

Redefining Health & Wellness

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Featured this episode: Shohreh Davoodi, Kim Gould

Shohreh Davoodi: Hi, friends. You're listening to episode number seven of the Redefining Health & Wellness podcast.

Today, I am chatting with Kim Gould who is a licensed marriage and family therapist specializing in eating disorders and body image issues as well as a certified personal trainer. Kim's passion and why she decided to open Autonomy Movement is helping clients learn how to connect with exercise and their bodies in a non-weight-related way.

Kim and I talk all about her new body-positive fitness studio, the marriage of therapy and exercise, and more.

To access the show notes for this episode, head to shohrehdavoodi.com/7. That's shohrehdavoodi.com/7. Let's get started.

[music plays]

Shohreh: Hey y'all. Welcome to the Redefining Health & Wellness podcast. I'm your host, Shohreh Davoodi. I'm a certified intuitive eating counselor and 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.

Hi, Kim. Thank you so much for being here today. I really appreciate it. I'm so excited to have you on the podcast to talk to you about some really exciting adventures that are coming up for you.

Kim Gould: Thank you for having me. I really appreciate it. I'm excited to dive in. I feel like we were just talking about how our conversations can tend to just, like, take us anywhere. Every time we chat, I just feel like I'm thrilled for what we uncover.

Shohreh: [laughs] Exactly. And now we have an audience to uncover things with us, which will be very exciting.

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Kim: Exciting or nerve-wracking, either one.

Shohreh: [laughs] So true. You just never know where we're going to go. So let's start simple then.

Why don't you just start by telling me a little bit about your background and how you ended up doing the work you're doing now.

Kim: Sure. So my degree is that I am a licensed marriage and family therapist. I got my degree from Northwestern, so I'm very familiar with cold weather. And so Austin's summer is sort of melting me like a popsicle.

Shohreh: [laughs]

Kim: I am really, really interested in and I specialize in eating disorders, body image issues. And when I originally went to grad school, they were very much like, "Keep an open mind. Kind of be like-- test out different clientele and, like, different modalities that you liked working with."

And I was interested in working with eating disorders and body image back then. So it's just something that, you know, I like to say that I gave it the old college try, being interested in other things, but this was really sort of all-encompassing because I didn't really have to leave anything out.

So I see individuals, couples, families. I can lead groups. And I really enjoy work where I'm getting, like, either with an individual sort of talk about, like, a family system, talk about, like, multiple different people even if they're not, like, physically in the room. And then, it's just, like, an added bonus if I get family in the room or a relationship partner, friend, chosen family.

Sort of as like a fun thing, when I moved to Austin back in 2016, I started working at a barre studio, and that's B-A-R-R-E, not like the drinking kind, the B-A-R.

Shohreh: [laughs]

Kim: And I got trained as an instructor shortly after I started because I originally was there as a client, then worked front desk. And so, once I

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was trained as an instructor, I just had such a blast, like, teaching classes and connecting with clients.

And it was really fun to sort of get to connect with clients in a different way than how I do as a therapist.

It was much more friendly, but also I was still noticing that I wanted to-- when they would bring up things like, they'd kind of say in passing, you know, "This is my second class today. I was just on vacation" or, "I am so hungry because I didn't eat anything before this, but, like, this is good that I'm doing this so I can, like, eat a big dinner later," sort of implying that, like, doing the class would allow them to eat dinner.

And it was like these little, insidious comments that, like, I even remember making as I was growing up that were just sort of like "normal", but, ultimately, you and I both know that that's just, like, diet culture talking, this idea that you need to, like, over-exercise to burn calories or burn energy and then that you can, like, pre-burn things.

So I was noticing, like, a lot of overlap in my work. And then, when I was talking to some members of the eating disorder or mental health community, I was sort of sensing that, like, exercise, bringing it up, encouraging it, how to talk about it, felt really taboo.

And so over the last couple years, really developing, like, what I feel like is my life mission, values, passion, whatever you want to call it, which is, like, addressing the overlap between eating disorders, body image issues, exercise, and then how exercise can be reframed in, like, a way that is actually really logical.

And when you take diet culture out of it, you, like, do the deeper work to explore someone's relationship to it, like how it can be such an amazing tool for recovery, for helping someone to empower themselves to actually feel good in their body because I feel like the way our culture views it now, it's sort of like punishment.

So there's so much wrapped up in that. And if I were going to, like, wrap it all up, all my, like, many different, varied experiences have sort of led me to where I am now which is focusing on helping people just, like, connect with their bodies in a different way.

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Shohreh: Yeah. I know so much of what you just said. And there's a lot to unpack there that we are going to delve into because there's lots of fun stuff in there.

But I want to frame it by letting people know kind of all of this stuff that you've just mentioned that you've been working on for the last several years has kind of culminated in this new endeavor that you're about to embark on, and that endeavor is called Autonomy Movement.

You literally bought a building, which is no easy feat in Austin, Texas. So tell me more about Autonomy and your plans for that space.

Kim: Yeah. I bought a building, but to back it up--

Shohreh: It's kind of a crazy thing to say.

Kim: It is. But I think what's really cool, especially getting to talk about this with you, is, like, you were actually there right at the start before I bought a building.

So I kind of mention how it was sort of a journey for me to figure out what within body image and eating disorders and family work and all of that, what felt like it lit me up.

So obviously, beginning to work as a fitness instructor, getting personal trainer which I got about around a year ago.

And I was trying to develop that brand, figure out what ways I could connect with it, and how I could take my work, like, a step further.

And so I started thinking, "I don't know that I can fully do the best work possible if I'm still teaching group fitness classes at a studio that encourages weight loss," or, "I can't make the rules or host the events that I want to host because my office at my private practice is kind of small. And I can't, like, do group fitness classes in there."

So I started thinking about, you know, where could I potentially lease space. And so I actually came to you. And I saw that you had your garage gym which is, like, the pink palace, and it is so fabulous.

Shohreh: [laughs] It is the pink palace.

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Kim: Yeah. And I just saw how much, like, love you put into that. And I was really inspired by that. And so we had kind of talked about potentially me using the space, and then I realized, "Well, I want to do, like, big classes. Like I want to get like 15 people into a room. I want to have, like, some sort of event venue." And so I started looking at some bigger retail spaces.

So I found this really, really cool space up north with, like, a lot of promise, in my opinion. I sort of, like, saw this vision, which is weird because I watch HDTV on vacation when I'm getting my nails done, but I'm always wowed by the end product. Like, I never think that I would have that vision. And not to toot my own horn, but if you see a before and after of this studio, I'm not going to lie, like I did a pretty good job with it.

Shohreh: Of course you did.

Kim: Oh, thank you. You can toot my horn. Well, once the carpet came up, it was like a breath of fresh air. It's like, a 3000 square foot building with offices for lease and then three different movement studios, a changing room, two bathrooms, a separate shower, refillable water station. There's a back porch that we're in the process of screening in this week, and then there is a backyard which we're gonna use for combo parking and some outdoor event space. We can fit a few more people outdoors than we would in our actual movement studio.

And what makes the studio different is we have no mirrors. And I sort of feel like-- Everyone's first reaction is like, "What do you mean you don't have mirrors? Like, how could you have an exercise studio without mirrors?"

I, like, get that, you know? Sometimes, I sort of feel like if I'm not looking at myself, how do I know that I'm doing it right? But ultimately, what is right is knowing how to move your body in a way that is, like, mechanically sound.

And if you're watching yourself in a mirror, you're depending on, like, external cues, like, something else outside of your body to tell you that you're doing it right instead of listening to your body and being aware of it.

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Like, when you're in a squat, you know, making sure your knees aren't pushing far over your ankles. If you were looking in a mirror, you might not be able to see that. Whereas if you're pushing your heels into the ground, you're squeezing your glutes and you kind of glance down, engaging through your core, you have a much better idea of, like, how it feels in your body to be doing that movement properly.

In addition, our classes are going to be pretty small. Our group classes that we're going to have weekly on schedule are really only going to fit about 12 to 15 people on average. So that's max people in that room, and that's so everyone can fit comfortably and also so that our very well trained instructors, who are going to be Health At Every Size-informed and go through a pretty rigorous training process, that they'll be able to walk around the room, give a lot of hands-on adjustments.

If someone doesn't want to be touched, making a connection with that person in other ways in the room like making eye contact, speaking directly to them, whereas I feel like there's sort of this culture in exercise classes where it ends up being about, like, the instructor performing.

I met up with a fitness instructor friend over the weekend. We had coffee. And she explained it really beautifully, which is, "You have teachers, and then you have instructors." And her differentiation between the two was like, "A teacher could be anyone." She's like, "You go into the room, and they stand at the front of the room and sort of just teach you how to do that class."

She's like, "An instructor makes that connection, is walking around the room, is really helping you learn how to be in your body, to understand the movements and how it feels properly."

And so hopefully, we're going to be training a whole class of really well-informed instructors at Autonomy who can make it so that the mirror is a total non-issue.

And ultimately, that's the hope is that studios around the country can start seeing that when you have mirrors, not only is someone depending on something else to tell them that they're doing it right or

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that they're, like, enjoying the movement or they look good doing it, but someone is always comparing themselves.

I mean, I don't care if-- Like, you've got blinders on. It's, sort of like, you're always looking around the room to make sure that, like, someone else is taking a break. "Oh, good. I'm allowed to also" or, you know, like, "Oh. That person looks better doing it," or, "Their body looks better doing this movement" whereas we don't need that. We have that day-to-day, you know. We pass people on the street. We don't need more ways to be, like, comparing ourselves to people.

Shohreh: Right. And not only are you not going to have mirrors, but you're also not going to have scales or be doing any kind of measuring of clients, right?

Kim: Right. Yeah. Why would I need to get a pair of calipers or--

Shohreh: Ugh. Calipers are, like, the worst thing in the fitness industry. They're just so embarrassing for clients.

Kim: They're embarrassing. They make no sense. I mean, all of it.

Shohreh: There's a high error rate. Yeah. Like, they just are terrible.

Kim: It's like one big-- using them is one big error. Like, their creation was an error, you know? Putting clients--

Shohreh: [laughs] Their creation was an error.

Kim: It's the same thing as BMI. Like, it's not even that any of them are archaic. It's that none of them made sense to begin with.

And so you're-- Again, same thing as mirrors. You're using some sort of external cueing to help you determine your worth and that you're doing things, "right" whereas, like, someone's body fat percentage could be higher than what some fatphobic doctor determined years ago. This doesn't mean that they're any less healthy, or doesn't mean that their body is not athletic enough.

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And so that whole thing to me, I'm sort of like, "In whatever way we can help people to be in a space that we're not using these useless tools, like, let's do more of that."

Shohreh: Yeah. And you've mentioned a lot of the harm that can happen when exercise is used for the sole purpose of weight loss or changing one's body. And obviously, I subscribe to that viewpoint as well. So what do you think exercise has to offer us outside of weight loss?

Kim: Oh my gosh. I wish I had thought to pull the PowerPoint that I made about this. It's like a full three slides. I mean, so many things. Off the top of my head, one, if you're exercising in a group class, you go with a friend, you're connecting. You're making a greater community. You're having that interpersonal interaction. That in itself, you know, when we feel valued to other people, that increases our own value. So it betters our mental health. It also releases endorphins. And obviously, you know, to quote Elle Woods, it's like, endorphins make you happy which is, like, a true thing, you know? When you're in, like, a better mood, you're feeling gratitude.

Gratitude releases more dopamine which is another neurotransmitter in our brain that just makes us feel really good. It also increases libido, so sexual health is improved. It can help us connect with our bodies better. It can lower our risk of heart attack or cardiovascular disease. It can prevent osteopenia, osteoporosis.

And I promise, I'm not reading off of anything. These are just, like, the things that I like to say on a day-to-day basis to clients where I'm like-- In one breath, off the top of my head, I just named the handful of things that exercise is good for that is not at all associated with weight loss.

Shohreh: I love that you can do that because I actually have a blog post on this very topic because I got - so many people were so obsessed with the weight loss bit that I was like, "You know what? I'm going to write 25 reasons why exercise is amazing that have nothing to do with your weight so that whenever people ask me that, I can be like, here. I have a whole list just ready to go for you."

Kim: Oh. I'm so glad that you did that. Yeah. I need to take a look at that, and then pass it around to everyone that I know.

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Shohreh: I'll link it in the show notes to for anyone who's interested in all those many reasons.

Kim: Me, I'm interested.

Shohreh: [laughs]

Kim: But yeah. I mean, you of all people understand, especially because you're working out with people daily, that you're getting that connection. You get to see the smile on their face when they realize that they're stronger than they thought, or they're stronger than they were the week before.

There's so many non-weight-related benefits and reinforcements, the positive ones, that come from, like, just feeling good when you move.

Shohreh: Exactly. And I think a lot of those benefits are especially important because weight is largely outside of our control. And it is connected for so many people to their mood, you know? When the scale is going up and down, like, it takes away from the experience of whatever it is that they are doing to lose the weight.

So exercise is meaningless if you're doing it only to lose weight, and you're not experiencing weight loss or not experiencing consistent weight loss.

And that just makes me sad as someone who loves movement and loves fitness because it's the process. It's the exercise itself that is worthwhile. Like, who cares about the end goal? Like, those are great. Those are fun. I love helping people working towards goals in general, but if you're not enjoying the process, like, that takes half the fun out of fitness.

Kim: Oh my god, totally. And then not only does it take the fun out of fitness, but-- and I don't want to get too into the weeds on this, but just for people that don't want to exercise but are kind of forcing themselves to do it, your body goes into a stress response, which is, like, horrible for your body.

If you're doing that daily, and you're all stressed out about having to work out, your nervous system kicks on, your body goes into fight or

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flight, your digestive system slows down, actually, your libido decreases. I mean, you stop listening to it, and it starts performing more poorly because it thinks that you're-- Because you're in, like, stress response and that fight, flight or freeze response, your body literally thinks it's, like, running from a predator or a bear.

So it has not adapted to diet culture. It has no idea what that is. So you're in this constant stress response which also kicks in some really not great neurotransmitters, like adrenaline, pumping through your body. If you're running on adrenaline, you don't really get the benefits of, like, those really positive hormones that I was talking about earlier.

So really, it's counter-intuitive to force yourself to work out because not only is it not beneficial for weight, but then it's also not beneficial, you kind of lose, some of the other really good stuff.

Shohreh: Right. And I think so many people think that there are certain kinds of exercise that they have to do and, like, that's what's leading to the stress response, when in reality, there's so many different kinds of movement.

And if you're not trying to pick the one that will magically get you the most fat loss, you can actually choose one that really feels good in your body, and that you enjoy, and helps you get back in touch with your body, which is a lot of your hope with your classes and everything at Autonomy is, by taking people away from that kind of diet culture aspect of exercise, that people can actually find exercise that they can really enjoy.

Kim: Right. My hope is that this can also be a resource for eating disorder treatment centers and how, right now, movement is limited.

And for some people, you know, there is, like-- especially an inpatient, like, a really big health risk where you certainly don't want someone, like, moving in a way that could injure them, or moving in a way that reinforces any eating disorder beliefs.

And this is also a resource for clinicians to sort of be like, "Oh, yeah. My client has a personal trainer." And just sort of talking about how that person's really weight-loss focused.

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Well, it's kind of time for clinicians, myself included-- I'm going to loop myself into that as well, to start realizing that, like, fitness professionals, and, like, massage therapists, and acupuncturists, and, like, a whole other realm of, like, physical and mental health services need to be part of the treatment team because, otherwise, we're just working against each other at times.

Shohreh: Yeah. I totally agree with that. And I know that it's really important to you to address changing the way that we think about exercise in eating disorder treatment and recovery. So maybe you can talk a little bit about kind of what it's like now. I know you had mentioned this taboo aspect of it and what direction you're kind of hoping to take that.

Kim: Yeah. And I think everyone has their own values on this. And it's not that anyone has a wrong opinion. And of course I'm sure someone could, like, explain to me, like, in great detail in a really educated way, like, the stance that they want to take about this. And I'd be happy to listen. But in my opinion, keeping exercise out of eating disorder treatment is doing more harm than good.

Brian Cook, he's a PhD. He works for Alsana Recovery, has done a really great amount, and collaborated with a really great amount of research in incorporating exercise into eating disorder treatments. And so he is the exercise physiologist for Alsana. And he leads, like, something very similar to what I'm doing or I'm going to do is, like, the fusion, you know?

We talked on the phone the other day. And he was just explaining like, "Yeah. This is, like, one of the greatest things, to be able to sort of open someone's eyes. Like, no. You don't have to rush through that movement, you know? What is the eating disorder saying to you right now, or, like, what is getting triggered? How can I support you through this?" And remind someone that, like, they're not alone with their thoughts.

And especially with exercise, which is something that has been so closely related to eating disorders and body image for years, it's time that we start being really intentional about how we address that and how we sort of separate those things.

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I truly believe, and I've seen a handful of clients that come from eating disorder treatment centers who have never talked about exercise, or it was never addressed. I worked at a treatment center. I know how much there is to address already when you're there. It's sort of like, "Oh. We're going to add one more thing. Let's just overwhelm everyone." But I just think it's something we can't keep ignoring.

Like, I have clients that come from treatment centers that are either scared to workout, that still have the original diet culture beliefs about exercise that no one ever told them weren't real. Like, there's way too many people that still believe, and, like, adamantly believe, that they can exercise to lose weight. It's just not the case. And so exercise is being misused.

And even, like, clinicians in the field, the reason it feels so taboo is because they might still have these beliefs. In reality, if we started looking at exercise differently, if we started valuing it for what it can offer as opposed to being afraid of what it can't, I think we could make a potential world of difference in treatment and actually be able to use exercise as an asset, a tool for recovery, connection, and feeling.

Shohreh: Yeah. I definitely agree with that because I think one of the biggest problems is how we, as a culture, view exercise. And if we can expand what we believe exercise is, you know, what counts and things like that, that's a big piece of it.

Because right now, like you said, people who are in eating disorder treatment going into recovery, maybe they're ending up in one of two places where either they come out of treatment and they know nothing, and so they're, like, thrown to the wolves, and maybe they get back into exercise the way they were doing before and it turns out to be a trigger for their eating disorder. Or they are afraid of exercise, like you said, so they just don't do it at all.

And there has got to be a happy medium there where people can learn to enjoy and use exercise in a healthy way because, otherwise, you're just missing out.

Kim: Yeah. And I think the biggest problem-- Like, I had a conversation recently with a clinician who, you know-- We want to be working with clients of all shapes and sizes, whether that's an intuitive body, or a

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body that they're working to learn how to exist in intuitively, both eating and moving. Sort of concerned that I wanted to work with, like, a binge-eating population, and was like, "What message do you think that sends?"

And I was like, "Well, you know, I can understand that like, some concern that I'm sort of telling someone in a fat body like, 'Yeah. Come work out with us'" implying that someone should come work out with us to lose weight, but isn't that the exact point that I'm making? That too many of us believe that exercise is only helpful for losing weight.

Why don't we bring everybody into a space, like many people that are interested in coming to this space, that shows them that no, exercise can be used to have fun, to connect, to feel good in your body, whether that body is going to stay the same size or maybe change based on the amount of movement it was doing before.

If someone was not at their set point, and part of that was that they weren't moving in a really intuitive way, but sort of feeling stuck, scared to exercise, scared to go to a group fitness class because a place like this might not have existed in their area, then how wonderful that we're offering someone the opportunity to feel safe in a group fitness class for maybe what is like the first time, or at least the first time, in a really long time.

Why keep allowing fear and concern to dictate, like, what we feel like someone is allowed to do with their body, you know? And if someone wants to keep believing that they're going to lose weight by exercising, like, I'm not going to change everyone's mind. That's their prerogative, but let's look at some research, studies that already exist.

And then, also, let's look at, like, the benefits that you can get. I don't know. I talk to the same people a lot that are sort of like, "I'm going to the gym seven days a week, and I'm doing this really hard workout. My body's not changing." And it's sort of like no one ever thought about the fact that, well, maybe this is your set point. You're in your intuitive movement body, and this is where your body wants to be. Like, exercise is not going to make that get any smaller or change in any more ways.

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Shohreh: Talking about bodies that are of, you know, different shapes and sizes that aren't usually seen as welcome in traditional fitness spaces also makes me think about so many group fitness classes where there is a lack of understanding of how to work with people in different bodies, like a lack of understanding of how to create appropriate modifications for different bodies. How are you planning to combat that with your instructors at Autonomy?

Kim: Yeah. I mean, I think I was trained in a way that, like, modification was sort of like, "This is sort of how you honor your body." But a lot of people sort of linearly say like, "Oh, no. Modifying is taking it easy." And so, I mean, we're even starting at the language that we're using.

And so one of our registered dietitians who is educated in eating disorders and previously worked at Gold's Gym and works at UT Rec Sports, she brought in a really beautiful idea of just saying like, "Option one. Option two. Option three." So you're sort of offering, like, a level system that doesn't have the same stigma as offering, like, a modification, like, implying that a body, like, needs to be modified.

And obviously, we know that's not the case. So it starts for us with language. We're also partnering with Out Youth, which is a mental health organization, it's non-profit in Austin that offers sliding scale options, like really affordable options to the LGBTQ community.

And so we're partnering with them to be able to get one of their counselors in to give our instructors training on how to move with non-binary bodies, how to speak to all types of bodies. So, like, the type of modifications that we're talking about, like, making our own types of modifications to language, like, that we're using. So giving our staff different options to choose from when it comes to language. And that's like speaking to clients in all bodies.

So we have her coming in for both of our onboarding sessions. And then, she's also going to be speaking to get our instructors to start identifying their pronouns, which we're going to have in the studio for every instructor.

Shohreh: I love that. I think that's so overlooked in all industries, but definitely in fitness. I don't know that I've heard of, at least not any studios in Austin, who are doing that.

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Kim: Yeah. Well, hopefully, we're giving some good ideas now.

Shohreh: Exactly. [laughs] But actually, this is a good time to ask my wrap-up question which is how do you define health and wellness for yourself at this moment in your life?

Kim: Oh, no.

[laughter]

Kim: I know anyone that knows me is probably like, "I don't believe a word that she's saying." So it's definitely not your stereotypical idea of self-care. I'm self-caring in ways that are a bit more-- what is it? non-traditional for me. Usually, my standard self-care would be, you know, going on walks and playing with the cats and making myself a cup of coffee in the morning.

All that sounds delightful, but I know that if I were to do that, I would sort of be screaming internally because I'm such a doer and checklist item person. So I have moreso agreed, that on weekends at 2 PM, I am going to stop working [laughs]. And I laugh when I say that because I, like, need to put that on my wall or, like, write it on my arm in sharpie.

Shohreh: [laughs]

Kim: So I'm trying to create stronger time boundaries for myself as far as, like, when I just, like, have to turn off, because I am capable of this. I do it really intentionally. And that's something that's a kind of a lesson I've had to learn. Like, I didn't used to be able to do that. So that's a skill I'm cultivating.

I'm also learning how to delegate, which is really nice, so surrounding myself with really capable people. I have a really great interior designer who's doing sort of all studio-related items. I have someone helping me plan events behind the scenes, social media and graphic design. I have some really great assistance right now which I'm super grateful for.

And then, I think, you know, just taking care of, like, my mental health. I go to therapy weekly. I talk it out. I make time for friends. So not that any of those things are wildly non-traditional, but for me, this idea of

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sort of having to abandon what I thought was, like, my self-care which was, like, mindfulness, meditation, gentle walk. It's sort of like, no. My top few now are like time boundaries, time with friends, you know? Delegating and doing all those things really intentionally is sort of helping me value time that I spend in other ways.

So yeah. I don't know if that really answered your question. A roundabout way of saying, like, "It's always a work in progress."

Shohreh: No, it totally answered my question. I mean, what I'm always trying to get out with this question is that not only does health and wellness look different for every person, but it looks different in each person's life over time.

And I especially love how you mentioned the kind of assistance and having other people help you as being part of how you're defining your health and wellness right now because I think so often we think of, like, health and wellness as, like, this thing that we're solely responsible for on our own when in reality, like, our relationships with other people, and the work we do with other people can actually have a big influence on it.

So I'm glad that you said that.

Kim: Oh, thank you.

Shohreh: Well, I know you're a busy lady, so I'm going to let you go. Thank you so much for being here. But before you leave, can you tell us how people can find you?

Kim: Yes. So I have two different Instagrams. One is my public therapy account. It's on Instagram, so it's @kimgtherapy, and then the Autonomy Instagram, which I pop on occasionally for. And so if you get a response, it could be me. It could be someone else that I've delegated to AKA as part of my self-care and wellness routine.

Shohreh: Exactly.

Kim: Exactly. And that's really simple. It's @autonomymovement. And then on Facebook, if you want to throw us a like, follow it, it's, again, very

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easy, Autonomy Movement. And then, our website believe it or not, is www.autonomymovement.com.

Shohreh: You don't say.

Kim: I do say.

Shohreh: [laughs]

Kim: So all very intuitive and straightforward. If you have any questions or concerns, shoot me an email, hello@autonomymovement.com. I'll do my best to respond within 24 hours except after two on weekends. Again, time boundaries, wellness. So those are the top ones, absolutely.

And any questions, concerns, suggestions, recommendations, you can always pop over to our website. If for whatever reason, you don't have the other contact information. We have a newsletter you can sign up for which will start going out very soon.

And then, you can also, at the very bottom, when you scroll down, there's a space for contacts and connection and let us know how you heard about us. So we're always looking to connect with the community in all the different ways. So please reach out. That's what we want.

Shohreh: Fantastic. I will include all of that in the show notes so that people have really easy access to you. Thank you again for being here. I cannot wait to check out Autonomy Movement when it opens in October, and I hope you have a wonderful rest of your day.

Kim: Thank you so much for having me. I always feel, like, rejuvenated after having these conversations. So I appreciate it. And I'm really looking forward to chatting next.

Shohreh: Awesome. Bye, lady.

[music plays]

And that's our show for today. I appreciate you listening to and supporting the Redefining Health & Wellness podcast.

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And if you're looking for more information on intuitive eating, joyful movement, or body respect, or you want to learn how to work with me, head on over to shohrehdavoodi.com.

Hope to see you for the next episode.