

Ep. 0002, RUNNING FAT CHEF PODCAST X MEG BOGGS

Bodies, Motherhood & Fighting Bears in the Forest with Meg Boggs

Approximately 00:54:28 minutes of transcription.

TRANSCRIPT BY JOELSAM901

Introduction:

So, Hey, my name is Latoya Shauntay Snell. I'm an ultra-runner, former culinary and multi-sport athlete, baby powerlifter, writer, content creator, mom, wife, friend, potty mouth expert, did I miss a role? Anyway, all of these roles have something in common; storyteller, and as a storyteller, that's what I've planned to do, my way Of course. Welcome to the Running Fat Chef podcast. 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 coffee.com. That's Ko-Fi.com/runningfatchef. Bonus for you all. Are you a business owner, entrepreneur, or have a service that you like to promote? Well, honey, why not here? Sponsor an episode here on the Running Fat Chef podcast. Check out the show notes for more details.

Latoya Shauntay Snell:

Hey Meg. Welcome to the Running Fat Chef podcast. I am so excited to have you on my show. So for those of you, that's tuning in for the first, the 10th may be the 15th time or maybe actually the second time because this isn't going to be the second episode. I know that you're in for a dope conversation now. if you all are looking for an ultra, professional sound, podcasts where everything's super serious, good luck on that. because this is not the place for you. We don't do that around these parts. We curse and over here. And it's going to be all right. You

going to be all right. I'm going to be all right, don't bring it around your kids. I'm just saying, don't say that I didn't give you a heads up, but I love to give people these fabulous like openers and it gives them a give people a little bit of an understanding of who is on the podcast.

Latoya Shauntay Snell:

So you might be wondering who is this wonderful Pokémon that we have on the podcast today? And it is the fabulous Meg Boggs. Now let me tell you about her; Meg Boggs is a mother, wife, content creator, powerlifter, and yes, maybe she can lift. She can lift you. Okay. If you keep playing and a self-empowerment advocate who has made it, her mission to help women embrace their insecurities. Makes first look to her blog and Instagram to share her journey through motherhood, revealing her postpartum body. That earned a lot of attention from moms and global media, including CNN. Good morning America. Oh, I saw that. And people with advocacy from mental health to fitness, inclusivity promoted alongside body-positive imagery on all of her social media platforms made continues to spark this course about fat bodies and the experiences of the plus-size woman. She lives with her family in Fort Worth, Texas. Hello. And you can always follow her on Instagram. And I'm going to include all of that stuff in the show notes. But what I need to mention here is that she is a bomb as the author of fitness for everybody. Now, if you don't know anything about the book, yes. What you're going to learn today. Isn't going to pick up that book because I said, so, and then you're going to tell me how you feel about it. Then you're going to hit her up and let her know how you tell him you feel about it. And you're going to let them know the universe, know how you feel about it because this book is bomb.com. So I want to introduce you all to the fabulous Meg Boggs. Thank you So much.

Meg Boggs:

I was like, don't choke right now. She's doing awesome. That was amazing. First of all, I feel pumped now. I'm like, let's do some jumping jacks

Latoya Shauntay Snell:

Really quick. What is it? I can, not like, I don't know, like the typical bios, like I'm just like, okay, I read these bios and I'm just like, does it summarize the person? Like I think that's really, honestly the reason why I created this podcast because I was like, I listened to all these fitness podcasts and they all tell you, how did you get started? Oh my God. That's amazing. Tell me about your highest accomplishment ever. Do you know? And I'm just like great. Okay. All the that I could Google search. Oh, that's wonderful. I'm just like, how do we learn about the layers of the person now I'm going to be the scumbag. That's going to start the conversation like this. I'm going to ask this in the variations that you probably already got. Do you still want to be sure of like that fights bears in the forest?

Meg Boggs:

Oh. Yeah. Every day.

Latoya Shauntay Snell:

see I had to do it. I had to do it, right? Yeah, yeah. Yeah. Like, I mean, who doesn't though? Man? Like me? How could you not? Why wouldn't that be the goal? I remember when that went viral and oh my God like I did not see coming. I did not see that coming. I was like, why is this the video? I make such emotional videos that are, I feel like they're so, deep and powerful and meaningful. I'm like, oh, that looks fun. I'll just do that. And then that's the one that people are like, yeah, that is amazing. Like, no, but you just don't have control over what goes viral. Like you don't know how the algorithm is going to work. You don't know. Like, and it will just be the simplest of things. I'm like, people will say, oh yeah, I'm ready. you can never get rid of going viral. it went ridiculously viral. It was part of the reasons why I was like, oh, maybe I'll get this tik tok thing. I'm like I was so hesitant. you all like it, you all understand too though. I mean we both parents, like [Unclear] is 13 going on 30, maybe 35 some days. I think he has a wife or kids and a mortgage to pay for. And I was just like, this is what the kids like, I can't go on here. And like I'm a whole last mom. And then I was like, hold up. I'm like let's check our identities. Like you are still a whole as human and you're not even that old. So why not? Now my, my tik tok is not popping like yours. Like I probably got less than 200 people following me on mine. But I don't know why people are following me on tick tok?

Meg Boggs:

I mean, it's not like I have this great account. It's so random. Like I that's like the place. I feel like I'm more just because Instagram is very I like to create content for Instagram, whereas Tik tok is like just random stuff that probably would never make it to Instagram for me. But I don't know. It's fun. It's a whole different community over there than on Instagram. For sure. Yeah.

Latoya Shauntay Snell:

That's as highs as it has its Lows I mean like any online platform, but Tik TOK, like I feel like you can just let your hair down and you can laugh all day if you want to. And I learned some hell of like, oh my gosh, like I used that. I like the handle. What is it? The hashtag food talk.

Meg Boggs:

So bad about it because I share, I mean, I share, I favorite all of those videos and I don't do anything with it. I'm saving that one. I'm going to try that one. And then it's just like sitting in my favorites. Like I never do it.

Latoya Shauntay Snell:

Oh, the only time I find things like that useful was like, I think on Instagram, I think I used that feature a little bit more where I flag it and I got good about categorizing it. I haven't done that so much with tik tok. Oh yeah. Girl. it's a good reference guide. Like when I categorize it, definitely do There's anybody's like kind of clued out by like, huh? What, what do you mean? Like, no, this is not exclusive to only creators or businesses. Like when you flag something and you save it for later, you can click down a folder and it allows you to be able to name that folder. So I'm just like, oh, I want to think of something a way that I can say this in 30 seconds or less because I'm super long-winded. So I get my inspiration by putting things into folders. And next thing I know I have a bunch of folders that sometimes get neglected and then some that get used a little bit more because I am not that great with doing makeup and I'll just follow somebody online. They got an IGT TV and I'm just like, okay, cool. So they did this with the face and I'm like, no, I'm not allowed to put any red on my face, but I can put this yellow and just follow it step by step by step. I know that people probably do that too already.

Meg Boggs:

Yeah. See, I saved them. I do flag them, but I don't categorize them. And so when I go into my favorites and I'm like scrolling and I'm like, I'm looking for that. I know I saved one thing that I remember I said, come back to that. And then I just have like hundreds. I'm like, okay, screw it. Never mind. That's a good idea though. I need to start doing that. See, I have issues. My creative process is all over the place. It's like, I have sticky notes. I have random notes on my phone. I have voice notes on my phone. I don't know. I have no, there's no process to

Latoya Shauntay Snell:

No, I think that's the creative process. I think that all those creators have our brain in so many directions and especially, I mean, and who can fall to you, like, dude, like you are all over the place right now. Like, I mean, my it's not even just about the book, your account is powerful. the topics that you just talk about are not exactly easy, and sometimes we do get kind of thrown into this space where people almost box us in on the things that we talk about. And next thing it does start to trend, you know? So like, I think that kind of gives me a little bit of a segue into like pretty much like my first real question, not so much about the death by speech in the forest, but like I remember following you, I don't remember when exactly I started following you, but I know that we will kind of like liking each other's stuff at some point on social media. And I was like, oh my God, this girl's account is dope. And then when I started seeing some of my followers and they were like, did you follow meg.boggs? And I'm like, honey, we follow each other. [inaudible]

Latoya Shauntay Snell:

It made me, particularly in the last two years, really like following your content, I love your shrimp training and your callisthenic works, particularly when it comes down to doing a pushup, you know? because I get a little bit frustrated when I see it happen on my account. And I sometimes, I don't know. I think I get angry or for other people when I see it happen in real-time of how people create this ridiculous falsehood of our abilities, of what we can do. And then, it was almost like a kind of like centering around what we talked about before I hit the record button more or less around people centering and saying, oh, is dangerous being

plus-sized. it's an exhausting conversation. But it's so beautiful to be able to see someone address it, head-on. And then, at times just like, listen, I'm not going to entertain this. and its very fright, but you're like, listen, I'm not going to entertain this. What I would say the two-part question would be more like what pushed you to address some of these things? And two, how do you find your balance now of figuring out what to address and what not to address on social media, particularly surrounding wait conversations?

Meg Boggs:

I think it's if I feel like because there's a lot of the times I'll do a post about this, where I'll share like an example of what somebody said to me or commented to me. And whenever I choose those specific times to like talk about it, it's usually because of that comment for whatever reason, I've like gotten it so many times and this was a time I just couldn't do it anymore where I felt like, okay, I have to address this somehow. I don't want to defend myself. I just want to address the fact that this is problematic and that we can't keep questioning people's bodies and questioning how much they exercise or how much they eat or don't eat when it doesn't matter. It's not important. It has nothing to do with you and you don't have to answer somebody. To a point where I know, it's going to affect my mental health. And so if I don't address it somehow that it's just going to like, stay with me. And that's kind of how I decide what to address. But whenever I think about what made me first start to do that, I feel like I was seeing other people stand up for themselves. Like I started following people like you who were addressing the situation publicly. And I was like, that kind of gave me the confidence to be like, okay, I've seen a couple of other people talk about this. Let me just try and talk about it. See if I can start this conversation. And the more that I started doing that, I felt like the more people were listening and paying attention, even though I get a lot of people who are like, no, that doesn't make sense.

Meg Boggs:

You don't deserve to feel that way. I mean, there's only so much that I can do at that point. I'm not going to convince everybody to agree with me that they have no business asking me what I eat every day. But yeah, I think it just comes to the fact that other people are doing it and

talking about it and it's just giving me the confidence to do it. And then I just can't, I can't do it. Oh, I just get to a point where I can't do it anymore where I feel like if I don't address it now, the next one that comes through, I'm just going to go off and it's just going to be like off the, what is the saying? Off the rails?

Latoya Shauntay Snell:

No, off the charts, off the rails.

Meg Boggs:

but I know all I know is I'm leaping. Yeah. It's getting so frustrating and it gets so old when you hear it over and over again. And like the recent one that I talked about, how someone was telling me, well, I don't get it, how you're still fat and you exercise, but it has to probably do with your diet. So maybe if you just share with us, what your diet is like we can help you or we can tell you and I'm like, what is the point of that? Why do you want to know? Like I exist this way, even when I exercise. And even when I'm nourishing myself, like, I'm sorry that I'm not starving every day, but that's the only way that I'm going to get my body to a point where you're happy. And for me, that's not worth it. I'm not going to starve myself to please you at the end of the day. So you can go screw yourself and I'm going to go fight bears.

Latoya Shauntay Snell:

I love it. Like, it's ridiculous. I mean, because I feel like, you're damned if you do damn if you don't. And I know that like in when I read the book in particular it was page. Gosh, was it page 13? No, it couldn't have been page 36. I'm trying to come on, let's go back to your notes, go back to your notes. It was page 32. And I remember just stopping in my tracks like first off like if anybody has the book or you don't have the book, I should heavily suggest you'd pick it up. Fitness for everybody. The imagery is powerful because when I look at it, like, you're you got about 300, like probably about three 15, three 20. I'm roughly like gaging discover right now you're holding on to about 300 plus pounds.

Latoya Shauntay Snell:

And when I think about page 32, I believe the title was somewhere along the lines of [Unclear]. I have to look right here in front of me. Why am I tripping? I'm just like, why am I doing this off the top of my head? It's called an open letter to the fitness industry. Which you mind if I read a chapter? I'm like not a chapter but like a segment of it. Yeah, of course. Okay. So like guys, like listen to this. A lot of us fold in places we are told we shouldn't fold. We might dimple in places we are told we should keep covered. When I'm vocal about this, I'm told that I'm just glorifying obesity. Oh my gosh, these people. But that's my [Unclear]. you all, that's not what she has in the book, but I'm done being apologetic about it.

Latoya Shauntay Snell:

I'm done apologizing for existing and loving fitness in my fat body. I'm done tiptoeing around real issues. That real woman is facing. The woman who are hosts there, untouched photos, and receive criticism. The woman would bruise hips from a salon chair that they didn't quite fit in. The woman smiles with excitement when the worst size-inclusive and body-positive are included on a brand's website only to realize that the extended sizing still ends four sizes below. There's the woman avoiding doctors for the fear of not believing being believed for the hundredth time, the woman afraid of entering a gym without being criticized for not choosing the ultimate weight loss plan, the woman who has never seen their body type on a mannequin and activewear before. That caught me because, for me, I'm just like how many times that when we bring this up in this space, we're told you should just be quiet.

Latoya Shauntay Snell:

You should just conform. You damned, if you do damned if you don't, if you lose weight, then you didn't lose weight fast enough. If you lose weight, then people clap for you, but then you might encounter the backlash. And I'm kind of speaking for myself here. You might encounter the backlash from some people who were like, you look better when you actually when you were plus-size. You know do you think you've lost that too fast? And you start to get poked and prodded on what you're still eating, can you tell us what's your secret? It doesn't take into consideration that everybody's health looks different. It doesn't take into consideration that there are people who are smaller bodies who have health issues. Some people are in larger

bodies who have health issues beyond their weight and regardless of what way we move and our bodies were never good enough, particularly people who identify as women, non-binary who are a part of marginalized communities.

Latoya Shauntay Snell:

Like if I went more into reading this like the excerpt Ashley goes on from page 32 to 33, you covered all of that. about, about basic inclusivity, in this space and how this fitness industry it's still failing us. Do you know? I would love to expand a little bit, in that direction, do you feel like any type of improvement has been made in this space and what could we do better? And I won't even say we per se I would say more of what can companies do better.

Meg Boggs:

I mean, I don't personally feel like there's a huge difference in the last two to three years that I've been kind of aware of this and talking about it. But I did notice when I went to the whole amour summit, that was like last January. I talk about that in a whole chapter of the book too. I feel like they were paying attention and not necessarily making new changes, but they were paying attention and they listened to what I had to say. And I think that's huge. I think that's a big step, especially for a brand like them. They had just launched plus sizes at the time and there weren't very many, there were probably like six items. And so I was still very like, hesitant about their commitment to it. But I mean over time they have gotten better about it.

Meg Boggs:

I don't know about any other big major brands like that. Most of the brands that I shop for are usually plus-sized exclusive brands because that's what fits the best. Even at the end of the day, my lane Bryant lickings probably fit me better than me under amour ones, just because I can tell that they're made specifically for my body type. Right. That's kind of something that the active situation I feel like would be a great place for brands and everybody to start because how are people supposed to get up and move and experience fitness? If they have nothing to frickin wear? Like how, how is that Okay? And how are you preaching that this is something everybody needs to be doing because of the health organization, blah, blah, blah. Like if you're preaching

all of the stuff, why aren't you providing the resources to make it possible for everyone that doesn't make any sense to me.

Meg Boggs:

And then to even take it a step further, if you look at the way it's marketed, how leggings are marketed, leggings and brawls are marketed for women versus how activewear for men is marketed. It's completely different. It's all about functionality and performance for men and it's all about appearance and how it makes you look, how it's flattering for women. And it's like, I don't give a flying how it looks on me when it comes to, oh, it's going to make your butt look a little bit more lifted. Like I could care less. Does it stay up or is all of my stomach going to pop out when I'm doing jump rope and running and like, that's what I need to know? And speaking of that, I know I'm all over the place right now.

Latoya Shauntay Snell:

Sorry. No, no, no.

Meg Boggs:

I'm launching a YouTube channel. Yes. this probably in the next month, month, and a half, I'm just, there are so many pieces to it that are coming together. So I'm just like, it'll be here very soon. But one of the things that I'm going to do, I haven't even said this to anyone. So you heard it here first. Hey, I'm all in. And I'm putting all of these brands to the test. I'm going to be putting on activewear leggings, sports bras, and we're going to be filming me, just putting them to the test, running a sprint, doing mountain climbers and jumping jacks and broad jumps. And I'm never going to adjust my leggings. I'm going to do like five minutes straight of all types of movement and never adjust them once. And then I'm going to do, this is how it was when I started to hit. This is what it looks like right now at the end, at the end of like just five minutes of movement. Because I feel like a lot of people say, well, these never rolled out these, and

Latoya Shauntay Snell:

If you're bigger, they roll down. Yes, they do. Yes, they do. Yeah.

Meg Boggs:

I'm just, I'm ready to like show that side. because I feel like right now, a lot of the whole plus-size activewear that you see, that's like with influencers and content creators, it's all like post pictures. I mean, I also share posts, pictures, and activewear, but I want us to go beyond that and I want to see, what does it look like on a plus-sized person when they're running? What does it look like on them when they're moving their bodies and bending and jumping and we never see that it's always like a perfectly posed advertisement of here's what it looks like? And it's great. I don't have any issues with it. Okay. Well, let's prove it. So I have a lot of sponsored partnerships and things with brands. So I don't know how they feel about it, but

Latoya Shauntay Snell:

We can put them to the test now. Yeah.

Meg Boggs:

I'm ready. I'm ready to do it Because it's time. I feel like we're skirting around this so much. Like, okay, well, let's see which activewear is the one that can keep up with the plus-sized body that is actually like going hard.

Latoya Shauntay Snell:

And I love that, you know? because the thing is like, yes, like you mentioned a good point, we are content creators. I mean, this is a part of our income, but at the same time, people start to question us like people almost sometimes fact check does, are you just saying that because this company paid you and like, and for me, as my role with them is, if there's something that along the lines that I cannot question a company and they cannot safely answer that for me. I just can't represent you. And unfortunately, it sucks, being a content creator, especially if you're, full-time doing this, this is our bread and butter, but I think there is a personal responsibility that we do the oldest space and to hold these brands accountable when it comes down to the plus-size gear, like sometimes like the gear was like really cute. Like, oh my God, I want that outfit. Then we get the outfit and either it doesn't perform or we can't get the outfit because they don't make it in the color. After all, it's like, oh, we have to wear black and brown.

Meg Boggs:

Oh, that makes me so I have enough black light. I tell brands. I'm like, you want to send me a pair of leggings. You do not send me black girls that getting thrown away. I'm sorry. Like I can't do it anymore. Like, give me your brightest color, your pastel color, your super fun. Those are the ones that I want because I'm not about the dark black and the floral like I just give me something fun for once. Give me what you would give somebody skinny please and make it to fit my body. Like, don't just take your pattern of the size zero and just extend it out. Like you're going to need to make some adjustments. Like how does that not?

Latoya Shauntay Snell:

Yeah. And I'm like, Hey, you spend so much money on marketing and branding and you telling me that she couldn't find five or six plus-size people out there to say, Hey, what, can you test this out? See if this fits right. you couldn't do any of this. there are just so many excuses when it comes down to branding and marketing in this industry. And it's been a conversation that, I know I've personally had with several brands over the years and they're like, tell us what plus-size people would love. Functionality, bright color,

Meg Boggs:

Isn't it shocking?

Latoya Shauntay Snell:

It's just like, what? why aren't we having these same interviews and questions? And it's questioned over and over again, are you listening and taking notes? it's just so redundant. What are you going to take all this stuff? Put it into action. The drawing board. And if everybody in the room, if you don't have anyone in the room that is plus-sized, it can make a comment and say, Hey, listen, this is what chafing feels like when you're plus size, or this is what happens when the leggings start to roll down. And now you find yourself doing this awkward. I got to do this little pop jump just to make sure those back into place, leg kicks a little like, oh my gosh, the leg cut. Well, that's my infamous one. Like, I mean, there's nothing like being that mouse 41 22. And I'm

just like, okay. I'm like, we got to make this stop. Oh, was she okay? Oh, I'm good. It's just my legs. Isn't okay. like, yeah, you don't want to see this remix of my crack. Let me just do this job.

Latoya Shauntay Snell:

Did you know that your girl is selling merch? Yup. And you Skippy. I am. If you're looking for a dope crop top or 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 group. Check out runningfatchef.com. That's right. Runningfatchef.com. Don't whisper it, baby. One more time. Runningfatchef.com. Your favorite fit fat athlete day.

Latoya Shauntay Snell:

When I think about that as I think is a good way to segue into motherhood because I think along those times when I think back to holding and saying, and when it came down to the activewear award, then for pole dancing first off, the act itself threw people off and they're like, oh my God, I noticed you're not out there. Pole dancing too. You can't wear that as a mom. I feel like as mothers, we sometimes lose our identity. And it may not even necessarily be our choice and how we lose our identity. There was another part of your child and your chapter. I think I have this one's handoff. Yes, it was actually on pages 58 to 59. And you brought up a term called P-M-A-D and that was another thing that made me pause.

Latoya Shauntay Snell:

The comments like I'll do a very short blurb, but on this, so I had my son in 2007 and I remember a couple of weeks before I had a visiting nurse because I was high risk. And that's when... You may have a couple of issues because we were having a hard time trying to conceive fast forward and finding out years after him that I was diagnosed with Endometriosis. I was diagnosed with a couple of issues there. What I didn't know about, I didn't find out till recently was about PCOS meanwhile going back to 2007, the last visit I had for the visiting nurse, she was trying to talk to me, postpartum depression, and I'm going to just, I'm going to keep it straight. I'm a straight shooter with you all. I was on black girls. Don't get that. I was just so

egotistical about it. It's like black women don't go through it because I didn't see anybody, I didn't hear Conversations or any dialogue about postpartum depression.

Latoya Shauntay Snell:

Conversations or any dialogue about postpartum depression? I always saw it centered around white woman, who went through postpartum depression and then you see the magazines and it's like, let's learn how Jane, got this snapback body and six weeks or less, oh, look, she's back at the gym and she's working out and we don't hear the real stories from celebrities about yeah. so I skipped out on this. They had me work out about three or four weeks before they put this bandage around my belly, before this photoshoot. And I read that chapter and I was just like, I wonder if I went through PMDG because there wasn't a specific part in there in your book where you speak about that. like I think it was like one in five or one in, I think it was like one in five will go through some type of, depression, around motherhood, but less than 20% will get treatment for it.

Latoya Shauntay Snell:

And I realized that I got partial treatment and even, but it took for me to do some things around my husband that made him nervous to the point, I apologize to the audio engineer who happens to be my husband because I'm kind of putting him out there right now. I listen back to this and he'll be like, oh boy. But the kind of put us out there. We started to encounter a few marriage issues because I did kind of scare him a little bit. I did, at one point, I didn't want him to hold out the child. I didn't want anybody to hold my child, but then at the same time, I was overwhelmed. I lost hours standing in front of the mirror, just looking at my body, wondering why is my belly protruding, shooting out this way already stretchmarks, actually going to go away.

Latoya Shauntay Snell:

this cream is not working the way that it says on all the advertisements that are going to lighten up, you know? And then the outside comments, it was just so overwhelming. And then you start feeling like a failure as a parent. And I realized that even now that my child is 13 years old, I still

sometimes lose a part of my identity because I'm a mom, you know? I know that Macy is what, how old is she now?

Meg Boggs:

She's three and a half.

Latoya Shauntay Snell:

Oh my God. Gosh. Like, yeah. For you, I think it was a lot more freshman than me, you know? How is it for you? You know going through the stages of motherhood now.

Meg Boggs:

Yeah. The beginning was very rough. Like I went through a lot of the same things. I have this very vivid memory of holding her while I was like rocking in the middle of the night. And every time I was holding her, I would just cry because I would think like she could do so much better than me. Like she got screwed. Like that's what I would think at the time. And I don't know why. That's just every time I would hold her, every little thing I did for her, it just felt like was failing her. Like I was just this terrible mom. She deserved better than me. And it just progressively got worse. I would stay in the bedroom because she was in our room at the time. I would stay in the bedroom for days. And like we were living with my parents at the time.

Meg Boggs:

because we had no money. I didn't have a job. My husband, he, we was living in this like their little, second guest bedroom and he would go off to work. My parents would go off to work and I was just there at their house, like feeling like an intruder and like I was failing and like, I can't even provide for my child and I just would stay in the room for days and my mom would go in there and be like, is everything okay? And I'm like, yeah, I'm fine. Or just, but I would just sit in bed all day back and forth to the same thing and just cry and cry and cry. And I got to a point where I was like, I don't want to do this anymore. Like she needs somebody better than me because I'm getting worse. She's going to see this. She's going to see me being miserable and hating my life and hating myself. I don't want her to feel like it's her fault. It's my fault. I just

need to go. And when I started feeling that way, I knew I had to at least maybe mention it to my husband, which I did. I ended up getting out of the shower one day, just like losing it. And I told him and I said, I just feel like, I don't know if I can do it anymore. Like with all of this. And we had a really serious conversation and he was scared because he knew that I've had lots of anxiety and depression issues throughout the whole time we've been together. We started dating in 2007 and he found out pretty quickly in our relationship that I do struggle with mental health and anxiety.

Meg Boggs:

Anxiety is like my number one thing that I get with everything. And I think that whenever that happened, I didn't expect to have these feelings because I thought, well, I'm not going to feel that way. Even though I have previous experience, my whole life with anxiety and depression, I don't think that I'm going to get that. Like one of my friends that we were working out, she had mentioned that she had postpartum depression and that it was hard. And I was like, oh, I won't get that because I love my daughter. Like I'm going to love my child. Like that was the stigma that I held onto it. And I was like, well, why wouldn't I love her? Why would I cry that she's here? Like I'm excited. And so when I had her and it started happening, I was like, oh Nope, I'm a terrible mom. I'm the worst. And over time it got better. Once I talked to him a little bit more about it, that's when I started opening up about it on social media, which more and more other women were like coming to me and saying like, I've been through the same thing, something similar. And then I'm just sitting there, like, why aren't we talking about this then? Why is this not a thing that was ever discussed? I probably got a little pamphlet when I left the hospital. When I had her that had like a mention of like,

Latoya Shauntay Snell:

Just be careful, all got the same pamphlet because I was just looking at this little tri-fold pamphlet and I'm like, that's cute. Don't tell me. No. And it wasn't even a conversation. It was literally, they handed

Meg Boggs:

I the pamphlet and made me watch like a video.

Latoya Shauntay Snell:

Oh no, not the old school. 1980s video. Yeah.

Meg Boggs:

I had to watch Two different videos. I had to watch one video about the whole postpartum depression, which was made and didn't make much sense. Right. It wasn't very honest. And then the other one was like about SIDS or something. So there were like two videos I had to watch. And then after I watched those videos, that was my ticket out of the hospital. And so I was just like, and then I had one sheet of paper that said all like, pretty much how to be a mom. It was like a word Doc. Wow. Print out with some Bullet points of tips on parenthood and that's all I got. Right. So when all that started happening, it was just really bad. And the thing that triggered me was when she got jaundice, it was like two days after she was born. I was trying so hard to breastfeed. I was determined. I was one of those people that was like, no, I'm going to breastfeed. Everybody says it's so much better. And that if I don't do it if there's not as healthy for them and she deserves the best. So I'm going to give her the best, well, not everybody's body can produce milk. Like it's just, that's how it happens sometimes. So that's kind of what happened. my ankles were so swollen when we were in the NICU during that time because that was another thing too, is my doctor was like, just, make sure you keep moving and at least you get up and walk around a little bit because you don't want to get swollen.

Meg Boggs:

And, and so in my mind, I'm like, I was still thinking, oh, I need to lose all this weight because I gained all this weight back after I lost all the weight. So now I need to make sure that I am walking and doing everything, but my ankles got so swollen. I couldn't even walk like the pain. And like in my ankles and feet as I was walking was excruciating. My ankles, I think we're like, as big as my caps, it was terrifying. My shoes didn't fit. My husband had to go buy it like three sizes, larger shoes, like house slippers. So I could wear those because my feet were just like gigantic and nobody cared. Everybody only just kept moving. That's going to help, get up and

right. Like nobody would ever really ask me when we were in the NICU. Like mama, how are you? Like, do you need anything? I was just tossed to the side and was expected to pump every two to three hours. I just felt like my old life was gone and I felt guilty for feeling that way. Yeah.

Latoya Shauntay Snell:

What you say now, it's been what, three and a half years now, do you feel like that transition is getting a little bit better? do you feel it's about the same? I think a lot of the people that I've kind of talk with, you know I talk with, I talk about self-care and I'm not talking about the pedicure and I'm talking about as parents, I locked myself inside of the bathroom and I pretend not to hear them. Hey, and I'm like, what did you say? What? I can't hear you. I can't hear you, plop, plop, but I can't hear you, hold on a second.

Latoya Shauntay Snell:

And because there were certain things even my mom then kind of warned me about and I realized, and I laugh in hindsight of the things that I used to do as a kid where I realized it wasn't that my mom was so constipated. It was like, my mom was trying to find a way to escape, at times like mother's day just passed and I'm still shocked even to this day. I mean, my son is 13, and I didn't realize how many people identified with a story that I put up. I put it up for mother's day. All I wanted to do was be left alone and so relatable. Oh my gosh. I think within the first hour there was at least 50 messages from mothers all over the place saying, thank you for vocalizing what I've been thinking, because, for father's day, it is normalized that everybody gets dad, his beer and, let him kick up his feet and let him relax.

Latoya Shauntay Snell:

But for moms, it's like, we have to create this to-do list for mom to do even on mother's day where it's just like, isn't really about us or what you think that we want. And I'm just like, all I wanted for mother's day was to just be me. I wanted to know what it was like to be alone. I didn't want to feel guilty about it, I like, can I say to my family, I love you, but I want to be left alone today. I love you, but I don't want to cook. I love you. But can I clock out of being a mom,

for like 24 hours, that's what I want for mother's day? I don't want to give some don't want any flowers. I don't want any candy, even though that stuff is nice, you know?

Latoya Shauntay Snell:

But for right now, I just want to be me, I want to know who is Latoya, outside of the identity of being a mom or being a wife for being a daughter or being something to someone else, especially being in this space where we are everything. And sometimes nothing. As content creators, as writers, as people who have all these labels and descriptors, you know? And I think that kind of like, that has come to my last question, as the mom, the Trump content creator, as the new author, the YouTube personality soon, because we can put that out there in the air, like YouTube personality, like you going to have a million subscriber's girl, with all of these roles that you've been taking on when you take away off that you strip away all that. Who are you to you?

Meg Boggs:

Was the hardest part these last three years? Because I didn't know. I had no idea. And the more time that I've spent with myself, the more I've gotten to know myself because I didn't know that I could have short hair that I could have shaved hair. I didn't know that I was allowed to like feminine things, but not necessarily always dress feminine. It was a confusing thing for me to kind of sort through, because I feel like I'm not the typical person that you see on social media when it comes to just the way I present myself. Like I love wearing activewear. I love pink. I love things that are a little bit more masculine sometimes that I feel like I'm not allowed to necessarily wear and rock because now I have to balance. I'm like, oh, well I have more of a masculine haircut.

Meg Boggs:

So maybe I should balance it with a little bit more feminine dress. And that's not always how I feel. And so whenever I started spending time with myself and like, this is kind of funny. I create my little mood board sometimes when I'm struggling and I'm like, okay, I'm going to do a little mood board for myself. Like a little just self-reflection, what am I into right now? What am I digging right now? Like what is it that I'm kind of gravitating towards? And I'll just pull little

inspirational images. So like, if there's an image that kind of strikes my eye and it could be anything, it could be like a pink couch with like this neon lighting in the background or like a pretty sunset. And like, I just put these things together and then I'm trying to decide like, okay, now I need to think about how does this make me feel?

Meg Boggs:

What is it that I like about these things? And that's how I discovered that I love the color pink so much. I did not know that until I was in my thirties when I decided like, what is it that I like? And I started pulling all of these like pinks and pastels. And I've never been that person. Like, I think I've kind of wanted to, but I've just always felt like I needed to be the side character, but I was never allowed to be the main character. And when I am choosing me now, and I'm choosing things that I like, like my hair cut and my style and things, I do like powerlifting. I'm starting now to run a little bit more to see where I can take that because it's always been such a punishment thing for me in the past that now I'm like, I don't feel that way towards it anymore because the few times I've done it, it's made me feel good.

Meg Boggs:

Why did it make me feel good? And so now I think I'm just so many things. That's why it's hard for me on social media, because I feel like sometimes I like to feel fitness and I'm like, I want to share a lot of fitness things. And then other times I just feel emotional in my motherhood journey. And I want to share a little bit about, or I'm just feeling kind of different things with my mental health that I want to share about that. So it's like, it's hard for me to create this curated version of myself when they're all parts of me and who I am, but they come and go at different levels at different speeds at different intensities. And whenever I share things, it's always because that's how I feel in the moment. And it's what I'm thinking about currently.

Meg Boggs:

So I just think that to like, self-discovery, you have to take time alone with yourself. You have to look in the mirror, you have to get naked in front of the mirror. You have to acknowledge that you're existing and that you're here and that it's okay to be here and be a human as a whole

person outside of all these other identities because I feel like motherhood, even though it allowed me to self-discover it, I feel like it also put a weight on me to feel guilty about that. And so that's been difficult for me to separate that and understand that it's okay to work on myself and discover myself and to love myself. And that's not a bad thing. That's not taking away for my daughter. If anything needs doing that, it's going to benefit her so much as she gets older. After all, I want her to see like this strong, confident woman who raised her, who would do anything for her, who would also do anything for herself because I hope that one day she will also think that way. And she's also going to choose herself, even above me, I hope she chooses her because I don't want her to feel like everybody else is who gets to have the last word or who gets to say what she gets to do with her life because that would just piss me off. And you do not want to piss me off.

Meg Boggs:

I feel like I ended that kind of thing. I get aggressive sometimes I think about like people messing with her and I'm just like, I bring my sleeves up and I'm like,

Latoya Shauntay Snell:

Oh, that's the beautiful part about being a parent. I think we are changing the narrative of doing as I say, not as I do. And it's more of a lead by example. And as a parent, that that role never goes away. Even when we do ask for mother's day, leave me the hell alone, you know it never goes away because we want the best for our kids. And, in ways, like we almost want to, bubble wrap them, but we know the dangers in bubble wrapping, you never get exposed, you never get exposed to the realities, our kids are going to be hurt by something or possibly someone, but we give them the tools and not just kind of, say what has to be done.

Latoya Shauntay Snell:

We have to lead by example and the way that we want to see them flourish and thrive and be better human beings. And even us, you know as parents, we, we want those things for our children, so, I don't think they should need to limit yourself. You are a limitless woman and a powerful human being and why would anyone ever elect to be a box or a square or rectangle

when we are the whole universe, we are organic shapes, and this unit in this world. So, I think that the way that you see yourself is refreshing being able to have autonomy over yourself, to have to assert those boundaries that so many of us struggle with. And I mean, that's not to say that you don't, I know I do every day, despite how being loud I am on my platforms.

Latoya Shauntay Snell:

There are times where just as an influence or as a business person, I do have moments where I don't have boundaries for myself when it comes down to my work hours or knowing how to say no to my friends, or saying yes to my friends on hanging out and being a whole last human being versus just showing the layers of this is the business person here. This is the entrepreneur here, we're not supposed to be one type of person. We are not supposed to be one type of content creator online either. Do you know? So if it takes you in a direction where all you want to do is create mood boards online and you know what, there's an audience for that. And people can not just take you in as just one type of thing. people come and go every day. We know that throughout platforms, people will embrace you for the layers that you are. They may have come here for the fitness. They may have come here for the person who fights into the vicious fights beers in the forest, but it is not why they are going to stay. So yeah,

Meg Boggs:

I'm always going to be sharing something that won't be for everybody. Like my boobs. I did a booby, 5,000 people said this isn't for me and left and that's okay. That's okay. I wish them well because I understand that it's hard. Sometimes when you're not ready to kind of see someone who's just okay existing. It's very difficult sometimes. Especially something like that. So yeah. It made me feel good. So that's all that matters.

Latoya Shauntay Snell:

Right. I don't even have to put up when people don't get me though because I have done that. I did three nude posts back to back to back. And people were like, I'm not here for this porn. And I was like, this sounds like porn? I'm like, hold up that you see the avatar or my Instagram account where I am full-fledged nude. But thanks for playing, you know? So, it's the irony of it.

But I think another part is that some people may not have left because they saw the nudity. I think that they may have seen a part of themselves they're not at yet, in their journey, it scares people. Like when I hear the word intimidating, it comes up a lot online. They're like, oh, I love your workouts. You're so powerful. But you intimidate me and I'm like, do I intimidate you? Or the actions that you're not doing in your own life intimidate you. And that's what I keep in my mind. So I don't let anyone, even though they don't, a lot of people who say that I don't think they say it with the intentions of trying to hurt me or disparage me, but I try not to let people who are still trying to figure out their way, discourage me from the way that I move. And I don't think anyone should ever try to limit you to the way that you've moved.

Meg Boggs:

I agree. That's powerful. Yeah.

Latoya Shauntay Snell:

Thank you so much for being on this podcast for being my first on this podcast. Thanks.

Meg Boggs:

This is amazing. This is like, I'm so excited for you. This is awesome. I followed you like for a long time now. I think when you did the New York City marathon is when I started following you.

Latoya Shauntay Snell:

Oh my Lord. Yes. When I got viral and was terrified, I was like, ah, what do I do next?

Meg Boggs:

Yeah. I think that's how I found you because I think a lot of my friends and people were sharing the marathon and everything, a bunch of people tagged you. And I was like, Ooh, who is that? And I just remember I clicked on her profile. And I was like, I think I'm in love. Like she is amazing. Like you've given me so much more confidence since I've started following you and seeing you speak up has just given me the courage to speak up. And I feel like all of us doing this

together is going to make the change that needs to happen. So this podcast also is just, Ooh, I'm so excited for you. Yes. so I think it's credible

Latoya Shauntay Snell:

I think it's strong. People inspire other strong people, even when you don't even see yourself as a strong human being, I think, inspiring people inspire others, inspiring people and it becomes infectious. And I hope that is what's going to happen with this platform through our platforms and for others who don't even know that they have a platform just being here and being present in this everyday life, whether it's on social media or your everyday existence, you are a powerful, human being and a force to be reckoned with. Yeah. So with that being said, guys, thank you so much for tuning into the running fat chef podcast and I will catch you on the next episode.

Conclusion:

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