

# What the App?

## Letting go of the safety blanket



It seems everyone is using an app to plug their food into (and fitness training, yikes!), in an effort to manage their food and lose the weight. And oh, all those pretty charts!!

But do apps really help out in this respect? Is it worth it to buy into the latest technological trend to help us attain a slim, trim, fit body?

Here's what I say (now remember, I'm from the 'old days' when there were no apps, no Facebook, no social media to speak of, heck we didn't even have protein powders).

They can have their place, but in small time frames only. (And as a note, I don't like training apps, because they simply cannot take the place of coaching, not even close. It's like buying all the parts to your car's engine...unless you are a skilled mechanic, you wouldn't know what to do with all those pieces.)

Here are my lists of pro's and con's with food apps. Basically, I have never, ever seen them work long term, because they simply cannot: they are a piece of metal with an app created by someone to make money and gain popularity, and they are certainly doing that! And women simply do not need the added pressure, or create more fear and misunderstanding of food. But they can have a place *short term*...

### Pro's:

- Food tracking apps help us to become mindful of our eating. You might just think twice about eating that cookie if you have to track it
- It forces you to read labels (but label reading is not an art, it's more a farce, there is so much missing and mis-information, but still, for the newbie, label reading and becoming aware of your food can be a bonus.
- You learn what macro nutrients are: protein, carbs, fats...what foods contain what macro nutrient? And in fitness, it's important we know the difference.
- Helps you count calories (this can be a bonus or not...as you'll see in the 'Con' list, but again, it helps people to become mindful of just how much they are truly eating...IF the app is reliable (many are not, they over or under calculate foods.

## Con's:

- It can lead some into obsessiveness or stress and anxiety. Certain prone individuals should not use them, period.
- It gives a false sense of security and doesn't allow the user to learn to listen to inner cues, learn to read their own bio feedback, and to manage their own food. We're just not meant to live with an app on our hip all the time...we are meant to learn to manage our own food, like mature adults! We need to learn to trust ourselves.
- It breaks everything down to numbers, and makes eating (a pleasurable thing) a numbers thing.
- It doesn't allow for proper eating as your body needs...if you're over in numbers, you may not go out for that social dinner...if you're under, you are told to catch up. Neither is good for your physique, OR your social life!
- They cannot possibly manage the nuances of metabolism, as metabolism is an individual thing. To put our needs down to a mathematical formula (say, you need so many calories to reach your goal) reduces the body to a math equation, and metabolism, individuality (including the client's hormonal and biochemical nuances) are very different for anyone. It can be misleading and downright incorrect for a huge part of the population that have misfiring or slow metabolisms (which is likely around 50% or more of the population).
- It's an oversimplified way to look the complexity of metabolism and weight loss.
- It keeps you reliant on them...do you really want to have an app tied to your hip for the next 20 years?

So YOU decide how you want to live...learn your numbers, if you feel you must (I prefer pen to paper, and the good old fashioned scale for that – but then let them go. Live by eyesight only...how much is a serving of protein...what does 4 ounces *look* like!

We are meant to eat food, not numbers, and we are defined by our body and minds, not numbers. Trade in your safety blanket, and learn to fly on your own. We want and deserve food autonomy, time 'off the clock' and to learn to eat like responsible, mature adults! Learn to visualize what 4 ounces of protein is, what ½ cup of rice is (if that's your amount that your body likes and needs), and account for that wine and know that it will likely put you into calorie surplus! Let's adult-up here, ladies! Let's live and eat with FREEDOM and confidence....you CAN do it!

