Unlock Weight Loss Success: 3 Keys to Crush Your Goals with Dr. Rimka and Coach Melissa Transcript

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Introduction to the Fat Loss Discussion

Hey, it's Dr. Rimka, and we're going to talk about three keys to success in any program. But particularly, we are going talk weight loss, fat loss. I got a lot of people still got that COVID weight.

Hey! Oh, there she is. Coach Melissa is right there already. So this is going be some tips from my trainer. And we heard you from the last one. We're gonna be more specific.

There we go. Give you some solutions. We even have notes, y'all. I'm going to try to stay on point. It's not easy to give a lot of information, so they'll stay in point, hey.

Hey. OK. So I was letting them know, look, we're using cheat sheets. Oh, yeah. We're going try stay focused. Let people get on here for a minute. Why don't you, you know what, it takes a second.

People are popping on. Once you reintroduce yourself, people know me and my big face and a big mouth. Um, let's remind them who you are, since you hide on the interwebs a little bit more, Coach Melissa.

Yeah, tell them you were again. Okay, so I'm Coach Melissa. We use that term because we have a lot of Melissa's in our circle. So we differentiate, but I also am a health coach, a personal trainer, nutrition coach.

That's my field. I was in the Marine Corps for 11 years and when I got out, I really didn't find my place until I found personal training because you can actually yell at people.

be a little harsh, be direct, discipline, and it is a benefit to you and your clients. So that's why I chose this field to go into. And then with that, I got into the circle that Stephanie was in, or Dr.

Remke, however you refer to her as, the rest is history, here we are. Right. success and structure discipline, let's say, right? Anybody military typically has certain amount of training and you did a lot of development for, you know, leading that.

So, and leverage that over to the health field, the personal training, a whole variety of different things and what you did with your body and your clients bodies and helping them get there with reach their goals.

So let's talk about that, right? So three aspects of success that you bring and she, guys, she is my personal trainer, you know, my corrective specialist, which yesterday we had a moment together.

because I've had a little bit of a slight tension. I wouldn't call it an injury, right? But I guess a body passenger biomechanic issue from that, from my keynote, it didn't work out so well for me and I was in a lot of pain.

So she went back to the trigger point foam rolling situation yesterday.

Realistic Goals for Sustainable Weight Loss

We couldn't train. And so sometimes there's a, you know, You have a hiccup in your plan. and, um, I mean, nobody likes a foam roll when you're hurting.

No. I mean, it was like, oh, I hate you, but God, you're good. Even on the zoom, he knew right there, right? There it is. Yeah. Yep. But so thank you.

I was able to move and have a good night with my son and his birthday. It was sore and achy, But at least I could go out and enjoy and get out of my bed, not be, uh, jacked up like I Yeah.

All right. Let's, let's go over these three aspects because you said it to me and it's like such a simple thing, but I didn't really have them listed out like this.

Why don't you, do you want to bang it out a little bit with all three of them are, or you wanna go one by one? We can go, one-by-one, we can tell them upfront what they are.

Okay, go ahead. You tell him upfront. What are these? Realistic goals, consistency and accountability. Yeah, real important, I think it's the accountability part.

I'm real good often with these two. And I mean, for me, it was like, when it comes to corrective exercise or coming back after an injury, this part you can kind of, and so having you in the training, you go, really, what I've given you Stephanie is accountability, because we knew I had to show up and do it every time.

So there was no, oh, feel like it and I hate it. It hurts. Right. Correct. I don't want to be like, well, no, I did my homework. Yeah. do what you say, these have some integrity.

So for me, often hiring somebody is that, but there's many other ways to have accountability. We're going to go through that. Let's talk about realistic goals.

Cause I do, that is a huge issue. I see it a lot. Yeah. More so with women than men, men can be unrealistic too, women are often comparing themselves to men in these group formats or they get on these Facebook pages and these Facebook groups and they see stuff and I'm like, oh man.

And they think they're failing at something when they are totally winning. But they don't have the ability to go. So let's talk about that when it comes to weight loss because that's what we're talking about here.

Well, you know, I read a couple of articles recently on the biggest loser. So with the, and I knew this from personal experience, but biggest looser had a detrimental effect on people because they thought if we go back to our first tips, which are eat less, work out more, that's that whole philosophy on that program.

But the study showed that all of them, gained weight back, and most of them gained back 70% of what they lost. Because the goal was not realistic, right?

You cannot, that's where our mentality goes. Biggest loser, whatever, extreme maker, as we want. Severe. Huge, like in a very short period of time. But gastric bypass is the same weight, 50% gain weight back now that that varies they have to go to support groups i've trained several people who were gastric bypass and got them way below where they thought they could be but they're in support group because they all go back because not retraining their mind they don't have the other two components of what we're going to talk about and they had these they want to lose six pounds a week Let's talk about that, because how much weight are you supposed to be losing, really?

Well, one to three pounds a week. Anything over three-pounds-a-week, and Danny says it too, like his is four, mine is three. He does a lot of men, it's a little bit different.

Men can drop, there are some exceptions, but for the most part, 1 to 3 pounds- a- week is ideal. Okay, if you're losing more than that, there's a high probability that you are losing muscle and muscle burns fat at rest.

We do not want to lose muscle. And then you become what's called skinny fat. Yeah. That is the trick to losing weight, you guys, where there is a, it's hard.

to it well you have to be careful because it's to lose body fat yes not lose muscle at the same time and we really want to loose fat and add muscle. That's an even trickier thing because we're asking you well we need a little we some calorie deficit but we all the right protein and resistance training to do this.

Make sure the body doesn't go to Eating the muscle, which is very fast food for it. It's easier for her to eat the mussel to burn muscle than it is for to Burn fat if it hasn't known how to do that.

So once to go here and we have to Do a lot of work to to make sure we get that doesn't happen. Now, we both know there are some exceptions to that, like how quickly somebody can lose weight.

And it's more than the one to three, especially in the beginning. It's often a lot of water weight, why don't you talk about why we use these dietary interventions?

Okay, so let's say, keto, right? So I had several obese people who never dieted. So their metabolism was good. Let's explain that. If you are obese, but you did not do a ton of yo-yo dieting, Your metabolism is excellent.

You actually have a fast metabolism usually. Right. So that then if you you go low carb Okay, so you can go paleo, keto, or carnivore. I favor keto. Low processed food, take away junk food even.

Right, I, favor Keto, but I favorite it because you do keto and then carb cycling and your body flushes. And I mean, one of my clients, my biggest loser, now it took us two years now, year and a half, two year, she dropped 160 pounds.

And it was through keto and carb cycling, and she would lose nine pounds in a week. And that's not unheard of, but that is an extreme. That's usually with obese or morbidly obese, as heavy as she was 400 pounds.

Because you have to lose a lot of water, you guys. There's a lots of retention with that much weight. Why is that? Because the resting metabolic rate It increases.

It's like, well, I got 400 pounds here. And so it increases to keep that going. You know, it actually, that isn't a person that didn't have an eating disorder chronically for decades, which is a form of yo-yo dieting, 500 calories, strictly 1,200 calories doing Weight Watchers and this thing, just going from this program to that program, to this shake, or that shake.

Herbal life is big. Lots of them. uh, ideal protein, there are tons of them out there. People, they start starving themselves and they wonder why after two, three years and I have a lot of patients.

I mean, their mothers put them on their first diet at eight years old or something, you know? And I know you're trying to, I get it. You're like, what do I do?

My daughter's getting, she's eight, he's 10, so she getting big and her self-esteem is going and you want to help. But it's this old mentality of starvation that is not what that little girl needs, not with the grown lady needs.

Okay. So, all right, so we have those exceptions, but we talk about that for the general population. You know, that's, you know that we're going to keep them at the one to three pounds, one, two, four pounds kind of sweet spot.

Um, and again, in the beginning, guys, people lose more because it's a lot of water weight is typically coming, but if we were having way too much more in this consistent, we are eating away at bone muscle, it is not good, right?

All right. So if someone is losing weight too fast, And it's like consistently happening, right? We know then they're setting themselves up for failure because they are losing muscle, which is the engine of your metabolism, basically.

And that's not good. It's running it. So what's the solution? They're like, well, what do we do? OK, so there's two solutions. They are the same, but one is with testing and one without testing.

That is getting your resting metabolic rate actually tested. Okay. So that will give you how many calories your body is burning at rest. Now you can do that without testing.

And that is basically doing a three day food journal and some basic math. That is something we are going to accommodate for in this. But then what you do with that, with both of those numbers is you calculate for activity.

So we don't want to eat just our resting metabolic rate. We're going to be exhausted.

Consistency and Avoiding Rebound Weight Gain

Resting metabolic right back down. So you adjust for activity, lightly active, moderately active. Very active and people put very active unless you're working out five, six days a week and you have a job that is moving, walking.

You're not very. Most people are moderately to very sedentary, really. So we add calories for that. And then you do need to do a slight calorie deficit.

We're not talking 400 or 500 calories. Again, that depends on if you are a chronic dieter. This is how you know. I've lost and gained the same 15, 20 pounds over the last 10 years.

You are chronic dieter. your metabolism is not good, you might deficit 500 calories. And what I mean deficit, so if my resting metabolic rate is 1200 calories, let's just say, and I'm not- That's how you need you guys to just stay alive.

Yes. While you just lay in the bed. If you were in a coma, for my height and weight in my body, 1200 Calories would roughly be what i needed to have to stay.

Now I want to pause. You guys, it's feedback from me. Do you hear it? No, I don't hear. Okay. I dunno if they do, but I want to back up. So you said there's two ways, so wrestling metabolic rate testing, about 50 to 60. It's not bad at all.

You know, there are places you can do it and you just, its not needles, is not drugs. Um, do you want it briefly explained? Most of them do. If you put on a mask, And you're in a, it's a very calm, they give you a blanket if you want to blanket the lights are out because they want it induced.

And if he falls asleep, that's even better, but they wanna do induce a relaxed atmosphere so that your body does go into the metabolic rate. It would normally be at in sleep.

OK, and they're going to test this through oxygen, carbon dioxide, exchange. There are some other things they are going test your heart rate, those things.

And it's a calculation. It's fairly accurate. it is going be closer than just doing the math with a three-day food journal and that kind of thing. But we can do that.

okay and so in our group you guys we're going to give you some resources for the resting metabolic how to go get tested but right now i'm making just tell you like where i go is live lean rx.com yeah you could check them out they think they're locations all over and you can go you know and find out well what is my actual resting metabolic rate not what a chart on a computer says right 45 years old i'm a woman i do put in my this is what it says i don't know if you really are doing 1200 calories 500 calories 900 calories it's 2000 calories you no like i know what you're real resting but mine won't be the same as a chronic yo-yo dieter i've never done that in life i have not gone up and down the my metabolism is fast, but I don't know actually how fast or slow.

So going to get tested will be like, that's what my number actually is. You know? So people say, oh, I have a slow metabolism. Do you? Do know if you do?

Let's find out. And then so Coach Melissa and Danny know how to reverse engineer just from a food journal. We're going show you how do do that in our group course so you can be empowered to figure either go get or get we can kind of figure it out in this other way right so okay so she's saying once we know that number which is how much you're using in a coma basically to stay alive yeah then we're going to reverse engineer what you need to gently

reduce in calories to get continue to be in And you said gently, that's a key.

So we want to gently reduce, but we also do not want too drastically increase. If you have been at a calorie deficit for a long period of time, we do that and your results are going to be less than if we pay attention to that.

That's the individuality. when it comes to what we have done in our past. And we can also coach on that. That's where it has to be a little bit of guidance in that area.

But that's basically the solution. Life is getting the calories correct. Now, we're doing this challenge, you guys. We're at eight-week fat loss. Were starting November 1st, roughly.

we intentionally are moving into Halloween, Thanksgiving, and Christmas, the New Year's for a reason. because we have lives, we had children, where we do things, so we go to parties, right?

Let's be realistic around the holidays. Let us not throw it out and say, screw it, I will start January 1st to get healthy and change my life and take my power back because I am just going to gain 20 pounds.

I'm going gain the holiday five pounds anyway. No. So let's realistic about including holidays, let us talk about what we are going do there. So we're just gonna plan.

So if you are, let's say you're the cook, I'm the baker, okay? I don't eat a lot of baked goods, but I am the Baker. I do a lotta gluten-free and fun things.

i'm going to indulge in those things more than likely Thanksgiving day and the day after, i am planning for that. Therefore, the next day, those are off the menu because my plan is those two days, And I'm not calculating calories.

I am planning for those two days to be what we typically call cheat days. These are not cheat day. It's part of the plan. And part the day after that, I'll be back on track.

So that is planning and that makes us successful. And in our minds, we're not cheating. We're going off program. There's no guilt. Manning. Correct. Beat yourself up, starving yourself.

there's a beat yourself off over exercising. It's part of the plan. So we have the most stability and we will plan it in to the total caloric deficit that's going into the program, okay?

Yes. Just so you note, We eat calories for a week. honestly so it's not day to day it for a week so if we go up a little one day Honestly, I don't always deficit the next day or then that week, but we can do that.

We can plan for that, or sometimes if you're on program, your body will just flush because it hasn't had tons of carbohydrates. It's just gonna flush.

And that may not feel good. By the way, the flush is generally a couple trips to the bathroom, extra trips, Yeah. Compensate for that. It wants to adjust.

Yeah, your metabolism will adjust to it. Right. So the planning is a part again, it's an important emotional psychological component that we this is what we're doing.

and we can coach you like, well, maybe your plan is a little bit too, don't have four days, pumpkin. We said two, you know what I mean? And that didn't mean, that doesn't means gorge yourself.

Like again, if that comes up, there's a deeper emotional component we need to deal with you. But this is why we are leveraging some different nutraceuticals to help with some of the overeating and emotional components.

And we will be talking about things. We'll talk about breath work and meditation and essential oils there's all kinds

of extra vagal tone breathing things other stress management issues, as they may come up for the group right we will give you other tools, in addition to food macro working out and all that kind of stuff.

Because when people don't plan and they think of it as a cheat day, they can spiral often. And that one day can lead to two days, three days. Oh, well, screw it.

I'll just get back on track on Monday. That's right. It's an avalanche and a catastrophe of stuff. Then the guilt and the shame and then the, oh, I'm a failure.

We're trying to prevent all of that because none of it is good there. That's where the disorder comes in and that's, where does shaming comes and there's no self love.

There's not self respect in that. We trying bring back self-respect and self care and plan for it. And let's be realistic. So realistic goals, you guys.

Okay. Got it right. All right, we're not, not going to holiday events and we not gonna have anxiety and stress and overwhelm about it, okay. Alright. Number two, big part of this successful plan we talked about was consistency.

So let's talk about that. Right, so consistency, there's two type of people that quit, okay? The first is obvious. We talked realistic goals. I have unrealistic goals or I work out for a very short period of time.

Unfortunately, this is the majority of the New Year's resolution people. we come in, we're expecting all of these things to happen because now I've gotten off the couch.

Three months later, typically in March and April, all of those people are gone. I've worked in multiple gyms, high end as well as regular neighborhood gym type things.

They come in late December, early January, they're gone March in April. Those people have no consistency. they are expecting things too quickly and they will never reach their goals.

And they'll do this cyclic every January. It's a billion dollar business. the repetitive, I'm gonna try this, and I try that, all right? The second type of people that quit are those, strangely enough, that reach their goal, okay?

They reach the goal of I am ready for the reunion, ready the cruise, can fit into my wedding dress, do all those things and there's this sense of satisfaction that now they go off rail.

Well, just gonna take a little break. You know, on the crews, And I think you and I have talked about that on vacation and i know for a fact you've worked out on vacations.

I like working on a vacation. Yeah. i've gone to several on several cruises we are one of like 10 people off the whole boat that are in the gym right it's you don't quit because you have succeeded those people will fail Every time because what happens is we talked about it in the set point video is your body is happy to be at this new way and it will maintain it without as much discipline up to Maybe two three months and then before you will wake up 15 pounds heavier, right?

Because it's really about that set point that people do a drastic high school reunion or for a wedding and then they're stunned that they have this rebound, which usually it even worse.

So it kind of comes down to like that. And that's what we want to teach you. It's like staying consistent, right? Because. It takes time for your body to know, oh, we stay 130 pounds.

Like the new normal is a size six. And so I'm going to do everything I can to maintain that. And then your body goes, this is our new. This is where we are and that will be your new normal.

So you go from a 170 set point to now a 130. And so you have a little playroom, you know, but if you're consistent.

It takes time. Yep. Yes. Because you definitely didn't get to that weight overnight.

Right. You're not going to get your goal weight. Cause that changes all of your signals, you guys. And most of those signals are hormones. So we're changing hormonal levels and hormonalsensitivity.

You hear things like insulin resistance, leptin resistance. There's testosterone resistance as well. When your hormone levels have been perverted and distorted abnormally for different amounts of time, usually with something too much in the system, it ends up closing the doors and you lose doorways.

And so now you have hormones are like, I can't find a spot to get inside to tell the cell what to do anymore. You might have high levels of thyroid hormone.

He might. Have decent levels. Of testosterone. Might have decent. Levels of insulin. They can get in to. Tell the cells what. To do to burn the fat, to run the energy, build the muscle, have a libido.

Accountability, Community, and Challenge Details

Okay, so it's that staying consistent giving the signals giving The signals with the resistance training with it with The way we're eating with whatever supplements that you may be your doctor is telling you to take you stay consistent and the Signals get better over time and The body says yeah, this is where I'm supposed to be and it changes what it is able to do Okay anything else you want to add about that?

No, I mean, that it is that simple. It is. That simple you have to get on and stay on. Get on the boat. Stay on them. Yeah. And I think we'll back that up.

Realistic goals and includes how you're working out. People will have this weekend warrior. Oh yeah. Kind of mentality like I'm going to do the boot camp.

Like nobody can do that bootcamp forever. What are you talking about? Like I don't do boot camps. I know I've not a promoter of the wake up at four in the morning.

Go to kill. My I. Don't like it. No. And I deal with in practice with a lot of special needs. I dealt with autism, ADHD, cerebral palsy, seizure disorders, special-needs families, mom and dads.

They ain't got no time for that. That's right. Barely sleeping as it is. So part of what I do often, I stop working out for some of these people because they're killing themselves with overdoing cardio.

And they are just breaking themselves down, breaking at the cost of sleep and they can never get better that way. I'm like, oh no, no no. We gotta change the whole thing.

What if I change your life and this is only 15, 20 minutes a day, I completely change what you're doing and you do it three, four days a week. They're like what?

And then we leverage like walking for some stress management and some lymph movement, right? So sometimes it is about changing, because they cant maintain that anyway.

Right. The join orange fear, whatever that dumb place is I can't stand. Orange theory. Yeah. Whatever. Yeah, it's cardio-based. It's all cardio based, yes.

Because if you do, good for you. If you enjoy what you, do whatever. I don't enjoy sitting on a bicycle and riding a hundred miles either. i don' do it.

if You like smashing your nuts, knock yourself out. But not my jam. And if it works for You, Good. If you're not getting what you want, you keep doing the same thing.

We have a problem. And I see a lot of that when I'm like, but, I said, it's not working. You still have 40 pounds of fat and you why do you try to do the thing?

And you just like maybe we should change, right? All right. The other last component, accountability. Yes. Let's talk about that. So accountability is.

Huge, okay, there's program after program. It's virtual, it's this, if you show up, great. If you don't show you're still paying your monthly membership.

It's there is no accountability. This is part of the reason over the last three years that training has actually personal training, has Actually morphed into virtual is because people were not meeting their goals.

Even though everybody was home, had access to the internet, they didn't have access To the gym and they Didn't access their personal trainer or their group.

You know, it doesn't Have to be a personal Trainer. One of The appeals of CrossFit is not not necessarily just the exercise, it's the tribe community, the tribal community aspect of it.

Somebody is counting on me being there. And I'm bigger, I am a part of something bigger than myself. Right? I m a And funny enough, you know, misery loves company and, and exercise when you're in the middle of some of it can feel like misery, right?

But you talk to each other about it. Oh my gosh, my butt was so sore from the glued activity that we did, it's that community sense. And that is actually show you do perform better.

So people who play sports, they've done, we played team sports and a lot of people stop. Most people stop by sixth grade. Then you have the few that go on to high school.

Yeah. And you had the lesser few to go into college like me. and then when that's done, then what? We don't play team sports anymore. Like you're like, I don' have that anymore and they did some really interesting studies just showing when a coach was yelling at you down the court, you do run faster.

Yes. When people are cheering, come on, Come on, you got it, yeah. You go faster. Yeah. And you actually get better results when there are people there cheering for you.

Yes, absolutely. So that tribal community, there's our real physiological upgrades versus sitting at home doing it alone, which again, I think is part of the success of like peloton, bike or pelaton, whatever, how do you say?

Peloton. Because you kind of feel you have something in a virtual way, like there is whatever. Yep. That's what we're bringing to the eight week fat loss Community it's like trying to do things together.

We'll have group zoom workouts will have groups zoom Q and A's we're working on how we can have you guys partner with each other a little bit. we are going to offer an optional team up with somebody team, up as a person and.

Did you do it today? So we're working on how we can do that for you guys. Again, it's all free. And with that, I also want to, if you feel like you can lead an accountability group, If you're part of the fat loss challenge and you like, you could lead in an accountability group.

We're going to have an option for that too. So that if they have that in you to motivate others, sometimes when you are the motivator, You get even more motivated.

So that's another component. We're looking for people to join accountability groups and be leaders of those accountability group in this fat loss challenge because that is a win for everybody.

That's brilliant. Yeah, yeah, you're right. I mean, because the team captains always have a different level of the way we participate in the leadership roles do make a big difference.

And it means something. Like, when you when your a leader and your team captain or something like that, and then the person you've been coaching, they score that goal, it wasn't you.

You feel it. Yeah. We've been working on that for three weeks and she finally did the move. You know what I mean? Or whatever. Like, I know that feeling.

And we can encourage each other in that. So that's what we're looking for. Also in this fat challenge is because I would love to personally be able to reach out to everybody that joins it in the fat shop, but I'm not going to be to do that, you know, and I knew you either or Danny, Yeah.

So if we can bring that component of accountability through those of you that want to participate, that helps everybody in the group. Awesome. Yeah, so recap, you guys.

Three keys to success. Drop them down again. Realistic goals, consistency, and accountability. All right. And we are group leading, Danny Vega, Coach Melissa Hazen and myself, the Fall Fat Loss Challenge starting roughly Halloween, November 1st, where we will be doing some pre-meetings.

So for those of you who have already signed up, who are already on board, we'll be sending out emails, getting it, but we're still getting people in with the answering their questions and all of that.

For those that are interested, I have a whole email series, a couple landing pages or some more videos and some details about what the challenge involves.

We are not doing anything like a biggest loser. We're not awarding prizes for who loses the most weight, none of that. It's more about participation and community.

we will have prizes, we're going to make this as fun as possible, but it really comes down to we want this to be a long-term strategy so you're empowered with information, you've taken action, You will lose fat.

You'll have results. They have options for people to get a few key tests ahead of ti that we're going to chang hormonally. We will not br That's right.

So in this, if you're interested optionally, you can get a couple of blood tests. It costs about $150. You can, get an optional body fat scan. We want this pre and post decks are in body.

All that information is coming. If you want to join in with us and those people who do that, they will be part of, this is really, we're reproducing a physiology study that was run by Jeff Volek, a keto master, the human performance lab at the university of Connecticut.

which is an outstanding research facility that did show in this eight week clinical trial, a over 20 pound pure fat loss in obese women who were 37, 38 years old.

So if you're in that category, we know this is going to work. It's already been proven clinically. We have lots of studies explaining what this model is gonna do to improve your hormonal signatures to encourage a faster metabolism.

And it does not involve excessive exercise at all. There's movement for sure. We want you to be, we're going to focus on building some muscle. And it's not severe dieting at.

All we are going. To focus. On increasing your metabolism by focusing on protein. different variations of the diet for you, but we've been talking about this.

We are, we want to increase your resting metabolic rate, not to break it. So we don't want that rebound, biggest loser nonsense where everybody gains it back, makes a good TV show.

That's right. And Michael's a lot of money. A lot people's lives. Okay. Not doing that. I mean, Danny is super we're all he's he'll probably have that will talk about that we'll explain it.

We'll have you understand your body more will have to understand exercising we have the at home program completely those are being driven by coach Melissa we haven't been in the gym program so the machines and everything all set up by Danny you have programs ready to go.

You know what I mean? And we have it set up for me. Mama, you've been on a couch. You haven't moved in five years. We got you covered. Yeah, we got jacked in the gym like Danny.

He got your covered, I got everything covered don't think because you haven' t worked out or you're you'r super obese or I g t chronic fatigue or i got Hashimoto's or ick I don' care.

Yep, come on. Ye we're gonna help all of you. Okay, we got the whole thing covered. I deal with a lot of chronic illness. She does a lotta chronic illnesses.

Danny's got deal of a super jack, people. We can handle all of it, all right? So we're gonna cover the full basis. This is for everyone, alright? Drop down a comment or send us a message.

If you know Coach Melissa directly, I want you to reach out to her directly or just come on in and we'll help you get going. Okay? Anything else you wanna add?

No, we're just, if you are interested, haven't signed up, give us your email. You can private message or you can put it in the comments. Give us you email so we can get you some additional information.

Yeah, it's too hard for us to go through the DM you guys. We've gotten like at least 600, 700 people interested. So, you know, imagine us trying to send 600 DMs.

It ain't gonna happen. Just bear with us. This is not, I don't have a staff of 87. All right. Cool. Awesome. Coach Melissa, thank you. Super helpful. See you guys.

Bye.