



- Corinne C.: Hey, everybody. Welcome back. Today, we are going to talk about something that we had in our last podcast, we were like, "Oh, yeah, we should talk about legs." You know Kathy's lost ... What have you lost, 80 pounds?
- Kathy: 80 pounds, yeah.
- Corinne C.: 80 pounds. I'm 100. One of the things we have in common is leg drama, so what did you call us last time?
- Kathy: Oh, I called us champion body shamers when it comes to the legs.
- Corinne C.: We're also world champion leg shamers.
- Kathy: I was being sarcastic. I wasn't really ...
- Corinne C.: I told her she got me a sash, I'd kick her ass.
- Kathy: You'd make me wear it out.
- Corinne C.: Yeah, out. I wouldn't just make you wear it. I would put you on Instagram, put you on Facebook, look at her.
- Kathy: And march me around Kroger, whatever.
- Corinne C.: Legs has been one of the things that as I lost weight ... My legs have always been a source of pain, essentially, I guess, all my life. I remember oh, geez, I remember when I was in elementary school so ashamed of my legs because I went to private school and, of course, you had to wear skirts. I hated my legs. I remember very briefly what little sport career that I have, I played volleyball in elementary school and my shorts would ride up into my crotch and people would make fun of my legs. I have always been embarrassed by them, all that kind of stuff, and they are the biggest part of my body.



Everybody has their body shape and for me, when I was overweight, I carried all my weight in my legs. Even now, that's the predominant big piece of my body. When I lost weight, my legs went to shit. I don't know that they looked better bigger. It wasn't that they looked better, but I had this thought for a long time at least they were full back then. Then when I lost weight, I started working on ... You know me. I do leg day a lot. I like to work my legs always with this hope and dream that I'm going to build ... I would literally have dude legs if I thought I could get enough muscle to pump out the skin. It's just-

Kathy: Seriously now, I just want everyone to know your legs are as strong as any dude's.

Corinne C.: Just about, yeah.

Kathy: No. She's got some strong legs, guys. I'm just telling you.

Corinne C.: Yeah, I do. It's funny because I'll be at the gym and doing stuff and I will have guys come over and be like, "Damn, you move weight." I'm like, "Yes, I do."

Kathy: You and my husband have gotten into leg press competitions and stuff like that and you both hobble out because you got to outdo each other.

Corinne C.: I know. You know what? Here's the thing about my legs. I know the first part sounded like I'm just in dire straits or something over them. I'm really not that way anymore. Just a few summers ago, I wouldn't even wear shorts to the gym, ever.

Kathy: I didn't wear shorts at all, ever, yeah.

Corinne C.: Yeah, I know. I know. Now, I'm standing here in shorts now because I came from the gym to do leg day in shorts, which I would've probably not even done two years ago. The reason why I've made peace with them is not because I had surgery because I will be honest. Let's just talk about our histories with it. I lost weight and then I think about four years ago is when I had my leg surgery. I want to say it was four years ago. I ended up having thigh lifts and so I've got scars, but I didn't love them after that because I really thought surgery ... One, I just thought they would look perfect, which is bullshit. Don't ever let a plastic surgeon say that they're going to operate on you. If you have loose skin, they're not going to operate on you and then all of a sudden, you're going to look perfect. You're going to look better, but if you're used to looking for the flaws, you'll just look for new ones.



Kathy: Yeah, you'll find them.

Corinne C.: My legs look so much better than before surgery. It's crazy how much better they look and yet, because I was always practiced at looking for what's wrong, I started noticing my scars. I started noticing the small imperfections. Then those things became very glaring. I've been working on self-love when it comes to the legs for a long time now, but I would say literally the last ... I did a lot of work on it. I think the last six months, though, is where I've noticed a complete mind shift.

It's only because I started ... If you listen to our last podcast when it comes to fat girl thinking, it's because I decided that I can think negatively about them, but I don't have to choose to believe it anymore. I am so wired to go where my legs are wrong and then I would immediately start practicing what I did like about them. I would start looking in the mirror like if I'm looking in the mirror and I'm looking at them in a way that I don't like, I turn to an angle where I do. I really have been I would say it's like some of the work of my life.

It was funny because my mentor is the one that challenged me on this because I was thinking about getting my legs done again, but I was in the same space. It was in the space of I want to get them done because I don't like how they look and I'm tired of thinking about them. She's like, "Surgery's not going to do that. If you're thinking about them now, you will think about them then. The difference is you've got to retrain your brain about how you think about them." This is her exact words and there are not many people that get to say this to me in the world.

Kathy: Noted.

Corinne C.: Huh?

Kathy: Noted.

Corinne C.: Right. "You are not allowed to get surgery until you clean this shit up."

Kathy: Wow.

Corinne C.: Yeah, it was like a slap in the face.

Kathy: Good for her.

Corinne C.: Yeah. Well, hmm.



Kathy: That's what you needed to hear.

Corinne C.: She's smart. She has not guided me wrong. I was like, "All right." Chris and I were willing to plunk it down. We had even picked that we were going to do it after camp. I knew exactly how long it would take to recover, all this kind of stuff. We had talked about was I going to be able to do the Tough Mudder, all that stuff, right?

Kathy: Yeah.

Corinne C.: When she said that, I was like, "Okay. I'm all in." This an important point, guys. Make a decision. I know this is crazy that we're talking about loose skin and Kathy's going to talk about her varicose veins and stuff, but so much of the anguish that we suffer in life is when we are on the fence about something. I want you to imagine your ass and sitting on a thorny fence. It doesn't feel good, but so many of us choose to sit there all the fucking time. It's like I just had to decide all right, no surgery.

The moment that I made that decision, I knew exactly what I was going to do. I was going to start working on how I thought about my legs, but if I had been entertaining the idea of well, maybe and if I have surgery, it might do this, and all that kind of junk, would've never worked on the compassion for my legs. I would've never started changing the conversation. I would've been the entire time miserable because I would've been trying to decide what did I want to do about this, rather than actually doing something. That's where all the indecision and indecision doesn't just play in whether or not you're going out to eat or you're going to have surgery or whatever. Indecision comes in just deciding am I going to work on something.

I made a big, big decision to work on my legs and my husband has been so proud of me because several date nights, I told myself you are wearing a skirt, and I mean a short one, not a granny ankle one. I'm talking a real deal skirt, a real deal dress. When we were at our week in California for our business trip, I took a romper that I bought three years ago that I loved and would never wear because it showed my legs. It was like a business romper. I wore it one day.

Kathy: Wow. Good for you.



Corinne C.: I looked at Jay and I said, "I'm just telling you right now this is how big shit this is. I would not have ..." I'm going to tell you, I was nervous. I was like you know what? The worse that can happen is somebody will look at them, but you get to decide how you feel about it. Then I wore it the rest of the day. I wore it with my shoes. I felt great. I was fine. I was cold. The meeting room ... The only hesitation was I don't know if I needed to have naked legs all day long in a meeting room that feels like it's about 65. It's only because I decided to quit shaming. I didn't even go to I love my legs. I just went to we are going to make this work. That was how I had to start.

Kathy: Yeah. That's so funny because I had a very similar experience a couple of weeks ago myself where I had purchased this dress that was really cute and springy and I just let it hang in the closet because it hit above my knees. I decided one day I'm going to wear that dress, but when I pull it out of the closet, I'm not changing my clothes. That was the decision.

Corinne C.: That's the decision, right.

Kathy: Exactly. I put that dress on and I looked in the mirror and I said, "I'm not changing my clothes. This is what we're wearing today." I walked downstairs and I went to work. Do you know I got compliment after compliment after compliment on that dress. Nobody cared what my legs looked like but me.

Corinne C.: Right. That's the thing. I think we get so caught up in what we don't like. I think sometimes I don't even know if we assume everybody else gives a shit. I think in our brains we think that, but realistically, I think we all realistically on some level know people really are not thinking about us as much as we are. It's a lot easier to think it's other people rather than just admitting this is my work to do. It's literally my work to do and I got to quit blaming my own miserable feelings on what somebody else might be thinking in their head.

Kathy: That's exactly right. Holy cow.

Corinne C.: I know. Let's do this. Let's talk about I want to cover loose skin a little bit and also, but I want you to tell them about your big news when it comes to your legs.

Kathy: As you know, as I was in my heavier days, my husband, gosh, even talks about how in the summertime, I would wear long pants and long sleeves just because I was ashamed of the way I looked, so I started losing weight. Still, it was a big deal for me to go to capris and even bigger deal to go to running capris, the tight ones. The tight ones, the ones that might show the shape of my legs, not even the skin of my legs. Then a year or two ago, I actually bought some running shorts. I don't know if you remember this, but ...



- Corinne C.: No, I remember them.
- Kathy: ... I saw you on the greenway one day and I'm like, "Look, I'm wearing shorts." You said nothing and I was like, "But look, I'm wearing shorts."
- Corinne C.: I remember this day because Ken, seriously, and I remember even saying the reason I didn't say anything is because you should be wearing shorts.
- Kathy: Because it was hot.
- Corinne C.: Right. It was like 90 degrees and we're all outside. Ken slaps me on the arm and said, "Did you hear her? She's wearing shorts." I was like, "Yes, I get it. Kathy's in shorts."
- Kathy: Yeah. That was big for me.
- Corinne C.: You know me. I'm not a complimenter anyway. I was like, "Girl, you're going to have to compliment yourself."
- Kathy: Yeah, so anyway, the reason I gave myself all this time was not the shape of my legs, even though that was part of it. The reason was the veins in the bottom of my legs. From my knees down, I am very veiny and I was embarrassed by that. I was embarrassed by that for years. I even talked to my doctor about it and he noted varicose veins in my chart. He said, "You know, they're not going to hurt you. You're just fine, but you can see somebody if you want to." I was like, "Okay. I'm just fine."
- Corinne C.: You should've said, "But don't you know I'm a champion body shamer?"
- Kathy: The I'm just fine obviously didn't work, but anyway, I finally decided this last time when I went to visit him that I was going to take his recommendation to see someone about them. I thought it's going to be one of those vein guy commercials that shoots your veins through with all that clear fluid and all that kind of stuff, all this cosmetic work. I think we've established before that I'm kind of a tightwad and I'm not going to do a lot of cosmetic work.
- Corinne C.: Yeah, Kathy is. I'm always trying to get her to get a boob job and she's like, "No."
- Kathy: No, I don't need a boob job. I'm good.



Corinne C.: I'm like, "Come on. Get boobs."

Kathy: He referred me to a specialist, actually, a vein specialist here in town that's also a radiologist. She took one look at my legs and she said, "We're going to ultrasound this." Do you know that there's a medical issue with varicose veins? It's not just they're ugly or they're blue or they're pumped out when I walk.

Corinne C.: Yeah, they can cause problems.

Kathy: It can be a circulatory issue and mine are severe. The valves in the big vein that pushes the blood back out of the bottom of my legs don't come together. Long story short or maybe long story long, I'm not sure, I had to reach a point where I was ready to address my legs and my varicose veins in my legs with an open mind and with compassion rather than I really hate the way they look because if I had gone with I really hate the way they look, I'd be having some doctor shoot them up with saline or something and not addressing the medical issue.

Corinne C.: Right.

Kathy: Latter part of July and first part of August I'm getting my legs fixed. I don't expect them to be perfect when I come out. I don't expect them to be a different shape, but I expect that I'm going to feel worlds better because I'm going to have better circulation in the lower part.

Corinne C.: Right. I think it's one of those things where no matter what's going on, whether it's loose skin, varicose veins, or something, it's just like my mentor telling me, "Do your mental work first. Figure that out so that when you have your surgery, when you get your veins fixed, you can enjoy the fuck out of it." I tell people the same thing when it comes to weight loss. Whether or not you're going to have surgery or not, learn how to love the process. Learn how to change how you're thinking about yourself and what you're doing for yourself so that when you lose your weight, you can enjoy it. Nobody wants to lose weight, get there, and be miserable. We all think that weight loss is the answer to our misery. That's not. Changing your life and thinking about your life differently allows you to lose the weight and get there in a way that you're just like I would never go back. Why would I ever go back? This feels so great because you did all the work.



It's the same thing with the legs. I probably feel more confident today than I ever have all because I started working on confidence. People always ask me, "Were you just born confident?" I'm like, "No, sure wasn't." I didn't have a lot of confidence, but over the years and it's not the weight loss that did it. People always ask me that, too. "Were you always this confident and outgoing?" It's like no, and it was not the weight loss. It was while I was losing weight, I started changing how I talk to myself. I quit telling myself all the reasons why I can't do stuff, why I was destined to be overweight, all this other stuff. I just started really believing in my ability to just keep moving forward.

Kathy: You can do that confidence work at any time. You can do it while you're losing weight.

Corinne C.: Any time.

Kathy: I'll tell you, my confidence work started after I lost weight. When I realized it didn't change me, that's when my confidence work started.

Corinne C.: People always say, when they want to join the tribe, they say like, "Well, tell me one of the biggest benefits of actually working with you." It's like, "Well, I can get you there in a way that shaves off a lot of fucking wasted time." It's not about getting the weight off faster. It's about getting there and getting as much done on the way there as you can. How many of the girls have joined P-N-P? We have several that joined who have lost their weight and they're joining because they're like, "It wasn't the answer I thought it was going to be. Can you teach me how to feel great in maintenance and not to be scared for my life the whole time?"

Kathy: Yeah, exactly, not to be, yeah.

Corinne C.: I can think of like 10 girls right now that are working on I've lost the weight, now what? I cannot live in fear the rest of my life. That's, I think, one of the biggest benefits of while you're losing weight, that's one of the things I want you guys to learn out of this podcast is we're talking to you ... We don't talk about food a whole lot. We really talk about what it takes mentally to actually lose weight because that is the hardest part of it. I always tell people if the meal plans and the diet books worked solo, we'd all be thin. It has nothing to do with that. It has everything to do with are you going to apply it and if you're not applying it, why? What's stopping you and let's work on that. That's where the real work comes in.

I want to talk to you guys a little bit about loose skin because I think a key piece is a lot of people are so scared they're going to have loose skin. You know in the last episode, we were talking about fat girl thinking about how this is just part of the deal?





Kathy: Yeah.

Corinne C.: When you have a lot of weight to lose, loose skin's a part of your deal. I think the first thing is just accepting this is it. I'm all in, loose skin and all. That's a hard pill to swallow for a lot of people. Now, there are tricks, tips, and hacks to minimizing it, but if you've got a lot of weight to lose, part of your currency for losing weight is going to be the loose skin part. That's just part of it.

I'm just really big on being honest. I don't like to be one of those people that will blow smoke up your ass and say, "Yeah, we've got creams and all this stuff and it's going to tighten you." There are anomalies out there that can lose a hundred pounds and everything's tightened back up, but not everybody has great elasticity. The older you are at this, the more likely to have more of it. It doesn't matter because the real key is being able and willing to accept yourself in any way, but believe that you want to be your best version. When people say, "I don't want to lose weight because I'm so scared I'm going to have loose skin," I just tell them, "Really? That's really what's stopping you?" I think that that's a bullshit excuse that people throw up because they don't want to do the work to lose weight.

Kathy: It's easy. It's an easy excuse.

Corinne C.: When you're trying to start, especially if you have a hundred pounds to lose, your brain is naturally going to throw up every roadblock there is. I think loose skin is one that women think that it's going to be a big one, but I've never met a woman who's lost all their weight and had loose skin and said, "Well, that sucks. Let me just gain my weight back. I liked myself so much better when I was overweight, couldn't play with my kids, had heartburn-"

Kathy: Because I didn't have loose skin, yeah.

Corinne C.: Right. I was telling somebody the other day when I first lost my weight, before I had any of my surgeries, naked, I always looked like a candle melting. That's the way I envisioned my body. My head was the flame and everything else dripped from that point down. I loved my body in clothes. I was so excited I could hide it. I remember saying to myself it's fine. Good god, I never could've worn a small top. The day that I could get into a pair of 10s, I still have those pants, by the way. I've never gotten rid of my first pair of pants that I got. They're a size 10. They're from American Eagle. It was the first thin store that I ever really got to shop in. I bought them and I still have them to this day because I love them because they represent to me the pride that I had in my body, loose skin and all.



It was one of those things where it was like I just didn't ... I'm going to say I didn't love looking at myself naked. I had plenty of the body shaming champion or whatever you're calling me these days. I had plenty of that, but I also tempered it with but I like how I look in clothes, but I can do so much more than I ever could in my life. That was the part that really moved the needle. I think that's where when people ask me about confidence and how do you get it and stuff, it's putting the but ... You know a lot of times we say don't add a but, like if somebody gives you a compliment, like if somebody says you've lost weight and say, "Yeah, I've been working hard, but I still need to do this." Think the same thing go ... You don't add the but on that one, but you always have to add the but onto if you're doing something like I don't like my legs, but dammit, they're better than they've ever been in my life. Those are the things you have to start saying.

Kathy: That's how you start improving your thoughts. That's how you start moving toward the better thoughts.

Corinne C.: Yeah. It's like with my scars. They're there and when I look at them, I'm like you got a lot of scars and I said, "But you've lost a hundred pounds." These scars are your currency for that. It's not that I love them, but they're my story and I get to make any story I want up about them. For me, it's just it makes me interesting. They do. A lot of people ask me about them, so ...

Kathy: It is a good segue to talk about your journey and what ... I suppose you probably do that quite a bit, don't you, when people ask about them?

Corinne C.: Yeah. We go to Vegas a lot and we sit by the pool and I sit in a bikini. I'm going to tell you that you want to talk about some nerves. A few years ago, that was probably the first big ... I've been wearing a bikini for a long time, but I would about vomit every time I would put one on. I still remember when we would ... This is before we even were going to Vegas pools. We would go to the beach or something and I would sit down and find the most obscure place to take my clothes off because I was so worried about what other people would think. I'd just be like this is ridiculous. Seriously? You're here. Just enjoy yourself.

Then now, I don't even think about it. I just do it. I sit down. People will come up. The funniest thing people will say about my scars is they'll come up and they'll ask me what kind of horrible accident was I in. That is the most common thing people will say. Honestly, I'm going to say that this is ... I don't know if this sounds weird or not, but I take a lot of peace in that. I think people think wow, she's really overcome something.

Kathy: You really have.



Corinne C.: I have, but it feels so legit to me. I think that's why. It's because it is a big piece of my story. One guy one day was a doctor. I think I've told this story.

Kathy: I think I've heard it.

Corinne C.: He was a doctor and he came over and he was talking basically about how we have so much in common. I'm like, "What?" He said, "Well, I noticed your scars. I've had the same surgery." I was like you-

Kathy: You had loose skin?

Corinne C.: Yeah. I'm looking at him. He's like, "You got heart problems, too." I was like, "No." It was just funny. I can't remember if it was either him or another guy. It was a very similar story. One person I did say, "Yeah, I've had a lot of heart problems," just to shut the conversation down or sometimes people will say like what kind of a horrible accident you were in. I just like, "I just don't like talking about it," because if I do start talk, especially if it's a lady, if I start talking about that I lost a hundred pounds, the next thing we know, I'm in the vortex of a 30-minute coaching consultation on what they should do to lose weight. When I'm sitting by the pool with my husband, I'm all for if I see any of you P-N-P girls out there shooting the shit with you, but when we're just sitting there drinking on vacation, I don't know if the random person next to me if I want to start giving them diet advice. I'm like, "Here's my podcast. Feel free to listen."

Sometimes I go into it. Sometimes I just say, "I lost a lot of weight," but it is true. I don't know. I think I'm actually coaching myself through this podcast now that I'm thinking about it. Look at me. I'm looking up into the sky. I never really thought about taking the scars and just really owning that I have overcome a lot. They represent what I've overcome versus just this is what I had to do in order to fix them. I think I probably have held onto that thought for a long time.

Kathy: I think that's very cool.

Corinne C.: I think honestly, the reason why it's ... You know how we talk about awareness and we talk about practice and stuff, I have really practiced this year, especially since January when Brooke told me that I could not have surgery, coming into total acceptance, really just being like this is the part of the deal. This is what we have. You get to decide every day what's it going to do. She has a thing where it's like she'll wake up and she'll be like this is what we're dealing with today, so decide how you want to feel about it.



I've been doing that with my body and I think that's why right now, it's like it just never really dawned on me how much I actually do believe now that these scars, these legs, represent what I've overcome and what I'm doing for other women, like helping other women with their own body because that didn't even feel believable to me six months ago. For me, six months ago, that was my pie in the sky thought. That was what I wanted to believe, but I wasn't there yet. It literally has taken since January of me just practicing not shaming myself. The day that you wore the dress was like the day I wore the blue jumper. It was like we're wearing it. We're not thinking about this anymore. Every time you want to think about your legs, you just got to shut that shit down because we ain't changing clothes. If you want to feel miserable, then make fun of yourself. You want to go about your day like a normal person, just don't think about it.

Kathy: I would hear those thoughts come into my head. You're getting up from behind your desk. Somebody's going to see your legs. I would just stop it and I'd say, "No, I'm not thinking that today." That's it, just no. Sometimes I would say it out loud.

Corinne C.: Yeah. I say a lot of stuff to myself out loud because sometimes, saying it in my head just it doesn't land.

Kathy: No. It just rolls around in my head, but if I hear myself say it, I believe it more.

Corinne C.: Yeah. I wish I knew about this when I was overweight because I can remember being in meetings and I would hate it when I would be in a meeting and I would end up in the middle of the row because if I had to go to the bathroom, I'd have to squeeze between chairs. I clearly remember sitting in one particular meeting and almost pissed my pants because I was so worried about what other people were going to think when my butt had to squeeze between chairs. I wish I'd known about all this where I could've just been like you have to pee and you have a choice how you want to feel about it.

Kathy: That's right. You can either go or you can piss your pants.

Corinne C.: Right. You can sit here and this be emotional drama or you can just be like this is what we're dealing with today. Shut it down because it doesn't help. I know that it sounds crazy, but you just have to start. I keep going back to this point. I think every episode I keep going back to this point. When you have all kinds of crazy coming into your head, you have to, at some point, just say, "Enough's enough. I'm just not doing it. I'm choosing not to do it. I don't have to believe something new yet. I don't have to be happy about it. I don't have to do anything other than I'm just not."



Kathy: It really helps me to say, "I'm not doing that today," because that seem really doable. I can channel good thoughts or I can set aside bad thoughts today.

Corinne C.: I think it's almost like you know when I talked about how I was leveling up my food as I was losing weight, so I started out with my half gallon of ice cream that went to a bowl, a big bowl and stuff. Every day, it's like when you start not beating yourself up and when you start actually doing some things, I think even with those thoughts, eventually what happens is the natural question comes into your brain. If we're not doing that today, what do we want to do? That's when you know you're ready to start trying to believe something different about yourself. You'll never want to believe something different until you quit putting so much energy into the old belief. There's no option when that's all you do, none, so I don't know.

As far as loose skin, though, guys, just know it is part of the deal, but here, I want to give you a couple tips. If you're starting to lose weight, do not let anybody con you into cardioing your way down. One of my biggest I don't want to call it a regret, but if I was going to change anything about the way I lost weight, I would've started the weights a little earlier because the more muscle you have, the better you're going to look. When I lost mine, I did a lot of cardio and had to build it back up. I wish I had just started lifting and not let my worry, my confusion, my angst about it get in my way.

Kathy: Your discomfort over doing weights?

Corinne C.: Yeah. Yeah. Drink a lot of water. That helps with the skin elasticity and healthy fats. Seriously, I think that's going to be the magic potion. It just helps your skin tighten a little. Now, are you going to be perfect? No, but every little ounce counts. All right. Do you have anything you want to add about your veins?

Kathy: No, no, that's good.

Corinne C.: You excited?

Kathy: Yeah, I'm really excited about getting my legs done.

Corinne C.: How long you going to be down?

Kathy: It's an in the doctor's office treatment. They call it a treatment. It's just one day.

Corinne C.: Oh, wow.



- Kathy: One day in a doctor's office. I don't go to sleep. They encourage you to walk twice a day starting the next day.
- Corinne C.: Yeah. When I had my thighs done, I had a lot of surgery. I had a full tummy tuck all the way up to my boobs. They had to redo my lower body lift and my thighs. I had all that at one shot.
- Kathy: [inaudible 00:33:18].
- Corinne C.: Whew, I'm telling you, it was aggressive. I like to walk the second I start waking up from anesthesia and I still remember the nurse telling me because I kept ringing the thing. I kept wanting to get up and go for a walk. Within, I think, 12 hours of surgery, I had already gotten to where I could walk the entire floor. I had gotten-
- Kathy: Wow.
- Corinne C.: Yeah. She was like, "We have never seen anybody come in here who, first of all, demands to walk." I think she had her ass full of me wanting to get up and walk. I was like, "Look, you got to get me walking because that's the only way I get to pooping. That's the only way I get out of here. You got to be able to make movements to get out."
- Kathy: Priorities, right?
- Corinne C.: I have a lot of priorities, but yeah, so that's good.
- Kathy: Yeah. I'll have to wear a cool-looking compression stocking for a few weeks, but I'm sure that'll go great with my cute little yellow and white dress.
- Corinne C.: Yeah. It'll probably really awesome in this 95 degree, 100% humidity weather here in Nashville.
- Kathy: It's all good. It's all good. I'm excited about it.
- Corinne C.: It'll be worth it.
- Kathy: Yup. Definitely worth it.
- Corinne C.: All right, guys. That's it for today. I hope you enjoyed a little look inside of our crazy and brutally honest talk about our legs. We'll talk to you soon.



I hope you enjoyed today's show. I'd love to help you with your weight loss, too. Come on over to [pntribeshow.com](http://pntribeshow.com). That's P as in Paul, N as in now, and P as in Paul, [tribeshow.com](http://tribeshow.com). You'll find a free course that is sure to give you more tips and things you can do starting today to lose weight. I'm on a mission to make sure every woman has what they need to change their life, just like me.