

Ep. 0001, RUNNING FAT CHEF PODCAST X W. ERIC SNELL & L. SHAUNTAY SNELL

*HOW THE F*CK DID YOU GET FAMOUS WITH W. ERIC SNELL & L. SHAUNTAY SNELL*

Transcription Details

File type: Audio to Text
Time: 49:45 minutes
File Name: RFC Podcast Season 1 with W. Eric Snell

Transcript by Tahnee Chung

Transcription Results

Latoya Shauntay Snell:

So hey, my name is Latoya Shauntay Snell. I'm an ultra-runner, former culinarian, multi-sport athlete, baby powerlifter, writer, content creator, Mom, wife, friend, potty-mouth expert. Did I miss a role? Anyway, all these roles have something in common, storytelling. And as a storyteller, that's what I've planned to do. My way of course. Welcome to the Running Fat Chef Podcast.

Latoya Shauntay Snell:

The Running Fat Chef Podcast is primarily powered by you. Yes, you. Consider buying us a cup of coffee, maybe some dope ingredients for my next creative meal. Or show a girl some love by visiting ko-fi.com. That's ko-fi.com/runningfatchef. Bonus for y'all. Are you a business owner, entrepreneur, or have a service that you like to promote? Well, honey, why not here? Sponsoring episode here on the Running Fat Chef Podcast. Check out the show notes for more details.

W. Eric Snell:

Good morning. Hey, babe. Welcome to your podcast. Yay. It's your podcast.

Latoya Shauntay Snell:

Yay. I made a podcast.

W. Eric Snell:

All right. So, who are you?

Latoya Shauntay Snell:

Just gonna jump right into it. Okay.

W. Eric Snell:

Yeah man. I don't know what else to do here. I feel like I know you pretty well. But people who are listening may also know you, but remind them.

Latoya Shauntay Snell:

Yeah, well, you know, just in case you don't know me. Hi, guys. My name is Latoya Shauntay Snell, I am the food and fitness blogger of a website called Running Fat Chef. And after having this what since August 17, 2016, to not be exact. Since haven't it for that long I thought that the most natural thing to do is to kind of take those scribes or take my thoughts, and just turn it into a podcast. Because why not? I think everybody else has already been doing that. But I told myself that I did not want to do just any old type of podcast. So, probably for about, I'm going to say about close to two years. I've been trying to figure out what kind of podcast that I want to do. And then I spent another year overthinking, oh my god, this is going to be a basic bitch Podcast, where people are going to come onto my show, and I'm going to ask them a bunch of Google loaded questions that they can find in like five minutes, that might be more interesting than me. So I said, let's score that. Let me just do a podcast where I interview people, and ask them about everyday shit. Because I think that you can get the fastest known times on the internet, that there are 10 to 20 other podcasts out there that will ask all of those race stats and race day kind of thought processes. And while that's great, and I do enjoy those podcasts, I always ask myself, what can I ask if this person was in my living room, if they were sitting in front of me. What would I say to them aside from making them a plate of food, asking them what kind of favorite drink did they have? And just being human. That's the reason why I've created this.

W. Eric Snell:

Yeah, I guess. Yeah.

Latoya Shauntay Snell:

Are you not impressed?

W. Eric Snell:

No, not generally. I'm here for this initial one. So, I'm the husband character. Hi, everybody. This is Eric. Some of you might have seen me on her Instagram, and other things that I try to avoid.

Latoya Shauntay Snell:

I intend to call you husband accessory thanks very much.

W. Eric Snell:

But I am very proud of my wife and she asked me to do this. So, that's what we're gonna do. You have to bear with me because I'm new to this whole public speaking thing, even though this is a podcast, and we're just sitting here, the two of us. Knowing that this is going out to people who are going to hear me who I don't know is a little nerve wracking, but I'm going to do my best.

Latoya Shauntay Snell:

Well, welcome to a day my life. It's not like it actually gets easier. I think that the more that my audience grows, the more that I can set myself up for failure of overthinking the process instead of reminding myself that everybody is human. We have blood and stuff flowing through our veins. And there are going to be moments where we have hiccups, make mistakes, blubber or get caught up in our own words. But the beauty of doing these things is to listen to our growth, to listen to something and hear something that is super damn relatable. And that's really the goal of this podcast is to really talk with people, not from their bios on Wikipedia, or even in cases like me being interviewed with over 100 places and asked different variations of questions in regards to your primary sport. I want to have some wholehearted just feel good conversations on here and even talk about some stuff that might make you super uncomfortable because I mean, why not? Isn't that part of real life?

W. Eric Snell:

Well, you don't make me uncomfortable. It's been too long. You've had plenty of opportunities, you tried and failed.

Latoya Shauntay Snell:

No, actually I haven't.

W. Eric Snell:

You've tried and failed, and that's fine.

Latoya Shauntay Snell:

It's been, what? 19, 20 years?

W. Eric Snell:

20 years. It'll be 20 years on May 25th of 2021. Which will be, I don't know when this is going out but fairly close. It just hit me. We're in May 2nd right now, so it's really close.

Latoya Shauntay Snell:

Look at you just snitching on the date.

W. Eric Snell:

Why do I have to snitch? The truth is the truth. Anyway. Why did you pick me for this shit? Why am I here? Like you specifically asked me to do this and why am I here?

Latoya Shauntay Snell:

Because you know me the best. And that's the long and short of it. You know me the best. And I didn't want any old person to interview me on my own podcast. I wanted someone who is not afraid to ask me questions. I wanted someone who can see me in every layer with and without judgment. Because he's shady as y'all can tell.

W. Eric Snell:

What shade? What did I do that was shady? I asked a very simple question. And I'm confused. I'm like, why am I here?

Latoya Shauntay Snell:

Why am I here?

W. Eric Snell:

I could be playing video games. Thankfully I have my coffee. So, it's not a total wash.

Latoya Shauntay Snell:

You did a really good job with this coffee hon.

W. Eric Snell:

Well, mine has alcohol in it. Yours does not. But you said you were gonna work out I don't want that coming out of your pores. You know?

Latoya Shauntay Snell:

Okay. All right. So, you were looking out for my best interest to a point but you already know what's gonna happen with this coffee afterwards.

W. Eric Snell:

It's just gonna come out in the toilet like everything else.

Latoya Shauntay Snell:

Oh, wow.

W. Eric Snell:

Diuretic, baby.

Latoya Shauntay Snell:

Wow.

W. Eric Snell:

Alright, anyway.

Latoya Shauntay Snell:

The reason why I asked you to be the person that interviewed me for this podcast is because one, you know me more than anyone else in this world. Secondly, you've seen beyond my fitness adventures. You see my highs. You see my lows. You make fun of me when I have that weird laugh when I hear something...

Latoya Shauntay Snell:

That doesn't make any sense. Or you've heard the commentary after interviews or the [crosstalk: 08:32] Yes, the cringe. The things that we may not necessarily see eye to eye on every day and I figured that if I'm going to hold that same standard here on my own podcast then why not be interviewed by someone that respects and see the world and actually experience this this type of world you know as, I don't know if I would say [crosstalk: 08:57]

W. Eric Snell:

Shrill voice

W. Eric Snell:

You got the intimate voice on you like [inaudible: 09:00]

Latoya Shauntay Snell:

I ain't rubbing your shoulder yet. [Crosstalk: 09:05] I'm leading up to that but I don't want to put that on the podcast though.

W. Eric Snell:

I think I saw a tear.

Latoya Shauntay Snell:

Do not listen to him.

W. Eric Snell:

The eyes are watery

Latoya Shauntay Snell:

Excuse me?

W. Eric Snell:

There's no dust flying around either. So you can't

Latoya Shauntay Snell:

Anyway. This is why I asked him to interview me.

W. Eric Snell:

Now for the nitty gritty because honestly I've been wanting... this has been a ride for our entire family. So in general, I leave you to your device. I support you from the back as a as I would do. From the shadows.

Latoya Shauntay Snell:

The shadows.

W. Eric Snell:

I support you from the shadows.

Latoya Shauntay Snell:

You support me side by side.

W. Eric Snell:

Nope from the shadows. I'm not one for public anything. This is something that I think about a lot. And whenever you go on a show or you do an interview and I'm like, how the hell did this happen? Not just Running Fat Chef as a whole, because I get it recording yourself and trying to put your experiences out

there and just keeping a live journal. But how the hell did the rest of this happen? Why the fuck were you ever on television?

Latoya Shauntay Snell:

I don't know either.

W. Eric Snell:

Through you this family's been on a ride. We met some famous people, you've traveled all over the world now. We've traveled all over the world now at this point as a family. Thank you hookah. But, like how the fuck did this happen? Okay. So, just to narrow it down. Let's talk about this specifically. Running Fat Chef has been a phenomena that began from just, I don't even know like an online diary. How did we get here? How do we get to, now you have a podcast? How do we get from I talk about my shit online to I talk about my shit on Good Morning America. And now we're talking about our shit on a podcast. How do we get here?

Latoya Shauntay Snell:

Well, when I think back to, and I'm trying not to sell so rehearsed. That's I don't want. What I realize is that I've done so many interviews, that I almost have a script that I hear myself.

W. Eric Snell:

I cringe.

Latoya Shauntay Snell:

Whatever, that's because you are the husband.

W. Eric Snell:

I've heard that shit so many times.

Latoya Shauntay Snell:

Yes, he loves my opener and so does my son. My son actually makes fun of it because I'll open up by introducing myself saying; hey, my name is Latoya Shauntay Snell, I'm the food and fitness blogger, I'm running [unintelligible: 12:19]

W. Eric Snell:

And then we both slap each other in the head.

Latoya Shauntay Snell:

I actually just did that here, didn't I?

W. Eric Snell:

And we go; oh, she's added again.

Latoya Shauntay Snell:

He's being funny, but he also be shady. When I think back to 2011-2012, we were both in photography school.

W. Eric Snell:

You say photography school like it was a trade college. We were in college with a major in commercial photography.

Latoya Shauntay Snell:

Yes. A major. Yes. Okay.

W. Eric Snell:

Together.

Latoya Shauntay Snell:

Well, excuse me. [Crosstalk: 13:00] trade school.

W. Eric Snell:

You followed me.

Latoya Shauntay Snell:

What?

W. Eric Snell:

You followed me because photography was my goal. And you were like...

Latoya Shauntay Snell:

No, no, no.

W. Eric Snell:

I already know how to chef. Let me learn how to use the camera now. And I was like... what. Can I live and you were like no.

Latoya Shauntay Snell:

Absolutely not. Do you remember the story accurately? You do not remember this story accurately.

W. Eric Snell:

This is the story I like.

Latoya Shauntay Snell:

What you like. No. First off my life before this was very eclectic. I have a very eclectic background. I did open mics. And you tell me if I'm actually saying something wrong here.

W. Eric Snell:

Open mic's a cringe.

Latoya Shauntay Snell:

Oh, whatever. And he would attend them and he would support them then too.

W. Eric Snell:

Yeah from the back of the room as I do?

Latoya Shauntay Snell:

Yes. As I would use him as my muse at times.

W. Eric Snell:

Which is why I was in the back of the room. So, she couldn't see me.

Latoya Shauntay Snell:

Oh, whatever.

W. Eric Snell:

Oh my God, that shit was fucking embarrassing.

Latoya Shauntay Snell:

Oh, whatever. You loved it. Anyway.

W. Eric Snell:

No. I didn't.

Latoya Shauntay Snell:

In my head the way I like to tell the story.

W. Eric Snell:

I could not be drunk enough.

Latoya Shauntay Snell:

You loved it. So, in 2003 I used to do open mics. Open Mic poetry for anyone that's like okay, what kind of open mic? Were you telling jokes? No, I'm not that witty to be telling jokes like that. 24/7 365 even though I am very shady online, and it helps. But I did that from 2003 to 2006. And we found out we were expecting land actually were able to go full. Completely thrilled because to be kind of a Debbie Downer at this moment, we've tried to conceive several times, and we've had several cases where I've miscarried.

W. Eric Snell:

Let's just say we've only had one success and now we want to throw him back.

Latoya Shauntay Snell:

You want to throw him back into the ocean.

W. Eric Snell:

I want to throw him back sometimes. Like oh my God, this kid.

Latoya Shauntay Snell:

So we were...

W. Eric Snell:

I love my son. If you hear this son, and you probably will, I love you very much. But I want to strangle you sometimes. And I know it's only gonna get worse because you're a teenager, but I'm gonna digress because we're talking about your mother right now. And PS, go take a shower, that's it.

Latoya Shauntay Snell:

Talking about me is talking about you guys. That's the thing, doing these ventures didn't just affect me, it affected us all as a family.

W. Eric Snell:

Yes.

Latoya Shauntay Snell:

You guys are there. And not just there besides us, and during the highs, you were there. And during the lows, you seen more than what anybody else could actually see online or what I can type into an online journal. You saw the hard shit. The shit that people tend to not want to talk about online. You also see other things that I'm just not at a place where I'm ready to share those things. Kind of go back to my origins, okay. I went from open mic poetry. And traveling with that to having our son William, which is his namesake, even though we don't call him William. And don't call him William if y'all see him in the street, just call him Eric.

W. Eric Snell:

What are we talking about here?

Latoya Shauntay Snell:

I'm talking about you. Oh, really.

W. Eric Snell:

Because that was weird. Like you started talking about William and then you kind of transitioning into talking about me,

Latoya Shauntay Snell:

I said, oh my God, can I tell my damn story. Whatever.

W. Eric Snell:

Sure.

Latoya Shauntay Snell:

Whatever. Anyway. There's nothing confusing about it.

W. Eric Snell:

Talk to yourself.

Latoya Shauntay Snell:

William, is named after you. Okay. All right. [Unintelligible: 16:58] to think twice why did I have you interview me? Anyway...

W. Eric Snell:

Exactly. Why am I here?

Latoya Shauntay Snell:

You just irk my nerves. Anyway, we're gonna go on with this damn story. So, fast forward years later, I can't skip around as part of the story. So, was it 2013? No, it was the year of Hurricane Sandy. So, it was like 2011, 2012. I end up learning that I had sciatica disc degeneration. My doctor was just like, hey, you've got a lot of things going on here health wise, and you need to make some lifestyle changes. And like many people, the first thing that you think of is weight loss. And this is not to take away from anyone who's trying to lose weight. Nor do I want you to think that this podcast is going to be about diet talk. That's not what this podcast is about. This is about getting feel good stories, fucked up stories and all in between. So, I started off my fitness journey, but with the attempts of losing weight so I can experience life or that's what I thought it would be. And what it turned into was a full fledge adventure. I did things that a lot of people would turn their heads and be like, you did that and why? Particularly like jumping out of a perfectly good airplane. I know skydiving scared the hell out of you. Your mom actually called me a fucking idiot.

W. Eric Snell:

Because I love my mom. My mom, she thinks things out loud.

Latoya Shauntay Snell:

Yes, she does. Just like the good mother-in-law will.

W. Eric Snell:

[Crosstalk: 18:39] inside the thoughts come out. And she's not wrong.

Latoya Shauntay Snell:

Wow, I'm a fucking idiot for jumping out of an airplane?

W. Eric Snell:

Why did you do that?

Latoya Shauntay Snell:

It was something on my bucket list.

W. Eric Snell:

Okay, good.

Latoya Shauntay Snell:

See, this is why I'm the adventurer. Even though we're two Geminis.

W. Eric Snell:

That's right. But you're also afraid of heights. Which is weird. You'll jump out of an airplane but you won't go on the roof. I don't fucking understand you. If I do a shoot on the roof she won't come up there.

W. Eric Snell:

I'm not going up there. No, I won't. But she'll jump out of a fucking airplane or hang glide off the edge of a goddamn cliff. And I don't understand you at all.

Latoya Shauntay Snell:

It's for the thrill. On the roof, I don't know, you gonna have to give me some type of incentive to go up there on the roof. I'm not doing anybody's roller coaster ride. And yes, I am definitely claustrophobic in certain environments, like airplanes. But I figured if I'm going to do some of these things, it is more than just a mantra dude afraid I would literally have to do this every time afraid. There's no way that I would be able to experience traveling to France or traveling to certain parts of like Europe, One of the most exciting trips that we've done so far, which was traveling to Tokyo. That was great.

W. Eric Snell:

Yeah. Oh, my god.

Latoya Shauntay Snell:

I missed Tokyo.

W. Eric Snell:

Fuck you pandemic. You ruined my Tokyo trip.

Latoya Shauntay Snell:

Yeah, we were supposed to go back second year.

W. Eric Snell:

The damn, everything was booked, fuck you pandemic.

Latoya Shauntay Snell:

It also doubled as our anniversary trip so that really blew.

W. Eric Snell:

Way to ruin an annual trip there, fucking Coronavirus.

Latoya Shauntay Snell:

Anyhow. I took on these things with the intends of, I wanted to see a different version of me that thrived inside of my head, but not in my everyday life. I wanted something to match my personality, my personality is very loud, very extra.

W. Eric Snell:

Yes you are loud.

Latoya Shauntay Snell:

Even though I do have a lot of quiet moments that I don't typically share online. Because you guys would probably be bored. But after a year of doing this, I eventually started realizing that none of this had anything to really do with weight loss. It was just more like, I want to be this adventurer forever. I want to constantly challenge myself that I am capable of doing hard things. And if anyone's ever taken the time to read my super long, 10-minute bio, that's not an exaggeration. I have two BIOS if you want to read the shorter one, you're more than welcome. But if you want to read longer one it's definitely available on the website.

W. Eric Snell:

Yeah. That's not what we're here for. Let's skip ahead. Alright, so. Yayy.

Latoya Shauntay Snell:

You're an asshole. The point is to say that I am a recovering self-defeatist.

W. Eric Snell:

Word.

Latoya Shauntay Snell:

And this recovering self-defeatist [unintelligible: 21:26] doing podcast

W. Eric Snell:

And long-winded.

Latoya Shauntay Snell:

To be fucking hard.

Latoya Shauntay Snell:

Did you know that your girl is selling merch? Yep, you damn skippy I am. If you're looking for a dope crop-top, a hoodie that can dilute the salt from all of your haters, or a mug that will make you feel just as good as your morning brew. Checkout runningfat.chef.com. That's right, runningfatchef.com. Don't whisper it baby. One more time, runningfatchef.com. Rep your favorite fit, fat, athlete gear today.

W. Eric Snell:

What's next?

Latoya Shauntay Snell:

Don't worry about it. Let's give you a little bit of a heads up though. This may be, while we're riffing off of each other and shit and...

Latoya Shauntay Snell:

Don't use the word rift. Excuse me. Don't tell me what I can say on my fucking podcast. This is probably the most f words you gonna actually hear on this podcast.

W. Eric Snell:

But I ain't gonna be here all the time to be dropping them as I do with my New Yorker accent.

Latoya Shauntay Snell:

Oh, my gosh. No, no, no, no, no. Okay, so the podcast, just want you to get an understanding of the way the podcast is gonna work. We're looking at 45, 50 minute interviews. That means that these podcasts are probably not going to be anything over an hour unless the guest actually takes me there. But doubt it.

W. Eric Snell:

Focus on the interview podcast? Are you, because I'm not gonna be a part of it? I'm gonna be cringing in the corner as you record.

Latoya Shauntay Snell:

Yes. He actually does.

W. Eric Snell:

So, are you going to be doing solo talks to or like talking to yourself into the microphone?

Latoya Shauntay Snell:

It'll be very rare.

W. Eric Snell:

It would be the same thing like you writing your blog.

Latoya Shauntay Snell:

Yeah it would be but no, I think that I just want to stick to interviews.

W. Eric Snell:

It could be all like, oh man, I was running today, and then I crapped myself. And let me tell you what that was like.

Latoya Shauntay Snell:

That was my first blog post.

W. Eric Snell:

This time you don't have to write it. You could tell the microphone and then... oh man, there was nuggets and corn.

Latoya Shauntay Snell:

I was not that descriptive.

W. Eric Snell:

There were chunks.

Latoya Shauntay Snell:

The goal of this podcast is to interview people and get them to be a storyteller of their own lives. And to tell it from a perspective, whereas not like I'm sitting in front of 60,000 cameras in front of Good Morning America, or the Today's show. That is not just a list of generic questions to appease an audience. I want them to be able to tell a chapter out of their book the way that they see fit. That will inspire others. That will make others laugh. That will make others feel seen. That is the goal of this.

W. Eric Snell:

You did that with your interview voice too. I don't know if you notice.

Latoya Shauntay Snell:

What intimate voice?

W. Eric Snell:

You were like, and this is the goal of the podcast to talk like this.

Latoya Shauntay Snell:

Oh, he's such a troll.

W. Eric Snell:

And make everyone feel comfortable.

Latoya Shauntay Snell:

Go blow it out your ass.

W. Eric Snell:

And hopefully not put anyone to sleep. Okay. So, now we're doing this, we're recording, you've got a few in the can already.

Latoya Shauntay Snell:

Yes I do.

W. Eric Snell:

And so, what was the process behind putting this thing together?

Latoya Shauntay Snell:

Oh man. Well, what people don't tell you about podcasting is that there's a lot of damn research and work. In order to make this podcast happen it means that I actually had to Google Search some of these people that I consider friends like almost everybody [crosstalk: 25:30]

W. Eric Snell:

I thought you said this wasn't google able information. That is a word now.

Latoya Shauntay Snell:

Excuse me. Yes it is. It is a word. And I'm glad that you're able to say that better than I am. I get tongue tied.

W. Eric Snell:

You are terrible. Google able. Say it. Google able.

Latoya Shauntay Snell:

Don't have me pronounce it on here. Google able. I told you I can't say it. No, I had to Google Search [crosstalk: 26:02]. No I'm not, this will not turn into that.

W. Eric Snell:

[Unintelligible: 26:08] that's how she says it.

Latoya Shauntay Snell:

I have a bit of a lisp that you will hear.

W. Eric Snell:

[Unintelligible: 26:15] No man, now you're [inaudible: 26:17] this shit out.

Latoya Shauntay Snell:

I thought about it this time...

W. Eric Snell:

Say it like how you always say it.

Latoya Shauntay Snell:

[Unintelligible: 26:31] See, it's not gonna be your first time on this podcast now. It's not gonna be your only time.

W. Eric Snell:

It's my only time.

Latoya Shauntay Snell:

No. It's not gonna be your only time. People are going to want you to come back

W. Eric Snell:

When we first started dating I wasn't sure she was trolling me with that. I was like, you serious?

Latoya Shauntay Snell:

And then you heard my mom say it. And then you realized...

W. Eric Snell:

What am I getting into?

Latoya Shauntay Snell:

And meanwhile it's been 20 years.

W. Eric Snell:

Oh fuck. What am I getting into?

Latoya Shauntay Snell:

Oh, geez.

W. Eric Snell:

The whole family does this shit.

Latoya Shauntay Snell:

I wonder if our son does that.

W. Eric Snell:

No, he does not. He learned from me not you.

Latoya Shauntay Snell:

Whatever. Damn.

W. Eric Snell:

He says words like [inaudible: 27:16].

Latoya Shauntay Snell:

I don't even know what a damn [inaudible: 27:16] was

W. Eric Snell:

That was the process. I'm sorry.

Latoya Shauntay Snell:

Thought process. Yes. Okay.

W. Eric Snell:

Yeah, sorry. No I'm not.

Latoya Shauntay Snell:

No, he's really not.

W. Eric Snell:

Derail, derail, derail.

Latoya Shauntay Snell:

The thought process.

W. Eric Snell:

[Unintelligible: 27:38]

Latoya Shauntay Snell:

Oh, my gosh. I'm never going to get this out.

W. Eric Snell:

Yes, go ahead.

Latoya Shauntay Snell:

Okay, hold up [crosstalk: 27:41]

W. Eric Snell:

Take a sip of your coffee. [Crosstalk: 27:42]

Latoya Shauntay Snell:

Let's breathe. Okay, we're gonna reset. Okay, now we got it out our system. [Crosstalk: 27:53]. No, we don't. We really don't. [Crosstalk: 27:54-27:57].

Latoya Shauntay Snell:

I literally had to research my friends on Google,

W. Eric Snell:

Which is stalker ish. I'm just saying.

Latoya Shauntay Snell:

You say what now.

W. Eric Snell:

Which is kind of stalker ish. I never research my friends.

Latoya Shauntay Snell:

I had no choice. All my friends happen to be in the media.

W. Eric Snell:

Are you trying to say my friends aren't famous?

Latoya Shauntay Snell:

Oh, here we go. Not everyone that I will be interviewing...

W. Eric Snell:

[Crosstalk: 28:20] people here. I mean, they're not really but they could be

Latoya Shauntay Snell:

[Inaudible: 28:25] people that I'm actually interviewing and I'm already set up to interview on this podcast, may not have a large following. I'm looking at interviewing everyday people. I'm looking at interviewing people who have a large following, some people who have a medium following. I would think that even me, don't gonna me wrong I have a relatively large following, but it's not so large that I'm Beyoncé status.

W. Eric Snell:

So is this just gonna be like fitness professionals?

Latoya Shauntay Snell:

No, I do not want to limit this to fitness professionals. There'll be some people on to the podcast I'm going to be interviewing, who are nutritionists, people who are in the food industry, some people who just like, I have a primary profession. Maybe by day I'm a lawyer, Doctor, whatever, fit in the blank. But I just happen to love running, cycling, powerlifting, choke slamming people, whatever the case may be, I just want to be able to interview everyday people. I want to take away the titles for one or two minutes, and really get to know people outside of Google. That's the point of me Google searching them. I want to Google search them to see what's already out there. And what questions have been asked over and over and over again.

W. Eric Snell:

[Crosstalk: 29:48] their first dog or cat or whatever. I'm in you know, how old were you when you got your first dog?

Latoya Shauntay Snell:

When you got Rover?

W. Eric Snell:

Rover? Who calls their fucking...? I thought that was like a TV thing.

Latoya Shauntay Snell:

It is a TV thing.

W. Eric Snell:

I've never seen a Rover in real life.

Latoya Shauntay Snell:

I've never me a Rover.

W. Eric Snell:

I've seen some weird fucking dog names like Chase. I don't think Chases do [unintelligible: 30:09]. Chace is weird. [Inaudible: 30:11] fucking all of our dog names around it's like Peewee and Pepe and will kind of like that.

Latoya Shauntay Snell:

They got real names. I mean, some of them are called Frankie

W. Eric Snell:

Yeah, I mean some people name their dogs after their sisters or whatever it is. I mean, I don't know what that's supposed to say about their, you know, but I'm saying that to...

Latoya Shauntay Snell:

This is not good for my brain you know that right? Like my brain goes from here and New Mexico.

W. Eric Snell:

We live in the hood yo. It's real. Well, it is was the hood now it's gentrify hood.

Latoya Shauntay Snell:

Yeah it's definitely gentrified as hell.

W. Eric Snell:

Anyway. That's a different thing that we're not talking about right now.

Latoya Shauntay Snell:

Yeah, definitely. I think I have enough episodes actually recorded [crosstalk: 30:56] a little bit of that.

W. Eric Snell:

Go ahead. So yeah. Whoo. Not sending my inside thought outside. So, even though they're not going to be all fitness professionals. They're going to be in the fitness space that is fine, right?

Latoya Shauntay Snell:

Not not all. Here's the thing. I think that so many people emphasize. And when I google myself, I see more articles about my fitness endeavors that barely anything gets touched on, on the culinary side. Yes, I want to talk about food sometimes.

W. Eric Snell:

We can talk about food. Well, you could talk about food because I'm going to be playing Final Fantasy.

Latoya Shauntay Snell:

[Crosstalk: 31:53] and whoever you know, goes on the podcast. And you know, if we happen to bring it there, which I have, there's a couple episodes where I've asked people about their culinary favorites and how they cook and their process. I don't want this to just be all about fitness. Maybe that's what got you here but understand that listening to this podcast, we can go anywhere. We can go from talking about fitness and food to talking about somebody's Grandma, you know, twerking on the side walk.

W. Eric Snell:

Why do you got to do Grandma like that? Grandma Twerk. I've seen it it's on Tik Tok.

Latoya Shauntay Snell:

Grandma's a human being too.

W. Eric Snell:

I'm not on Tik Tok but she is a lot.

Latoya Shauntay Snell:

Don't act like you don't like Tik Tok.

W. Eric Snell:

Some of them are funny. But I only know about them because of you and other podcasts I listen to that watch Tik Tok a lot.

Latoya Shauntay Snell:

I want the grandparent that listens to this podcast, because there are some grandparents who follow me.

W. Eric Snell:

Who twerk.

Latoya Shauntay Snell:

Yes, I want the grandparents who twerk to listen to this podcast and feel [crosstalk: 32:52]

W. Eric Snell:

Twerking sucks. I hate this fucking dance so much.

Latoya Shauntay Snell:

Twerking has a history.

W. Eric Snell:

When it became a thing

Latoya Shauntay Snell:

And it's a sport

W. Eric Snell:

Like when it was huge. Yeah, no, that's weird. When it became a thing that was like literally everywhere and then people stop learning how to dance properly to just shake their ass and I was like, no, I'm out. I'm out.

Latoya Shauntay Snell:

Now this is where our views differ. I have hips and I have ass but I do not know how to twerk.

W. Eric Snell:

I see bitches with no ass twerking. [Crosstalk: 33:23-33:35]

Latoya Shauntay Snell:

This is why he's not on this podcast. Okay. [Inaudible: 33:38]

W. Eric Snell:

I see chicks twerking it back.

Latoya Shauntay Snell:

This motherfucker said bitches with no ass. I just can't take him nowhere.

W. Eric Snell:

I'm like my mother. The inside thoughts come outside.

Latoya Shauntay Snell:

Right. And this is what I sound like. If y'all think I'm extra online, this is what we sound like on a regular basis in here.

W. Eric Snell:

You know that chicks be out there twerking it back. They just be doing stretching exercising cause they don't know.

Latoya Shauntay Snell:

This is equal opportunity bitches

W. Eric Snell:

[Crosstalk: 34:09] supposed to be moving. But no, but I digress. This dance, I hate this dance.

Latoya Shauntay Snell:

You gotta learn about the history of the dance.

W. Eric Snell:

I never liked twerking. I never liked it.

Latoya Shauntay Snell:

Twerking can be traced back to the motherland.

W. Eric Snell:

Give me the heel toe or the Harlem Shake. I'm all about those dances.

Latoya Shauntay Snell:

Those have history too.

W. Eric Snell:

I know they do. Everything old becomes new again. And I get it. That doesn't mean I have to like everything. When motherfuckers came back out with the tight pants, I was like, what is happening? And now I'm back to wearing... now I'm wearing for the pants. I didn't grow up in the 70s when tight pants were the thing and everybody was wearing Converse. That wasn't my life. But my era was baggy jeans and Tims. That's my era. And then motherfuckers jumped out the window like alright, remember when tight pants were cool. And the rest of us were like, what the fuck are these niggas wearing?

Latoya Shauntay Snell:

Damn, you just gonna break all the fucking rules in my podcast.

W. Eric Snell:

You told me they were no rules.

Latoya Shauntay Snell:

Okay, fair game. So yeah, that's true.

W. Eric Snell:

And then after making fun of these dudes for like a year. Then the dudes that were making fun of them starting wearing tight pants. I say what is happening? Life is weird.

Latoya Shauntay Snell:

What is going on with this podcast episode?

W. Eric Snell:

Oh, I'm sorry. This is your podcast.

Latoya Shauntay Snell:

Yes. But you are technically the person that interviewed me [crosstalk: 35:36]

W. Eric Snell:

This isn't much of an interview now I'm just venting.

Latoya Shauntay Snell:

I know.

W. Eric Snell:

Where you tight pants at, it's over now. You can have it.

Latoya Shauntay Snell:

And I thought you said that you don't feel comfortable talking.

W. Eric Snell:

Well I didn't, but there is alcohol in my coffee.

Latoya Shauntay Snell:

That's your fault. See, and you said that you didn't give me alcohol in my coffee.

W. Eric Snell:

I'm almost done.

Latoya Shauntay Snell:

Are you now?

W. Eric Snell:

Yeah, look. You can't see it people who are online. She can see it. [Crosstalk: 36:01] they're listening to it online. That's where podcasts live. Right. Look through your feelings. You know this be true.

Latoya Shauntay Snell:

I hate you. I love you.

W. Eric Snell:

Alright, sorry. Back on Track now.

Latoya Shauntay Snell:

Yes.

W. Eric Snell:

All right. There's a song called tight pants by Ninja Sonic. Everybody go find it on YouTube. It's fucking stupid as hell. And I love that song.

Latoya Shauntay Snell:

You're just corrupting my feed.

W. Eric Snell:

Okay. So, you're talking to a bunch of people about a bunch of stuff.

Latoya Shauntay Snell:

Yes.

W. Eric Snell:

We know this, we got past that point. But what about you? What about you? In these interview process that you're doing, how much of you are you injecting it these interviews? Are you going through shared experiences? Or are you just listening. How are we doing this?

Latoya Shauntay Snell:

The goal in this is to actually hear something that I can relate to. As much as we've been joking back and forth, right, you know how hard 2020 hit me. We all been here, you know, we've both been here together through this process, and it's been brutal. And what I was able to get from running, cycling, now I'm actually swimming, which is kind of damn weird. That's a different story in itself. Powerlifting is the sense of community. And for this extrovert 2020, meant that a lot of us had to stay home, which means you don't show up to your race environments. That means that you don't really get to physically in person interact with people. We became zoomed the fuck out. We're operating on our computers, we don't have boundaries. And when I'm able to do these interviews with people in some kind of way, I feel connected. I feel super connected with the people who I'm interviewing. And I see parts of myself, and then there's other areas where I'm like, oh, I never thought about it from that perspective. Well, some of the interviews I've done so far, we've been able to touch on online trolling, the pay gap, very serious issues. And then I was able to connect with other guests, where we were able to talk about food, similarities and differences. And I feel like, by the end of the interview, not only did I learn the athlete, but I got to learn this human being who I personally consider, friends, or some of them that I've interviewed I consider them like family. I feel like I've learned something more about them that I'd had no idea about. So, it's not just to inform the people whose listening to this podcast, but it's really to actually give me something too. I don't think that anyone who conducts interviews are just trying to do their job in some kind of small way, shape or form we're trying to always grow with our guests. And we're able to take one or two nuggets from that dialogue, whether it's 40 minutes, or in my case, 40 to 60 minutes of sitting down with someone. I feel like I've become just a little bit smarter. I have a different perspective that I'm able to take and put into my back pocket and just a little bit more humanity. I feel connected. I feel like they're in my house. And I'm able to make that figurative plate, offer them that cup of coffee or water or booze. We're just existing in this moment. We're just being in this moment, versus worrying about the hustle and bustle of what's the next thing that we have to do on the agenda? What's the next thing on our grind? Yeah, I get that and so much more.

W. Eric Snell:

I feel like I should have been meditating while you were saying that.

Latoya Shauntay Snell:

Oh, my gosh, you

W. Eric Snell:

No, no that was good.

Latoya Shauntay Snell:

That was good now. I got your approval.

W. Eric Snell:

That was good. Like we should have been in a class on some mats. Really? Like who am I?

Latoya Shauntay Snell:

My voice give you one of these interviews.

W. Eric Snell:

No, no, no, just now.

Latoya Shauntay Snell:

Just now.

W. Eric Snell:

No, just in this moment. Just now. I feel like I should have been like, you know, they should have been some very, very light [crosstalk: 40:59] music in the background.

Latoya Shauntay Snell:

It's already bad enough that everybody's kind of say like, you have this hood Zen thing going on.

W. Eric Snell:

Yeah. There you go. What's hood Zen? I know what Zen is. How do you be Zen in the hood? You sit on your stoop with your eyes closed and let the world destroy itself around you?

Latoya Shauntay Snell:

That's a good way of putting it.

W. Eric Snell:

I mean, that's what we do.

Latoya Shauntay Snell:

Damn. Is it though? Hood Zen. You know you just gave me something.

W. Eric Snell:

I didn't say hood Zen. You said, hood Zen.

Latoya Shauntay Snell:

Yeah, I know. But you just gave me something now. I mean, look at me [crosstalk: 41:39].

W. Eric Snell:

Stop stealing my ideas.

Latoya Shauntay Snell:

What?

W. Eric Snell:

In the shadows.

Latoya Shauntay Snell:

Y'all understand why I asked my husband to interview me? Because I don't think anybody else could ever pull me this much, at least not on a recorded anything could ever pull this out of me. No, there's no way I would be sitting in front of a Barbara Walters or Oprah talking like this on a damn interview. And like, oh my God did I really just say that to the world?

W. Eric Snell:

Hood Zen.

Latoya Shauntay Snell:

No, not the hood Zen.

W. Eric Snell:

I think Barbara Walters could get you with the hood Zen.

Latoya Shauntay Snell:

Really? You think so?

W. Eric Snell:

I don't know man, she's been around a long time.

Latoya Shauntay Snell:

I know, man. Yeah, Barbara is kind of a G in this game. I don't know.

W. Eric Snell:

You don't know. She's probably from the projects too. Started from the bottom now we're here. I don't know her background. I don't know her life.

Latoya Shauntay Snell:

No, I don't. I don't know Barbara's struggle okay.

W. Eric Snell:

Word.

Latoya Shauntay Snell:

She probably from these streets. I'm excited about this venture. I've been damn petrified about it. Because it takes a lot to do a podcast. I think a lot of people just think like, okay, we know I hit the record button, and that's it. There's podcast art, there's the money that goes into it, the editing process, the show notes

W. Eric Snell:

From viewers like you.

Latoya Shauntay Snell:

From viewers like you. But there's so many elements. It's gonna be as simple or as hard as you want it to be. And for me, I'm just like, I'm not looking for some ultra-clean podcast where there's no profanity. Oh, we can't say that. No, I want you to be as uncensored as possible with a level of respect.

W. Eric Snell:

Just get the clicks.

Latoya Shauntay Snell:

Oh, you trying to call me a click baiter?

W. Eric Snell:

I didn't try.

Latoya Shauntay Snell:

You motherfucker.

W. Eric Snell:

All right. With that being said,

Latoya Shauntay Snell:

Yes.

W. Eric Snell:

We're gonna wrap this one up. It was good sharing coffee with you? And doing what we'd normally would be doing without microphones anyway. Except that I know who you are.

Latoya Shauntay Snell:

Yes.

W. Eric Snell:

And now hopefully your audience knows

Latoya Shauntay Snell:

Another layer that I don't tend to share on interview of who I am.

W. Eric Snell:

Right. So, there's that. And to anyone still here, thank you for hanging around. Hopefully we weren't too loud.

Latoya Shauntay Snell:

Yeah, cause I do have a loud [crosstalk: 44:22]

W. Eric Snell:

She cackles, she has a shrill voice. And I understand and I've heard it for 20 years. I know.

Latoya Shauntay Snell:

I don't cackle as much on the podcast because I don't want to get [crosstalk: 44:31].

W. Eric Snell:

She puts on her professional laugh. I hear the witches cackle.

Latoya Shauntay Snell:

What does my professional laugh sound like?

W. Eric Snell:

Hahaha

Latoya Shauntay Snell:

No it does not sound like that.

W. Eric Snell:

Your son will tell you what your professional laugh sounds like.

Latoya Shauntay Snell:

Really. I do not have a...

W. Eric Snell:

Something like that I don't know. You know what's funny? I was at work the other day, and I realized that I have a professional laugh too.

Latoya Shauntay Snell:

Yes, you do.

W. Eric Snell:

I looked at myself and I was like, what the fuck are you doing? I don't even care what are you laughing at right there? That joke wasn't funny. Why are you laughing at it? And then my professional laugh came out. Well, you know, you gotta be professional in certain situations.

Latoya Shauntay Snell:

Yes, you do.

W. Eric Snell:

Right. You know, that's how networking works.

Latoya Shauntay Snell:

This is definitely not one of them.

W. Eric Snell:

This is off topic completely. Because the show is over.

Latoya Shauntay Snell:

The show was definitely. It was supposed to over. Here's the thing. Here's one of the things I think that he's actually forgot to ask me.

W. Eric Snell:

She keeps forgetting to put the mic near her mouth when she talks into it?

Latoya Shauntay Snell:

Okay, so well, at least when I'm recording these episodes, I'll be actually sitting at a computer, at least for right now. But when we actually do have the world a little bit more open than what we are right now then hopefully, I'll be able to do these podcasts sitting in front of my guests. Because I missed that. This whole computer shit.

W. Eric Snell:

You can't come over to my house if you're not fucking vaccinated. You're not doing that.

Latoya Shauntay Snell:

Jesus.

W. Eric Snell:

Right. Get your vaccines.

Latoya Shauntay Snell:

Here we go. I'm pushing.

W. Eric Snell:

That's right. I'm pushing an agenda. Get your vaccine, like [unintelligible: 46:40].

Latoya Shauntay Snell:

My Lord. Anywho. One of the things that I'm going to ask every person on this podcast is when you take away your professional roles, who are you to you? And I realized that, that actually is a very layered question. And it was actually pretty hard for a lot of people to answer. So, I think it's only fear that I have to answer that. And I don't know if I can actually answer that right now. I didn't realize how hard that would be now thinking about that in hindsight. I think I'm gonna actually learn how to answer that question along this season. Yes, this is going to be a season and there will be a season 2 and season 3 if you guys like it. But I'm going to figure out how to answer that question. Because right now, maybe that is the purpose of this podcast, is to figure out who I am to me. Because I do feel like, over the years of being in this space, this public space and sharing so many layers of myself there are countless times

over and over and over again I really don't have much that I've preserved for me, aside from being a storyteller and holding on to certain ascribes, that I don't share with the world. So, hopefully, with all of my guests, through each episode, I'll be able to answer that question.

W. Eric Snell:

Alright, well, then we're gonna wrap this shit up.

Latoya Shauntay Snell:

We're gonna wrap this shit up. You sure about that this time.

W. Eric Snell:

To these people who are listening again, if you're still here. Welcome to the Running Fat Chef Podcast.

Latoya Shauntay Snell:

Yes, welcome to the very uncensored Running Fat Chef Podcast.

W. Eric Snell:

I think they know that already.

Latoya Shauntay Snell:

Don't try to take over my program. See, this why I'm not [crosstalk: 48:40].

W. Eric Snell:

It could be twerking. Peace out.

Latoya Shauntay Snell:

Peace out. Later, y'all.

Latoya Shauntay Snell:

Hey, fam. The Running Fat Chef Podcast is for informational, educational and entertainment purposes only. If you require medical, financial or legal advice, please follow up with a licensed professional. While information provided on the podcast may be sourced or stem from a professional opinion it should not supersede the direction or be interpreted as a treatment plan from a medical caretaker or legal professional. Always keep in mind that words and stories are powerful, but unique just like our bodies and personal situations. I'm a podcaster and a creative storyteller, not a physician or a lawyer. Let's treat the conversations presented here from sponsors, guests or even from me, like intimate opinion pieces.