

Josh Anderson and Sarah-Jane Bedwell Interview

Josh: Today I have Sarah-Jane Bedwell registered dietitian and author of the upcoming *Schedule Me Skinny* which is to be released December 31st of this year. So first of tell me a little bit about your background and you how actually got in the nutrition realm?

Sarah-Jane: Sure, well I started out as the exercise science major in college, I was the collegiate cross country runner and so I was always interested in the human body and how it works and I thought I knew a lot about nutrition because I knew a lot about fitness but that wasn't really the case and I thought in order to be a great runner I needed to cut a lot of foods out of my diet and so I cut things like lean beef and certain types of fats and things like that. Thinking that, that would make me a leaner, stronger runner and actually become severely anemic. Which means my iron levels were really low and so it actually hurt my running performance and I could not run as long and as fast as I had been able to and I thought originally when I was having this problems that something was wrong my muscle and so I went to all this different doctors and sport medicine specialist and physical therapist and nobody could figure out what was wrong until one doctor finally suggested I had a blood test and that is when I found out I was severely anemic and thankfully they also recommended that I go see a dietitian and so I did and that was my first experience with the registered dietitian and it was great and I learned so much and so the spring semester of my senior year. I decided to change my major at the last minute and I am glad I did.

Josh: Yes very interesting so that led you into blogging and I am taking it and then to becoming an author?

Sarah-Jane: Yeah, actually my very first job as a registered dietitian was at a kidney dialysis clinic and that was really hard because a lot of the patients are at the end of their lives and it was really sad especially knowing as a dietitian that the top two courses of kidney failure are uncontrolled diabetes and uncontrolled hypertension and both of those things can be managed through good nutrition and so I really wanted to get on the preventative side of things. So eventually I opened my own private practice and started my own blog and then that led to me having a job with Self Magazine as their food and nutrition blogger and then from there with more media exposure, I was able to land the book deal, so yeah.

Josh: Very cool well so let's just jump into your book then so like I said the book is coming out on the December 31st it is called *Schedule Me Skinny*. So just tell me a little bit about the book, just give me the pitch for it.

Sarah-Jane: Yeah, so the book really is all about planning and how just spending 30 minutes once a week, doing a strategic what I call a "power plan". You set yourself up for the success for the week and you can reach your goals whether that's to lose weight or eat healthier or just feel better and more energetic and it really all does come down to planning and so I have this power plan lined up for readers in the book that breaks those 30 minute down into actionable steps. But if they did it once a week, they are set up for success but we all know that sometimes we even fail to plan. So I also have plan B meals in the book and so that way you always have a plan B and it doesn't haven't to be desperately going through the drive-thru. So even when things haven't gone like you planned and you haven't had time to go to the grocery store in several weeks, if you keep your pantry and freezer stocked with the items that I have on the plan B grocery list then you can make a healthy meal in 30 minutes or less even when you haven't had time to shop.

Josh: Wow! That is good that is interesting, you always need that plan B.

Sarah-Jane: Yes exactly and I also include for the times when you do end up going out, I have restaurant suggestions on what to order at different types of restaurants, whether that would be Italian or Mexican or Asian or a steak house. So just really helping people kind of overall manage their healthy eating and making that process easier for readers, it is kind of the goal behind that book.

Josh: Great can you give me an example just a small example of something that goes in the strategic power plan just for my listeners to get a better understanding of it?

Sarah-Jane: Sure, so there are basically three parts to the strategic power plan the first part is making your grocery list and I have all types of tips for basically getting you in and out of the grocery store quicker. Because the food marketing institute reports that for every one minute we spend in the store we spend two dollars, so if we can get in and out quicker we are just going to spend less money and to do this we need to divide our list to certain areas of the store. So you are not running back and forth for the first item and then the second item and then the third item you are getting all the items from produce at once and all the items from your meat department at once and it is really streamlining the process. So that is one example of up the tips from the grocery store planning aspect.

Then the second part is actually planning your meals; and I actually have a meal planning tool in the book itself that acts kind of the chart and helps you to kind of think through your week. I have basically asked readers some questions like; what nights do you know you are going to be going out this week, what nights are going to be really crazy and what plans for leftover's on those nights. And so really kind of take you through the process of actually planning the meal and then the third step of the power planning are really actually doing some hands on prep. So I give meal plan examples and say okay to really set this up so it come together in minutes during the week, we need to chop this vegetables in advance cook this quinoa in advance. Basically doing some of that pre prep on the weekend so that on those busy week nights you are just throwing it together, literally.

Josh: Yeah that makes complete sense that is very interesting, what do you think is like the biggest misunderstanding that people have with nutrition nowadays?

Sarah-Jane: Well there is a lot of misunderstanding because there is showing this information out there but I would say one of the biggest is that it takes a lot of the time and a lot of money to eat healthfully and I think it does take some time and money, but I don't think it has to take any more than if you are going out to eat all the time. Because actually able to get the same quality or even better quality food for less money. It really is just about knowing the tricks of the trade and I have a whole chapter in the book on grocery shopping that includes tips for saving money on healthy food in the grocery store too. I have even had a list my top ten healthy foods for two dollars or less. So that just proves it doesn't take lots of money of even lots of time to do this.

Josh: Oh yeah that is very helpful too, because you always hear about people complaining that it costs too much money to be healthy and that is awesome that you are explaining all that. I got a couple more questions before we wrap it up if that is okay?

Sarah-Jane: Sure.

Josh: Do you have any last piece of advice you give to the readers beside go buy this very interesting book?

Sarah-Jane: Well I think really always have a plan and always have a plan B that is the message of the book. I think that is really applies to life whether you're planning for exercise or budgeting or eating really having a plan and taking time to plan may take a little time on the front end but it will save load of time and stress overall.

Josh: Great and where could you be reached at if anybody has any questions or anything?

Sarah-Jane: Yeah everybody can get on my website and that is www.sarahjanebedwell.com, just like my name, and there is place where they can contact me or if they are on twitter. My twitter handle is @sarahjanerd.

Josh: @Sarahjanerd... okay got it that is basically all the questions I have for the interview and I thank you very much for doing this for me for taking the time.

Sarah-Jane: Of course I am very happy to do it, thank you so much Josh, I really appreciate you thinking of me.

Josh: Once again thank you very much Sarah-Jane.

Sarah-Jane: Alright no problem and I will send that right over to you thanks Josh.

Josh: Thank you bye.

Sarah-Jane: Have a good night bye.