RYBL PODCAST COMPANION
EPISODE 324

What does health mean to you, and how do you define it for yourself?

How do you think mental health and physical health are interconnected?

Pam emphasizes the importance of finding joy in your health journey. Can you share any activities or habits that bring you joy and contribute to your well-being?

How do you distinguish between making choices that align with your well-being and those influenced by external pressures or diet culture?

The conversation addresses the morality associated with health and weight. How do you perceive the connection between morality and health in society, and have you personally experienced or challenged this belief?

Pam talks about the concept of weight bias and how we often judge people's behaviors differently based on their body size. Have you noticed this bias in your own thoughts or interactions with others?

COPYRIGHT © NOT YOUR AVERAGE RUNNER 2024

RYBL PODCAST COMPANION
EPISODE 324

How do you think societal expectations and stereotypes about aging and women's bodies influence our experiences during this phase of life?

The conversation touches on the concept of "body neutrality." How do you define body neutrality, and do you think it's a helpful approach to body image?

How have your self-care priorities evolved as you've gotten older, and do you find these practices enhance your well-being?

The concept of "bad bitch energy" is introduced as a way of confidently asserting one's desires and choices. How do you channel your inner "bad bitch" in your life, especially when it comes to self-care and body positivity?

The discussion concludes with a reminder that it's challenging to love your body fully in a society with specific beauty ideals. How do you actively challenge these ideals and promote body positivity in your own life?

COPYRIGHT © NOT YOUR AVERAGE RUNNER 2024