

Redefining Health & Wellness

#39

Featured this episode: Shohreh Davoodi & Amanda LaCount

Shohreh Davoodi: This is episode number 39 of the Redefining Health & Wellness podcast and today I've got an interview for you with the incredible Amanda LaCount. Amanda has made a name for herself as a professional dancer in LA and has worked with such celebrities as Rihanna, Lady Gaga, Katy Perry, Lizzo and Meghan Trainor.

Amanda is also known for her #breakingthestereotype movement where she combats the stereotype that dancers should only look one way. Amanda and I chatted about how she got to where she is now, the state of the dance industry, her advice for people who are afraid to start dancing, and more.

To access the show notes and a full transcript of this episode, head to shohrehdavoodi.com/39. That's shohrehdavoodi.com/39.

This episode is part of the Health & Wellness Changemakers series, sponsored by Superfit Hero. The series runs from episode number 37 to episode number 48, if you want to catch them all. The goal of this series is to highlight people making waves in the health and wellness industry and taking it in a new direction. I am so grateful to be collaborating with the body-positive brand Superfit Hero to introduce you to these changemakers.

Superfit Hero is an inclusive activewear brand with sizes that range from XS to 5XL, and their goal is to provide clothing for ultimate confidence, no matter your size or sport. All of their clothing is also ethically made in Los Angeles, California. To get 15% off your first order, you can use the special series discount code, which is CHANGEMAKER, when you check out at www.superfithero.com.

And stay tuned for the Superfit Hero Wellness Tip of the Week later in this episode.

Now let's go talk to Amanda.

[Music plays]

Redefining Health & Wellness

#39

Featured this episode: Shohreh Davoodi & Amanda LaCount

Hey y'all! Welcome to the Redefining Health & Wellness podcast. I'm your host, Shohreh Davoodi. I'm a certified intuitive eating counselor and a certified personal trainer. I help people improve their relationships with exercise, food, and their bodies so they can ditch diet culture for good and do what feels right for them.

Through this podcast I want to give you the tools to redefine what health and wellness mean to you by exposing myths and misconceptions, delving into all the areas of health that often get ignored, and reminding you that health and wellness are not moral obligations. Are you ready? Let's fuck some shit up.

Amanda, I am so excited to have you on the podcast. You are an inspiration to so many people. I've been watching your dance videos for a really long time on Instagram. So thank you so much for making time to be here.

Amanda LaCount: Aww thank you. Of course, I'm happy to talk to you.

Shohreh: Yeah, and I promised my friend Ally that I would tell you that she loves you, so this is me making good on that promise [laughter].

Amanda: Aww that's so sweet.

Shohreh: Yes, you have a lot of fans out there who love your work. So, before we get into it on some of the deeper topics, I thought we might have a little fun and just do a round of favorites first, so I can get to know you a little better.

Amanda: Sure.

Shohreh: Cool. Alright, so, first, favorite song to dance to right now?

Amanda: Oh my god, I always hate this question because I love dancing to anything. Right now, to dance to specifically, I would say maybe Nicki Minaj's 'Yikes' song, her new song that came out.

Shohreh: Nice, yeah.

Amanda: I really enjoy that one. My favorite music, without dancing involved is definitely the Harry Styles album. I love it.

Redefining Health & Wellness

#39

Featured this episode: Shohreh Davoodi & Amanda LaCount

- Shohreh:** Yes.
- Amanda:** But it's also not very hip-hop dance music.
- Shohreh:** That's okay; you don't have to only like hip-hop.
- Amanda:** Ha! True.
- Shohreh:** Okay, so, you have some really cool sneakers. Do you have a favorite pair right now?
- Amanda:** Oh my gosh, oh my god, okay, this is like, oh, okay [laughs]. First of all, my shoes are like my precious, like, I value them so much. All of them are so important. I probably value, I can't choose one, but probably my Nikes the most. They're definitely my favorite, and I just got some new ones from them. I got some Air Maxes, and I finally got a pair of Air Force 1s that I've been dying to have.
- Shohreh:** Nice.
- Amanda:** Probably my Nike shoes.
- Shohreh:** Yeah, I get the sense that you have quite the collection over there.
- Amanda:** Oh yeah, I do [laughter].
- Shohreh:** All right, what is one of your favorite things to do with your time besides dancing?
- Amanda:** One of my favorite things to do. I would say, first of all it's very rare that I'm not dancing or doing something that involves dancing, but I would say I've been getting into drawing a lot. I like doing my makeup for fun and playing around with that. I have some pets. I have a bearded dragon and two guinea pigs.
- Shohreh:** That's awesome!
- Amanda:** Yeah, so I like spending time with them sometimes and they'll watch TV with me.
- Shohreh:** That's adorable.

Redefining Health & Wellness

#39

Featured this episode: Shohreh Davoodi & Amanda LaCount

Amanda: But that's probably all I have time for besides dance.

Shohreh: Yeah, you are a very busy person [laughs].

Amanda: Oh yeah, but I like it that way.

Shohreh: Awesome. Alright, well why don't you just start by telling me a little bit more about you, how you got to where you are now, because I'm guessing that the Amanda of 10 years ago probably wouldn't believe the direction that your life has gone.

Amanda: Oh yeah, definitely, for sure, I would not have ever thought I'd be where I am right now. So, my dance journey has been kind of crazy. I started when I was two, which is very young, and I'm glad I started young. My mom was really smart. But I started when I was two because I have two older sisters and they were in dance at the time. Neither of them dance anymore, unfortunately, but they were both in dance and my mom would have to take me to the studio sometimes because she couldn't leave her two-year-old at home, and she was a single parent.

So, I would have to go sometimes, and I would just always walk up to the window and be staring through it and bouncing up and down to the music. And I think she could just tell that I really liked the music, and the environment, and that I wanted to be in there really bad. And so she enrolled me in my first dance class, and the rest is history. And I moved to L.A. when I was 13, about to turn 14 and so been out here for about five years and it's been...it's been crazy.

There's been a lot of ups and downs. I would say, overall, it's been an amazing experience, and I've been able to do so many amazing things. I mean, I've worked with Katy Perry, Rihanna, Lady Gaga, done international campaigns, Dove, American Eagle, been on the cover of Dance magazine. It's been insane. And then on top of all that, I came up with my hashtag, #breakingthestereotype, which is all about trying to inspire people through all walks of life, not just dance or the arts, to do whatever they love. And even if you don't fit the mold of whatever you want to pursue, to do it anyway, and to do what you love no matter what people say.

And yeah, that's pretty much my dance career and life in a nutshell.

Redefining Health & Wellness

#39

Featured this episode: Shohreh Davoodi & Amanda LaCount

Shohreh: Yeah, and I wanna dig deep into all of that because you've had so many cool things going on in your life. But I first wanna start with, kind of what you were just talking about, like this hashtag that you created with #breakingthestereotype, especially when it comes to dance. Because a lot of kids who grow up dancing get to a point where their bodies no longer conform to that stereotypical body of what people picture when they picture a dancer. And often at that point they're either subtly or not so subtly pushed out of the dance world. And I'm curious if you had moments like that and what made you keep going anyway?

Amanda: Yeah, I've definitely had moments of people trying to discourage me and...pretty much in efforts to stop me from dancing. I mean it started as young as 11, I believe, was how old I was when a studio director that I had been dancing with for a little over a year kicked me out because my body type didn't fit his vision for his studio. And he kicked me out of his studio, which was my first ever experience of really getting kicked out of a studio [laughs] because of what I looked like. That was the first experience I ever had of someone pretty much coming up to my face and saying, "There's something wrong with what you look like."

I'd had dirty looks every once a while or maybe people saying stuff behind my back, but I'd never had someone confidently come up to me and say, "Hey, your body is just a problem, and you're not good for dancing." So that was really crazy. And then even when I tried to move to L.A., a lot of my teachers that I asked would say, "Oh no, you shouldn't move to L.A. until you lose weight," or like, "You should go on a diet," or, "It'll be really hard for you to make it because there's definitely a certain look for a dancer in L.A."

And I was like, what, where is this coming from? You guys are supposed to be so supportive and encouraging and you're pretty much discouraging me from doing what I love and chasing my dreams, which is not what a mentor is supposed to do. So, I've definitely had a lot of experiences of people trying to discourage me and pretty much telling me that I should stop dancing and that it's never gonna happen for me.

But I knew it was my passion, and I've never ever even considered doing anything else with my life professionally or for my career. I mean, since I

Redefining Health & Wellness

#39

Featured this episode: Shohreh Davoodi & Amanda LaCount

was 10 I knew I wanted to be a professional dancer and that's all I wanted to do. So I wasn't gonna let anyone really stop me from doing that, and now I've been lucky enough to do so many amazing things and I know that it paid off in the end with going through all these terrible things, and all these hate comments, and people bullying me. I know it's worth it because I've done so many amazing things.

Shohreh: Yeah, and it sounds like even though a lot of those mentors weren't supportive when they should have been, that at least your mom was really supportive of you and there were hopefully other people in your life that helped give you that confidence to keep going even when you were getting those comments and people telling you to quit.

Amanda: Yeah, my mom was definitely my biggest supporter and my main supporter. She is just amazing, because I know a lot of parents, even if their daughter *did* fit the dancer mold, they would probably rarely let their daughter just move to L.A. and try and become a professional dancer. And, you know, we didn't have a school lined up in L.A., we didn't have a place to live, we didn't have a dance studio, we didn't have friends out there. She definitely took a risk, but she believed in me so much that she was willing to take that risk.

And I think a lot of parents should learn from that. Not that my mom's perfect and other parents suck, it's not that at all, but I think there is something to learn from that. If a kid is really passionate about something, then they should believe them. Because I think 80% of the time they'll prove you right and they'll show you that this is what they want to do and that you should listen to them.

Shohreh: Yeah and your mom being supportive of you was probably the difference between you making it happen and you not being able to make it happen with becoming a professional dancer.

Amanda: Definitely. 100%.

Shohreh: Do you think that the dance world is starting to change at all? I know that you've gotten a lot of opportunities, and we'll talk about that, but are you seeing signs of hope in general or do you think there's still just such a long way to go?

Redefining Health & Wellness

#39

Featured this episode: Shohreh Davoodi & Amanda LaCount

Amanda:

It's hard because I think it's somewhere in the middle. I think we have come a long way as far as being more inclusive. And even just not about size, just about everything. I mean, on the Ariana Grande tour there was this guy, Darrion, who danced in heels the whole tour. And there's definitely decisions being made that are more liberal and are showing people that it's okay to be who you are, you can still be successful and all that.

But as far as the dance industry, it has come a long way, but also, I feel like people see...I got to do the Savage x Fenty show, which is breaking a lot of stereotypes in itself, but at the same time, it's like, there are also a lot of people that don't get that opportunity. I know plenty of plus-size dancers that are amazing that rarely work because people are still so narrow-minded.

So I feel like sometimes people see one plus-size person do one thing and they think, "Oh wow, the dance world is so inclusive now, and so accepting." And it's getting way better, like, I definitely have to show improvement where they've improved, and I have to give them credit. But at the same time, there's still a long way to go, and I still don't think the dance world is inclusive enough.

Shohreh:

You have definitely stepped into that role model kind of space for a lot of people who don't often see dancers who look like them. So it's really exciting for those people to say, "Wow, this is somebody who is doing this thing I've always wanted to do. Maybe this is something I could do." And I know you grew up dancing, you said you started at two, so it's been a part of your whole life, but for people who are maybe a little older, who are listening and thinking, "Wow, that's so great for you Amanda, but I could never do that, I'm too old. I'm starting too late." What would you say to them?

Amanda:

I would just say even though I started very young, I don't think it's ever too late to start anything, whether that's dance, or singing, or being a doctor, or a teacher. It really doesn't matter. I think as long as you're super passionate about it, and you're willing to put the work in towards achieving your goal, I really don't think there's any age limit or certain time you have to start.

Redefining Health & Wellness

#39

Featured this episode: Shohreh Davoodi & Amanda LaCount

Like I said, if you're really passionate about it, and you love it, and you work hard, then I really think that you can achieve any goal that you put your mind to.

Shohreh: Well, and let's talk about the work too, because I think there's this sense in the internet world that we're living in now where we see people on social media and you discover them and people are like, oh, that person "got famous overnight," whereas in reality, years and years of hard work went into it for them to get to where they are. And I'm sure that you've had people say stuff like that to you.

Amanda: Yeah, definitely. First of all, I mean I don't consider myself famous or anything, but I do have a decent following. I mean 260,000 people is a lot of people.

Shohreh: Yeah.

Amanda: But at the same time, like you said, I didn't get there overnight. I mean, I've been out here for five and a half years, and it took that long to get that following and to get the jobs that I've done. I didn't move here and immediately go viral and get every dance job. That's not how it works. You have to put in years and years of work and of doing jobs that you might not love and of doing just a ton of things that you might not ideally want to do.

But I mean, in the dance world at least, you kind of have to work your way up. You're not just going to move here and get your dream job. There's definitely a ladder that you have to go up, and everyone starts at the bottom. And I don't know one person that's come to LA and it's been easy for them, or they went viral and they're working a ton now. Every person I know has at least been here for four or five years and is just now starting to really make a career for themselves.

So it takes a lot of time and a lot of work. I actually did manage to do school, and work, and audition, and rehearse, and all that stuff at the same time, but I'm graduated now.

Shohreh: Yay, exciting, because I'm sure that was a lot to focus on at one time.

Redefining Health & Wellness

#39

Featured this episode: Shohreh Davoodi & Amanda LaCount

- Amanda:** Definitely, it was, but it was worth it.
- Shohreh:** Yeah, I mean like you said, you have worked with Rihanna, you have worked with Lizzo, Meghan Trainor, you've been on the Ellen show. Like, what have you not done at this point? And I'm curious, does all of that feel surreal to you at this point in your life? What does it feel like to know that you've worked with some of the biggest celebrities in the world?
- Amanda:** It's weird because it does feel surreal, but at the same time it doesn't. It's just a very interesting place to be in because you see all these celebrities online, and they feel so...like aliens to normal humans, I guess. Not that they're normal, but you know what I mean.
- Shohreh:** Yeah, exactly.
- Amanda:** They seem like just a completely different species, and then you meet them and it's like, oh, they're just like me. They just worked hard at what they love, and they got really successful, and you know, that's where I wanna be one day. So they're just like everyone else, but then at the same time, you know, I look back and I'm like, wow, yeah, that's Rihanna [laughter].
- Shohreh:** Right. Exactly.
- Amanda:** Kind of a middle ground.
- Shohreh:** I'm guessing it's going to be hard to choose because you've worked on so many amazing projects, but I'm wondering if there's one in particular that felt really special to you, that you just have really great fond memories of.
- Amanda:** Probably the Savage x Fenty Show is my favorite. I just think everything about it was almost perfect to me. I mean, the dance cast, it was so diverse and so inclusive, and the whole message of the show was amazing. And then Rihanna involving so much dancing and kind of showcasing the dance world and not letting it be background. I feel like always dancers are like background dancing or they're to set the environment, you know what I mean? Like we're never front and center.
- Shohreh:** Yeah.

Redefining Health & Wellness

#39

Featured this episode: Shohreh Davoodi & Amanda LaCount

Amanda: So it was really cool that she wanted to show off the dance industry and not have us be background dancers, but have us be featured. And just everything about the show was amazing, and there's not one thing I could have asked for that wasn't already in the show. It was amazing.

Shohreh: And that show had a really famous choreographer didn't it?

Amanda: Yes, Parris Goebel. She is so amazing. I love her.

Shohreh: Yeah, was it fun to work with her?

Amanda: Oh definitely. She's such a creative person, and I think she's definitely one of the best choreographers, probably in the world right now. I just think no one choreographs like her, and she has such an amazing eye for dance, and I think she's amazing.

Shohreh: I love all the videos of hers that I've seen, she is so talented.

So, one of the things that you're known for online is just how joyful you are. Like, I get the sense that overall you're a genuinely happy and positive person, but obviously no one can be happy all the time. So I'm wondering if there are things that, you know, you have struggled with in the last few years that you can share in case it helps anyone else feel less alone with some of those things?

Amanda: Yeah, I definitely know that I come across like very happy and you know, nothing gets me down or anything. And it's not that I'm being fake on social media, because honestly, I am a very happy person and I'm just always smiling mostly. But, that doesn't mean that I never have bad days, or feel insecure sometimes, or let bad comments get to me. That's definitely not the case, and I feel like it's really easy for people to see celebrities' pages or anyone's pages and just think, "Oh wow. Their life is so amazing. They have the perfect life. They have a perfect house, perfect boyfriend, a perfect career." All these different things.

But in reality, everyone struggles with feeling insecure sometimes and letting what people say get to them. Everyone struggles with that, and if someone says that they don't, they're lying. Because everyone is human, and we all have emotions. And I feel like a lot of times people think that

Redefining Health & Wellness

#39

Featured this episode: Shohreh Davoodi & Amanda LaCount

these people that are so confident never are insecure and that the people that are super insecure are never confident. And that is not true at all.

I definitely think everyone has a balance of both and just some people have less insecurities than others and some people have more confidence than others, but that doesn't mean that they're never insecure or never confident.

Shohreh: Yeah, that's so true. And speaking of your online community, I think for the most part you have so many fans online who love you and are very supportive of you. But you and I both know we also live in a very fatphobic world, and I know that you get tons of trolls, and rude comments about your weight, and your dancing, and everything else. What has that been like to deal with on such a large scale, because you do have a pretty big following?

Amanda: Yeah, honestly, I feel like it was worse in the beginning, or maybe when I first moved out here and started to get a little bit of a following. That's when the worst hate kind of happened, because people were seeing that I was starting to get popular, and whenever people kind of start to get successful, automatically people want to hate on them. And so I would say the worst was probably like two or three years ago when I was getting the most hate comments. People telling me like, "Oh, you're never going to make it," "You're such a bad dancer," "You're too fat to dance," all these different things.

And it was hard to get through that, but again, I knew that it was what I wanted to do and what I was passionate about, and I wasn't gonna let someone else stop me.

But right now it's crazy because first of all, I'm very lucky in, I do get hate sometimes, don't get me wrong, I get a lot of hate, but it's less than I got before. And I think it's because people know that whenever someone leaves a mean comment or a bad comment, all my followers will attack them. And so, it's almost like, not that I don't have to stand up for myself anymore, but my followers attack them before I can even see the comment.

Shohreh: Yeah, people have your back.

Redefining Health & Wellness

#39

Featured this episode: Shohreh Davoodi & Amanda LaCount

Amanda: Yeah, which I think helps a lot.

Shohreh: Let's imagine that there are some of your trolls that are hate listening to this episode. Is there anything that you would want them to know?

Amanda: I would just say that they were wrong, and I'd like to see what they're doing because I'm sure they haven't danced with Rihanna, or Lady Gaga, or Lizzo, or Meghan Trainor, or been on the cover of a magazine, or been on Ellen, or did an international Dove campaign. So I would just say that you're wrong, and I know that hurts, but it's the truth. And I'm sorry that you're so shallow minded.

Shohreh: So true, though. They need to remember that there are humans behind those accounts right? You are a human person.

Amanda: Yeah.

[Music plays]

Welcome to our Superfit Hero Wellness Tip of the Week featuring trainers and coaches from Superfit Hero's Body Positive Fitness Finder. Let's listen to what wisdom is being shared with us today.

Angela Beaulieu: Hi, my name is Angela Beaulieu. I am a personal trainer, a spin coach, and a bootcamp instructor in Fayetteville, Arkansas, and my fitness/health/wellness tip for you is don't give up. I know it sounds simple, but sometimes it can feel really hard. So, try to remember that Rome wasn't built in a day, and set small goals. Ditch that all or nothing mentality because success is the sum of small efforts repeated day in and day out. And yes, life will throw us curveballs, but every day, every meal, every thought is a new chance, a new opportunity to be the person and live the life you want.

Shohreh: I hope you enjoyed this week's wellness tip. You can find out more information about the dozens of amazing trainers and coaches included in Superfit Hero's Body Positive Fitness Finder at www.superfithero.com. And don't forget to use the series code CHANGEMAKER for 15% off your first purchase. And now, let's get back to the show.

Redefining Health & Wellness

#39

Featured this episode: Shohreh Davoodi & Amanda LaCount

So, you mentioned a little bit about your hashtag and your movement earlier, which is #breakingthestereotype. I'd love to hear a little bit more about when you came up with that and the community that you've been able to build around that.

Amanda:

Yeah, #breakingthestereotype means a lot to me. It kind of represents me as a person. And I came up with it about three or four years ago. And it was honestly very spur of the moment. It's not like I took months planning it out or deciding what hashtag is the best one. It was very organic and natural, and I was just in the car driving to dance, I think. And I was scrolling through Instagram, and one of my friends that I followed had her own hashtag.

And I was like, oh, that's interesting, that's kind of a fun idea. And mainly I wanted to make it for me, not for anyone else really or to inspire people. I just wanted it for me. And I wanted a hashtag that kind of represented me as a person and represented what I want to accomplish within my career.

And I came up with #breakingthestereotype because all these people try to put me in a box and say that I don't fit in and you don't fit the mold and you're not right to be a dancer, and you don't have the right body. And I want to show them that I don't have the right body, but that's not a problem.

I made it to inspire people and to show people that there is no right body for dance. It is not about what you look like, it's about what you make people feel and how you perform. And it does not matter what you look like. You can be fat, skinny, tall, short, black, white, disabled. It doesn't matter. Everyone can dance, and everyone can be a successful dancer as long as you're passionate and you love it. And it's all about inspiring people to do what they love no matter what.

Shohreh:

Right, because obviously there are people out there who truly believe that, you know, thin people automatically are better dancers than fat people.

Amanda:

It's not that I'm trying to say that skinny people are terrible and blah-blah-blah, it's not that. It's just I wish people would accept bigger people as much as they accept skinny people. And plenty of the plus-size dancers I

Redefining Health & Wellness

#39

Featured this episode: Shohreh Davoodi & Amanda LaCount

know could dance circles around some of the skinnier dancers that I know. So it really does not matter.

Shohreh: Right, because as you said, dance isn't a body type. Dance is an art form and an expression, and it doesn't matter what body type you have as long as you're feeling into that and you are trying to express those things through that art form.

Amanda: Yeah, exactly.

Shohreh: For anyone out there right now who, again, is in a bigger body, feels like they don't meet the standard of what dance should be for them, and they're just afraid to go out there and get started and put themselves out there because maybe they're afraid they'll be made fun of or maybe they're afraid that they won't be good at it, do you have any words of advice to give to them?

Amanda: I would say that it is really scary putting yourself out there, but at the end of the day if you don't put yourself out there, you're always gonna wonder what if? You know, what if I did take that dance class that one time and I ended up being a professional dancer? Or, I just don't want people to live with the thought in their head, like what if I did what I really love, like what would have happened?

Because you can't live with a thought of what if. You have to do what you love no matter what because you only have one life and it's so short. And there's no time for not doing what you're passionate about. And I would just say, like I said, I know it's scary, and I know it's easy to focus on what if people don't like me, or what if people hate me, or what if people bully me. And I feel like people never think what if people love me? What if people are super supportive? Because it's so easy to focus on the negative.

So I would just say that a ton more people are supportive than you think. And yes, there will probably always be those few people that bully you or try to hate on you, but there will be so many people that are so supportive. And just try to focus on those people.

Shohreh: And that's such a good point too, that we all so often go to worst-case scenario but we don't circle around back to the best-case scenario and

Redefining Health & Wellness

#39

Featured this episode: Shohreh Davoodi & Amanda LaCount

ask ourselves, like, “Okay, yeah, the worst case could happen, but also, the best case could happen too.” And it’s really important, I think, to have that balance when our brains are kind of spiraling out about things they’re worried about.

Amanda: Yeah, definitely.

Shohreh: What are you excited about coming up in your future?

Amanda: I can’t go into details, but I did film a couple dance scenes for a movie that’ll be coming out, I think the end of this year. It’s a really big movie with a ton of some of the best actors and actresses probably in the world right now. And it was crazy to be a part of it, and it was so much fun.

And then I’m also working on a campaign with a brand that I can’t say what brand, but it is clothing, and I’m really, really excited about that because I’ve always had a passion for clothing and fashion, but I’ve never really been able to show that. And so I definitely have some exciting things coming up.

Three or four years ago I would have never thought I’d be doing the stuff that I’ve been able to do even this past year. So I have so much to look forward to, and I know that I’ll have a great career in dance for a very long time and I can’t wait to see what the next 5, 10 years, 15 years hold for me. I’m just really excited to see where this dance passion takes me.

Shohreh: Yay! That’s awesome! Well, I can’t wait to see everything that’s coming up for you.

For our last question, which is what I ask all of my guests, how do you define health and wellness for yourself at this moment in your life?

Amanda: For me health and wellness depends on how happy you are. For me right now at least, that’s my definition. I think if you’re not happy, it doesn’t matter how fit you are or how physically healthy you are, if you’re not mentally healthy, then none of that matters.

And I just think that health depends a lot on your mental state and your happiness, and I feel like a lot of the times people think that health and fitness is all physical, and if you’re fit or not, or have muscles, or are skinny,

Redefining Health & Wellness

#39

Featured this episode: Shohreh Davoodi & Amanda LaCount

or whatever. And I would say more than probably half of it is about your mental state, and being happy, and loving yourself the way you are. And that, in turn, will help you become more physically healthy.

Shohreh: Yes, so true. That's something we talk about a lot on the podcast, about how we have this very narrow view of health in our society that focuses too much on the physical to the detriment of so many other things like our mental and our emotional health.

Amanda: Yeah.

Shohreh: Well, thank you so much for being here, Amanda. I know how busy you are. Where are the best places for people to find you online if they want to check what you're doing?

Amanda: The best places to find me online is Instagram, which is @amandalacount and I also have a TikTok—TikTok's the new thing [laughs]—which is @amanda_lacount, and I have two YouTube channels, one is Amanda LaCount and one is Amanda LaCount Dance. So, if you want to find me, that's where you can find me, and I hope to see you on my social media.

Shohreh: Yeah, for those of you who are young enough to enjoy TikTok, Amanda is killing it on TikTok, so get out there. I know that that's the new thing right now, and I feel like, I'm only 30, but I already feel like, whoa, what is happening in TikTok land. [Laughter]

Amanda: I know. It is crazy, it's crazy

Shohreh: Yeah, it took off really fast.

Well, thank you again. *Please* keep dancing, putting out amazing stuff. I love watching you and the work that you're doing.

Amanda: Aw, thank you.

[Music plays]

Shohreh: And that's our show for today. I appreciate you listening to and supporting the Redefining Health & Wellness podcast. If you enjoyed this episode, it would mean so much to me if you would subscribe and leave a review with

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#39

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