

(TC: 00:00:00)

Hazel Wallace: Hello, and welcome back to The Food Medic podcast. I'm your host as always, Dr Hazel Wallace. I'm a medical doctor, nutritionist, author, and founder of The Food Medic. Today, I'm joined by multi-millionaire entrepreneur, online fitness trainer with a devoted community of over 3.5 million followers, and now author, Krissy Cela. This is a very open and honest conversation between Krissy and myself, and I really think that each and every one of you will come away with something. Whether that's feeling inspired, motivated, maybe reflective, and whether you follow her or not you have to applaud what she's created, and the community she built, and the number of people around the world that she helps to keep active every day. Just to flag, there is a wee bit of adult language in this episode, but without further ado, here's Krissy.

(TC: 00:00:58)

Advert: (Advert 00.58-02.02).

(TC: 00:02:04)

Hazel Wallace: So nice to have you on here. Obviously, been following you for a long time, and so many women follow you, so many people follow you. I follow you. I know your story, but there might be some people listening who don't know your story. I'd love to hear, kind of, how did Krissy first get into fitness? What was your journey?

(TC: 00:02:22)

Krissy Cela: Krissy started here fitness journey nearly a decade ago. I was super heartbroken. A lot of things were happening behind the scenes with my family. I just had no sense of escape, you know, I never felt like I was enough. So, I set foot into the gym. I didn't know what I was doing. Signed up, walked straight back out. I was, like, 'I don't know what all these machines are.' I was, like, 'Absolutely not. This is embarrassing,' but I went back, and, you know, I figured it out. I figured out one step at a time, one rep at a time, one session at a time, and, you know, for me moving my body is literally to keep me sane. If I didn't have the ability to move my body I think I would go back to how I was feeling, you know, seven, eight years ago. So, that's how it all started.

(TC: 00:03:14)

Hazel Wallace: Yes, and I think, I mean, how you describe your first gym session, I completely resonate with that, because I remember the first time I lifted a barbell. Actually, I thought it was a barbell, but it was, like, kind of, a curl, like an EZ curling bar, and I put it on my back to do a back squat and thought I knew what I was doing. I was so terrified at the time. Like, it's easy for us now to sit back a couple of years down the line, both of us have gone through it for a few years now, and it feels like such a long time ago, but for a lot of people listening, especially January, February time, it's their day-one. I don't know about you, but a lot of my messages at the moment are people who are, like, 'I'm joining the gym for the first time, and it's super daunting, and I don't know what to do.' What advice would you give those people?

(TC: 00:04:06)

Krissy Cela: Look, when I first started in fitness there was nowhere near as much content, or content creators, people influencing other people to move their bodies, right. Even when I started I never had someone that I could reference. I never had someone who I always would go back to for advice and felt safe. Now we're so lucky, like, all of us, that we have information at literally our fingertips. We have people that we love getting information from, feel safe in their communities, X, Y, Z, right. So, my biggest advice would be to absorb as much information as you can, because the one thing I didn't do when I first started was educate myself properly. I just went into it, and I thought the more I did the more I would gain. So, 'Surely if I do more cardio I will lose more weight. Surely if I do more crunches I will gain more abs.' I didn't have that educational information to actually tell me you don't need to be training two hours a day to be getting those results. Three, four days a week is sufficient enough. Intensity is actually so much more important than time. So, gaining all of that information that you now have on your phone, whenever you want it, simplified, is exactly as a beginner what I would do.

(TC: 00:05:24)

Hazel Wallace: Yes, that's great advice. Like you said, there is information at your fingertips. One of the things that you've created with Tone & Sculpt is an app so that people can follow programmes, and they don't need a personal trainer. They don't need to have someone there with them. Why did you develop the app? What was your inspiration behind the app, because obviously there are so many other training programmes? What makes Tone & Sculpt different to you?

(TC: 00:05:49)

Krissy Cela: I think for me it's when I first started writing programmes, and I gained my PT qualification. Look, when I first started posting on Instagram I didn't have a PT qualification. I didn't know really what I was doing. I was posting for myself. I was literally posting because I was, like, 'Wow, I, kind of, look good in these leggings. Good for me.' I didn't think anything of it. Then the more questions I got asked by women, and I could see that they felt safe in the community that I was building, I was, like, 'Right, in order for me to help these women I need to gain a qualification. I need to actually provide them with relevant advice.' So, when I did, and I started with PDFs, I started noticing that, 'Right, great, these PDFs are all great, giving women results, but what happens then? You finish your twelve-week programme, what then?' It wasn't built for the client. So, then I was, like, 'I want to create somewhere where women all over the world can come together and literally feel safe, and gain longevity.' A twelve-week PDF programme does not give you longevity. That's why the beauty about a digital product is that you can keep on giving to your community. That's what adds to your consistency. That's what makes you keep on coming back. That's a good thing, because then I'm keeping you keep on going.

The great thing is is that for the first time ever I had the ability to build a community within a hub. That to me is, like, everything and more. I started my journey on my own. I wish I had women who started at the same time as me, and we would keep each other accountable.

(TC: 00:07:24)

Hazel Wallace: Yes, and, I mean, you can tell that your community is so behind you, you know, from the stories that you share, which is really special. Just thinking about, like, how you started to where you are now, there seems to be like an evolution in the content that you share. Obviously, it's always been fitness, but in terms of the style of videos that you share, I don't know whether you agree, but

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I'm sure you spoke about this recently in that your training videos have taken a different focus. Where you're more focused on form and technique, and you're not trying to just be fun and sexy. You're, like, 'I want you to get this right, and that's the most important thing.' I know as a content creator people come for the fun, sexy, exciting things, and sometimes it can be a hard sell to be, like, 'Look, we need to get the technique right,' because no one wants to sit back and listen.

(TC: 00:08:12)

Krissy Cela: They don't, and, look, like, it annoys me a bit, and it's hard when you're a creator to really be vocal about how you truly feel, because sometimes you feel like you have to tiptoe because then you're deemed as negative. It's just, like, 'No, if I have an opinion, I'm going to share my opinion,' just like everybody has an opinion. It needs to be constructive. It needs to be your personal opinion so long as you're never, like, harming anyone. My personal opinion is I don't like specific things on YouTube that claim that if you do things for seven days you will get, you know, the tightest abs you've ever had. I don't like the fact that people say, 'Do this movement, and lose arm fat.' I don't like the fact that people are using these connotations around fitness, because it gives you the perception that that's all you have to do. It's false hope. I realise I was contributing to that. That's why I took a step back and I was, like, 'I don't want to do this anymore. I'm going to just get the camera and record my workouts. I'm going to record on Instagram the workout that I did today. If I look great, great, if I don't, whatever.' Same thing with YouTube. I sat back and I thought, 'I just want to give people advice that I wish I had when I started.' It doesn't make my advice better. It doesn't mean I know more than someone else.

It simply means I just wish I had this when I first started, and if it can help you in any type of way, let it help you. What I don't like is the connotation that there's a time limit on fitness, such as, 'Seven days to this,' and to also say that, 'By doing this you will achieve this.' Just I've never liked that because it just makes you feel like that's all you have to do, and (TC 00:10:00) fitness and wellness is so much more than a seven-day abs video on YouTube that guarantees to reduce your lower belly fat.

(TC: 00:10:08)

Advert: (Advert 10.08-10.58).

(TC: 00:10:58)

Hazel Wallace: How did your audience receive that, or, I guess, it's been a gradual change, but do you feel like they've responded well, or there were people who pushed back?

(TC: 00:11:07)

Krissy Cela: No, no, no, like, I don't know how I got so lucky with my community, but they are the best people I've ever in my life met. No one even comes close. Anything I want to do, they're, like, 'Do it.' They've been super supportive. Then they've loved the transition, and they've loved the change. I think it makes them feel more like homely. It makes them feel more safe, and it makes them feel like, 'Ah, I don't need to look perfect and have lip gloss on when I'm working out, because Krissy's pulling all these ugly faces.' Okay, like, even on my YouTube video the other day I was doing an upper body workout, and I said, 'Look, I've started doing a bench press. I've gone five years never doing a bench press. It terrifies me.' I look at a bench press, and I'm, like, 'I don't know how to still do this movement. I don't know if my back should be arched like this, or completely flat. I don't know if I'm retracting properly. I don't know if my chest should

be this upright. My breathing techniques.' I was super honest about it. I said, 'Look, I know some of you are going to say I'm doing this exercise wrong, and if I am be constructive. Tell me below what I need to do, but for now this is how I feel comfortable doing it. So, share this journey with me.' I think there's such a beauty to just being, 'I don't have it all figured out, but let's help each other out.' Like, my community's helping me, I'm trying to help them. So, they responded really well to it, which I'm really happy about.

(TC: 00:12:36)

Hazel Wallace: Yes, and, I mean, you're just showing up as your authentic self, and, like, as you grow as a human you're growing online, and everyone is witnessing that. I know that I've completely changed as a person throughout my journey, and you lose people, and you gain people along the way, but then the people who are there are your core following who are really supportive of who you are, and what you want to achieve.

(TC: 00:13:04)

Krissy Cela: Like, how about you, when you've made a transition, or a change, do you feel, kind of, nervous when you do it, and then when you do it do you feel relieved, or do you still hold a bit of anxiety not knowing if you've made the right move or not?

(TC: 00:13:18)

Hazel Wallace: I think, yes, like, definitely I've tried things in the past, or maybe I've just felt like I wanted to stop doing certain things. I share content based on what I want to share, like, stuff I know that won't do super well, or go viral. So, like, my infographics, or my really educational posts, but they're so important to me, and that's why I started my page. So, I'm, like, 'I'm still going to share them. I'm going to still share the stuff that's important to me.' Once I, kind of, like, took on that mentality I just feel so free posting online. I don't feel the pressure.

(TC: 00:13:55)

Krissy Cela: You can tell with your page though. It's very true to you, and, like, it's very different, and it's very bespoke to you. So, I think everybody around you feels that too.

(TC: 00:14:06)

Hazel Wallace: Thank you. I mean, you share, like, a lot about your personal journey, and, I guess, both your brands started with you, and you as a person, and your journey through fitness, and everything else that's come with that. So, as you've evolved you've shared that transformation. Most recently you've shared the transformation between your body. At one point you were, you know, very slim, and you're still very slim, but you're a lot more muscular now. You showing up online, and you shared some comments that people gave you based on your body, how do you deal with that?

(TC: 00:14:46)

Krissy Cela: Yes, I mean, I've had some pretty deep comments by people about the way I look. What still until this day blows me mind is we preach that women should feel proud, should show off, should acknowledge their success and be proud of their success, be strong, be individual, be independent, the minute a woman is it's, like, 'Hold on, that's too much.' 'Oh, she's sharing her success, it means she thinks she's better than anyone else.' 'She's showing how much money she's made from her company.' 'Oh, she's showing a before and after of her glutes got bigger. It must mean that the bigger the glute the better. Flat

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glutes are not good.' It's, like, 'No, honey, that's not what I'm saying. I'm saying it took me seven years, seven years of hard work, to build this muscle. You see a by-product.' That's what you see. You see a by-product when you see these transformations. I see all the times I didn't want to get up and move my body and I did. I see all of the depressive moments that I lost myself in my life, and I still showed up. That's what I see, and that's why it makes me so angry when people jump to a conclusion about somebody else's image. You don't know what that person has built, the resilience, the grit, the consistency, the habits that they've had to really implement in their lives.

I also don't blame people, because how can you show all of that? So, sometimes it's easier to just think, 'Your before was better.' 'You think your after is what women should strive for.' 'You think you're better now. How does that make you better because you've got a flatter abs and bigger boobs?' or whatever, I don't know what people say. I think what we need to be is very mindful that the person I was eight years ago is absolutely not the person I am today. The person I was eight years ago was very self-doubtful, hated herself, constantly tried to change herself to fit in. There's a lot of things that I tried to do, and tried to fit in, and tried to be everybody else's, that for the first time ever I'm just finally doing this for me. I know it sounds cringey, but it's true, you know.

(TC: 00:17:07)

Hazel Wallace: No, it's not cringey at all. I think, you know, you can tell that it's coming from a place of honesty. It just goes to show that a picture doesn't tell you what a person's going through. You know, like, the before picture, you've said it yourself in your captions, you were not happy, and yet you were putting on a front that you were happy just to please other people. I think, yes, what I love is having those conversations, and seeing more women show up online and say, you know, 'It's less about the before, or the after. It's about what it took to get me here.' That's the important thing.

(TC: 00:17:45)

Krissy Cela: Yes, it's had to show that though, right. It's hard to show everything it took to get to where you are today. Look, like, Instagram is instant. You see something, it's an instant reply, instant everything. So, people are quick to assume that it's taken you instant moments to get there. Really and truly, you've got to ask yourself how many people genuinely read your captions, right. I know I write some essays, you know, I write some essays, and people are, like-

(TC: 00:18:17)

Hazel Wallace: 'She loves an essay.'

(TC: 00:18:19)

Krissy Cela: They're, like, 'She's writing another book.' I'm, like, 'No, I'm actually not. I need to calm down. I speak too much.'

(TC: 00:18:25)

Hazel Wallace: I'm here for the essays, but, I mean, you just said it yourself, like, when you're very confident in showing up as your true self, and you've achieve so much. You're not just a fitness influencer. You're now an author. You own two businesses. You're an entrepreneur. You're one of very few women who I know in this industry who accept the label 'entrepreneur'. So many women I know

shy away from it. They'll say things like, 'Oh, I run a brand,' or, 'I run a business.' It's always plain and small. Is that something you struggle with, or do you feel like it's something that you just have accepted, and you're able to, like, I don't know, and I think I'm asking this even as a fellow business owner who feels like I can't show up and be a successful woman because I need to be humble and play small?

(TC: 00:19:21)

Krissy Cela: Yes, I mean, do I say this, or do I not?

(TC: 00:19:26)

Hazel Wallace: Say it.

(TC: 00:19:27)

Krissy Cela: My PR team is on this podcast as well. You know, like, in the nicest way possible, fuck being humble. Be proud, and be so strong, like, you achieved that. You did that. You made that happen. You and your team work their arses off. Your team believed in you, you believed in them. You guys made it happen when you had so many times that you thought you couldn't, so many problems behind the scenes, (TC 00:20:00) so many times where you were all together trying to figure out what was the next move, how you were going to put the community first, how you were going to ensure that certain launches go correct, no one's upset. There are so many things that happen behind the scenes that the last thing on my mind is to shy away from the success that me and my team have worked so hard to achieve. Why can't a woman say that? Why can't a woman just be so proud to say that? I know if I had a daughter and my daughter was trying her best, putting good into the world, trying to be a great leader, learning from her mistakes, growing, and just accepting that she doesn't have it all figured out, if she turned around to me and goes, 'You know, I'm just, you know-,' and all humble about it, I'd turn around and be, like, 'Honey, feel proud of everything you've achieved.' That doesn't mean to say I'm not humble.

I don't need a t-shirt saying 'CEO' on it, like, there's a difference, but I think that every female entrepreneur out there should own their title with so much pride, and so much dedication, because you're making it happen. You and your team are working so hard to make that happen, and you shouldn't shy away from it, you know. I hope that more women if they are listening to this turn around and go, 'You know what, I'm not going to shy away of everything I've achieved. For the first time ever I'm going to pat myself on the back and go, damn, I did that when there were so many situations that told me that I couldn't.' So, maybe I'm just a little bit too confident with that sort of stuff.

(TC: 00:21:34)

Hazel Wallace: No, you have to be. You know, like, if you were a man maybe I wouldn't have asked that question.

(TC: 00:21:41)

Advert: (Advert 21.41-22.12).

(TC: 00:22:12)

Krissy Cela: I'm sorry, but, like, I agree with you completely. I have come to the conclusion that there are so many male entrepreneurs doing what I'm doing. So, for example, there are men that own activewear brands,

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right. There are women that own activewear brands. Yet why is it when a man says, you know, 'I managed to achieve this,' 'I managed to do this,' 'I did all of this,' we're, like, 'Wow, amazing,' like, 'He came from there to this.' When I turn around and I go, 'I came from a back of a banana lorry from Albania to England with two immigrant parents. My mum worked three jobs,' you know, like, 'I struggled to fit in. I went to university. I worked full-time as a waitress, and I made it happen.' They're, like, 'Oh, cry me a river. Here she goes again.' I can't figure it out, what's the other reason? When you really put two stories on paper, forget who they are, what's the other reason? I don't understand. So, the only other reason I can think of is that you happen to have male parts, and I have female parts.

(TC: 00:23:24)

Hazel Wallace: That's it, but how do we change that story? I think the only way we change the story is by standing in our own light and saying, 'Well, we deserve a seat at the table too.'

(TC: 00:23:34)

Krissy Cela: 100%, and more women need to support women.

(TC: 00:23:37)

Hazel Wallace: Yes, and not just pay lip service. Not just say that you're going to do it, but show up for other women. I mean, people say to me, like, 'How do you have so many hours in the day to do X, Y, and Z?' but I look at you and I'm, like, 'How do you juggle all the things that you do?' Like, I mean, talk us through a typical Krissy Cela day.

(TC: 00:23:57)

Krissy Cela: Look, like, I'm very fortunate with the team I have. Honestly, like, the team I have around me is exceptional. The community around me is hyper supportive and understanding. That never goes unappreciated, and that's why we do everything for the community. We always will do. They literally come first. All of the company core values, it says literally, 'Community is the first value. Profit is the last.' If it doesn't go in alignment with community then we're not doing it, it's as simple as that, even if I know it's going to make X-amount of money. So, number one, community is everything, and I'm very privileged to have an incredible community. Number two, the team you have around you, the people you have around you, the support system. There could be a lot of entrepreneurs out there that don't have a strong supportive system, and it could really make themselves doubt themselves, and it's really hard. Everyone around me somehow is just pure, and a great person. Number three, it's also I'm quite good at delegating. So, I'm to very overprotective over things. I used to be, but I'm very good at delegating, and understanding that I'm good at certain things, but I'm not good at other things. I'm very self-aware. So, for example, I recently made a decision to step down as CEO at Tone & Sculpt, and it was the best decision ever, because I knew that Jack is a better CEO than I am.

My role at Tone & Sculpt is creative director, and lead trainer, and those are two roles that I'm very good at. So, that's what I'll be good at, right. So, I think you have to have a lot of self-awareness, and understand what can you achieve in that day, and what can you be great at in that day. So, I focus on what I'm good at, and then I slowly work on what I'm not so good at to try my best to achieve as much as I can in one day, but I'm only human. There are days where I just don't want to do anything, and I want to be on the sofa with my dog watching Netflix.

(TC: 00:26:01)

Hazel Wallace: What do you do on those days, like, because I feel like a lot of those days have been coming recently with the weather, and we've come out of Christmas, and COVID and things? So, what do you do, like, how do you show up?

(TC: 00:26:16)

Krissy Cela: I think this is where consistency comes in, and if anyone's really struggling with consistency listening to this, my biggest recommendation would be just put one foot forward. Please don't have these big goals. Please don't have these big pressures, because it feels overwhelming. I think you just need to tell yourself, 'What can I do today?' So, if you wake up and you really, really, really do not want to go to the gym, go for a walk. How about you meditate that day? You have to find something that you can manage on that day. So, for me, when I don't want to show up I say to myself, 'Okay, so what can you manage today? You don't want to show up today that's okay.' So, you've accepted it, but what can you do? Sometimes, what you want to do is just lay on the sofa and that's okay, you know what I mean? Like, that is absolutely okay.

(TC: 00:27:12)

Hazel Wallace: Yes, that's such a good message. I want to segue to something slightly off topic, but you spoke about it recently on your social. I mean, I was really grateful not only as a woman, but also as a doctor, and that was the fact that you found a breast lump and you talked about it. You have since had a biopsy, I think. Do you mind talking us through, like, how you felt when you found it, and why it was so important for you to share it online?

(TC: 00:27:38)

Krissy Cela: I was actually laying one day, and I was, like, 'Hold on a minute, what is this?' I, kind of, noticed it. It was around the side of my armpit, but it wasn't so significant. Do you know why I noticed it? You're going to laugh, right. I have really saggy boobies. So, when I lay down one goes to the one armpit, one goes to the other. So, I pick them up. I grab them on the side and I lift them to the middle. I'm, like, 'Oh, if only I had a boob job so they are always here.' Then I felt it with my thumb. I was, like, 'Hold on a minute, what is this?' So, then I started checking around my boobs, because I was, like, 'If I have it there, maybe I have it somewhere else.' So, then I went to the NHS. I got it checked. This was a little over a year ago. I went and got it checked, and they said, 'Nothing to be worried about. It's hormonal, and it's just fatty tissue.' So, I thought, 'Okay, great. Good thing I checked. It's important to, because I don't know what this could be.' Then a specific one decided to just get bigger, and bigger, and bigger. So, it grew to the size of a golf ball. I went and got checked at a private clinic, and what really upset me is when I got checked they didn't do a scan, they didn't do a biopsy, he just touched my breast, and he was, like, 'Yes, you're all fine.'

That threw me off, because I was, like, 'Hold on a minute, you've just touched a lump. How do you know it's fine? Do you have X-ray vision that I need to know about, because clearly I need that.' I don't know about you, but I want to get this thing checked, like, thoroughly. So, I didn't have a good feeling. I went to another private clinic, and I said, 'Look, I want to do everything properly. Maybe I'm over-thinking it, but I just want to check.' So, when they checked the scan came up to be inconclusive. So, they didn't know what it was. They were, like, 'We don't know what this is.' So, they did a biopsy. No one tells you what a biopsy is like. They don't tell you, like, 'Okay, it's going to sound a bit like this. It's going to be a bit like this.' This is why I

get so frustrated that even the educational system doesn't tell you enough about checking yourself, or regulating your body, or all (TC 00:30:00) these things. Women at my age do get cancer. It's not just women and a specific age category. Women my age still get cancer. I got my results actually recently, and it's an abnormal tumour. So, she was, like, 'I still don't know what this is, and you have to get it removed because I still don't know what this is.' So, I was, like, 'Okay, this is fantastic.' So, now I'm getting it surgically removed, and, you know, all good.

The bottom line is the reason I decided to share it was I wish if I had touched a lump that there had been someone on social who had spoken about their experience, and reassured me, before my mind started spiralling. So, I wish that someone online would have just been, like, 'Found a lump. Don't know what it is. Here's what I'm going to do about it. Go check yourself.' So, of course, it's a bit, like, 'Do I share this? It's quite intimate. It's an intimate picture as well. Are people going to think I want sympathy, or whatever?' Then I was just, like, 'F-it, I'm going to share it, and hopefully by these words there's a young girl, or young boy, or whatever just checking themselves, and ensuring that everything is okay.'

(TC: 00:31:24)

Hazel Wallace: Yes. No, I think it's so important that you did speak out about it, and like you said, there's this idea that breast cancer affects older women when it can affect any women. I used to work as a doctor on a breast cancer specialty, and, like, some patients were 21, and it's really eye-opening because it can affect anyone. You don't learn at school. You learn about your period, but you don't learn to check your breasts, like, you don't learn what's normal. So, the most important thing for any women listening, and guys, is to know what's normal for you, because some people have really lumpy breasts, especially around your period, but if you find something like you did that didn't feel like it was there before, it's not normal, it's getting bigger, it's hard, go see your doctor. If you're not happy with what they're saying to you ask them questions. Like, you went and you asked, 'Why?' you know, 'Why aren't you scanning me? I want to know more.' It may be that you don't need a scan, but in your case obviously you needed a biopsy, and you're getting things sorted. It was such a scary process, I'm sure.

(TC: 00:32:31)

Krissy Cela: 100%, and I think that you know what it is, Hazel, I just feel like there are so many people that are scared to ask questions. They're so frightened. Like, imagine going to a doctor and being, 'I've got this golf sized lump,' and then they're, 'I'm just going to do a biopsy on you.' You're just so, like, in shock that you don't know what questions to ask. So, I encourage with everything that you are unsure of you need to ask questions. It doesn't matter how annoying you think you are, ask the questions.

(TC: 00:33:01)

Hazel Wallace: Yes. No, it's so true. I thing going through that it's like ensuring that online is really important. I know what you mean though, like, sometimes you feel like, 'Is this too intimate to share with the world?' I think when it comes to things like that, that you know it's going to reach and help people, then if you feel comfortable sharing it then that was absolutely the right thing to do. So, every time we round-up a podcast I've got three questions that I ask every guest. The first one is what is your number one takeaway that you want people listening to take from this episode?

(TC: 00:33:37)

Krissy Cela: To feel really proud of their accomplishments and to never shy away from them.

(TC: 00:33:42)

Hazel Wallace: Amazing, and if you could go back and tell your eighteen-year-old self one piece of advice, what would it be?

(TC: 00:33:49)

Krissy Cela: I wish I could just tell myself you have time. Be patient, and just what's the next step? Stop thinking about the future so much. Just one step forward at a time.

(TC: 00:34:02)

Hazel Wallace: Yes, so good. The final one, I don't know if you're a big book reader, but is there any book that you've read that you recommend everyone should read? You can say your own.

(TC: 00:34:14)

Krissy Cela: Oh no, no, I'm not that arrogant. No, I really think The Chimp Paradox is amazing.

(TC: 00:34:21)

Hazel Wallace: Yes, that's a great book.

(TC: 00:34:23)

Krissy Cela: Yes, I think that book puts a lot of things in perspective. The Chimp Paradox is a very good book.

(TC: 00:34:29)

Hazel Wallace: Whilst we've mentioned your book, and it was publication day yesterday, tell us about the book.

(TC: 00:34:36)

Krissy Cela: So, yes, launched Happy Healthy Strong. Honestly, this book is a complete book for anyone who's looking to get into their fitness journey. It's a comfortable read. It's a read that will make you feel like, 'I don't need to rush the process. I've got it under control and I can do this.' That's what I wanted from this book. I wanted anyone reading it to feel reassured, and comfortable, and feel like, 'You know what, it's a journey, and it's really not about my destination. I've just got to put one foot forward every single time.' That's why I'm so excited about it. Also, incredible recipes on there, and also form guide tips, everything you need.

(TC: 00:35:14)

Hazel Wallace: Amazing, and so, if people want to buy it is it available on Amazon and all good book sellers?

(TC: 00:35:20)

Krissy Cela: Yes. Yes, I actually walked into Waterstones the other day and I found it, and I was, like, 'Oh, hello.' So, I picked it up, and I was, like, 'The checkout girl doesn't realise it's me because I'm not wearing makeup.'

(TC: 00:35:32)

Hazel Wallace: Oh, that's so surreal, isn't it?

(TC: 00:35:35)

Krissy Cela: Yes, if you do pick it up, thank you so much, I really appreciate it.

(TC: 00:35:40)

Hazel Wallace: Amazing. Thank you so much for coming on, and also everything that you do online. I know that, like, you help so many people, inspire so many people, myself included. So, thank you.

(TC: 00:35:51)

Krissy Cela: Thank you so much for having me.

(TC: 00:35:55)

Hazel Wallace: Okay, team, that's Krissy. I hope you enjoyed the conversation. I know I really enjoyed recording it, and speaking to Krissy. I just wanted to take this opportunity to reiterate a message that was shared at the end of the episode, and that's that we all have breast tissue, and people of all genders and sexes can get breast cancer. So, it's really important to be breast aware and know what's normal for you. If you're not sure how to check your breasts, or what to look for, head over to thefoodmedic.co.uk and we have some free resources on the website for you to have a look at. If you do find a lump, or notice a change, or even if you're just not quite sure, make sure to go along to your GP as they're the best person to check for you, and also can refer you on for any scans, or further tests if needed. Thank you so much for tuning in today. If you would like to submit a question don't forget you can send your voice recorded questions to ellie@thefoodmedic.co.uk. Finally, if you're enjoying the show please consider leaving a five-star rating, and a review, so that we can reach as many people as possible, and continue bringing you these episodes. That's all from me. See you again next time.