know what? It's freedom, freedom to move on. Simply waking up without a big belly bloat, being the same size day after day without the punishing thoughts of self-recrimination, that is heaven.

If you are struggling still at the age of 60 or over, wanting to be thin, I want to ask you why do you want to be thin now that you're 60? Do you remember your reasons for wanting to be thin, maybe when you were 17? How about 27? How about 37? Maybe 57? What experiences have influenced your reasons and your thinking and your believing?

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I want to take you down memory lane here. So I'm 17 years old, and I have these amazing green velveteen hot pants. Yes, hot pants, and I moved out of this Italian and Irish neighborhood I grew up in, and basically we moved to a new neighborhood which was called Bensonhurst, Brooklyn, and this was more Italian and Jewish. We left the old neighborhood because of drugs and thugs, and my brother who was really a magnet to trouble. Now my own crimes and misdemeanors, which I like to think of were not really public knowledge, but when we moved to this new neighborhood, I felt bold and brazened, and me and my friend Maureen O'Brien took to the streets, walking there at night, strutting our stuff. Boys passing in cars.

Now at that point I was thin naturally, and my body was my power, or at least that's what I thought. I didn't have to really think about being thin. I ate what I wanted. It just didn't stick to me yet, but at that point in time, my desire was to attract someone to love me so that I would be chosen. So at that point, thin for me meant being chosen. At that point, that was everything because it meant that I was valued enough to be loved.

But getting someone to love you because of your body, it doesn't feel as good as you think, and basically I felt like I was coming up short because I may have found someone to enjoy my body, but I was really not connecting in any other way, and that felt horrible. The outside looked good, but the inside, no, it just wasn't happening.

Let's fast forward to 27. So now I'm really pretty much depressed, and I'm in a fog eating, hating my job. I wanted more out of life. I wanted more out of a career, but I just couldn't see any way out to get it. And this was the first time that my body started to respond differently to food. I could remember sitting in my office where I worked in downtown Manhattan, and I had these red corduroy pants on, and they were just cutting into my skin. Now I had been eating badly before, but it never showed up on my body, and now it was there for all to see. Now I couldn't cover my habits of emotionally overeating. At that point, I was looking for the pain in my body to match the pain in my psyche. Thin meant the façade of happiness, and

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yet now as I was not becoming thin, as I was gaining weight, everyone could see how horrible I was. Inside felt horrible, and I thought outside looked horrible.

Now we can fast forward to 37. I'm sad and I'm angry, and I am depressed again because my marriage is not working out. I have a young baby, but those last 20 pounds are sticking on me, and I'm very unhappy. Now I ate ice cream every night of my pregnancy, growing freely, no limits, but still my relationship was just hanging on by a thread. And again, that thread broke. It didn't last, and I thought I needed to stay attractive while at the same time my emotions that were ruining my life, I couldn't understand what was going on and I could not save my failing marriage. At that point, thin meant normal, smart, and happily ever after, which I wasn't.

At 47, I like to call it the storm before the calm. So now I'm single, and I'm doing the falling in love diet. I don't know about you, but this was where I was so obsessed with someone and felt so happy with the connection that we were making that I wasn't hungry. So I didn't want to eat food for awhile, but what was happening at the same time was that I was begging to be chosen. I was looking at my past, and I wasn't seeing a way out of this judgment that I had about myself, and this sentence of being unforgivable.

So for a while, I didn't use food to beat myself up until I did, and then food became calming and obsessive. At this point, thin meant I was lovable to the other, but when the other wasn't interested any longer, I just collapsed into more depression.

Now we're going to fast forward to 57. There's still time because I'm loving my work for the first time. I'm learning to manage my brain and my heart, and my focus shifts to the future. How much time is left? What can I still accomplish? I don't care so much about how I look on the outside. I mean, I can't even wear my signature high heels because my knees just won't allow it. I decide I'm not going to put up with any unnecessary pain. Now I'm walking down the street, yeah, but I'm walking to get somewhere or to

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enjoy the fresh air. My desire to attract, not so strong. My desire to feel good, ooh yes, very strong. My desire to serve others is growing. I'm learning to teach and offer solutions to problems, and I am all in.

Now I want to look good, but not to influence anyone because of their longing, or out of any sense of my lost self. At this point, thin means self-discovery and self-compassion. So tell me about your desire to be at a healthy weight. How long have you lived with a desire to make peace with your body? I know over the last 20 years, neuroscience is proving that we always have a choice. You can change your life when you understand your mind and your biology. So today I want to be thin because I want my brain to work for me. I don't want more than my body needs. I have felt discomfort clearly as I've been sharing about my life, but it was the discomfort of self-hatred and gluttony. Now I am willing to feel the discomfort of natural wellbeing, life as it is, a hot mess too.

I now want my actions to be me on my side. I look in the mirror and what do I see? Kind of like Nora Ephron wrote about in her book, [*I Feel Bad About My Neck*](#). Sometimes I look at that neck and I think, "What planet did this come from?" But you know what? I'm grateful that I can see, and calmly touch my neck and remember this is what older women look like. Cool. You know, I never heard my grandmother make a disparaging remark about her face or her body. She was an elder, and she had this beautiful amazing white hair, and she was as wrinkly as I am becoming. These women elders, what did they talk about? Their children, their grandchildren, other people's troubles, politics. They shared stories, recipes. They laughed, and they accompanied each other and their children in sorrow and in community. And food was not punishment, but sustenance and fuel.

Today being thin means my days are lighter, and I'm more effective because I have more mental energy for other things. Why do I care? Because it gives me time to fulfill my purpose, to coach my clients, to share the magic in knowing that we can learn to use our brains and our bodies to serve us whatever we decide to do. Ladies, what does it take to finally live

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the life you want in the body you want? I believe you have to decide. You have to acknowledge where you are, and you have to become willing to change.

You have to acknowledge that you want to learn new skills because you have to learn them. You can't imagine that you already have them. You have to be willing to go through the discomfort of withdrawal from toxic foods. You have to be willing to feel your emotions, because resisting or avoiding emotions usually that's why we eat. Be willing to become aware of your thoughts and how they create your life. Be willing to move and to take action with a plan. I want you to join the movement of women who know that it's never too late.

So now I want to talk *about My Favorite Things* and being that it's summer and the garden is growing, I want to talk about growing herbs. So simple, so easy, and so rewarding. In my garden, I have sage, I have mint, thyme, curry, basil and parsley. I love to just go and touch them and smell them, or I can make a nice refreshing summer drink from my mint or basil, or I can add to create savory vegetables with the sage and the thyme. Or, I can add punch to my salad by cutting up some fresh basil. Now I know out there you can [buy many herb starter kits](#), and really, it's so easy to do. All you need is the space for a tiny little pot that you can start on your window sill for your own herb garden. Try it. I think you're going to really enjoy touching and smelling it.

Thank you so much for listening to It's Never Too Late to Lose Weight, and you know I'm helping women every day in my one-on-one coaching program. So if you want my help, just send me an email to pat@beauprecoaching.com, and I'll see you next week. Bye-bye.

Thanks for listening to this episode of It's Never Too Late to Lose Weight. If you liked what you heard and want more, head over to never2late.info/guide to download your quick start guide to jump start your weight loss plan, and begin creating an amazing life you love.