

CiCi: My name is CiCi Cunningham. I live in Humble, Texas which is a suburb of Houston and I'm 51 years old.

Interviewer: CiCi right before you said you were 51, you revealed to us your age and I still I'm not 100% believing that you're 51 years old.

CiCi: Thank you. That's the nicest thing. You could say I really am, but yeah a lot of people don't think I'm 51.

Interviewer: Good. I don't mean to interrupt you. I noticed you're playing with your finger right now, why are you doing that?

CiCi: Because I got new nails for the camera and I thought – I don't know I was being nervous. I'll stop.

Interviewer: Why are you nervous?

CiCi: Because weight is a sensitive thing and I figured we're going to talk about it eventually, so there I said it. It's on the table. I'm done.

Interviewer: CiCi you're an attorney as well, right?

CiCi: I am.

Interviewer: How long have you been an attorney?

CiCi: Since 1993 I think, yeah 1993, so 20 something years I've forgotten how long.

Interviewer: Got you. Okay 1993?

CiCi: Mm-hmm [Affirmative].

Interviewer: Got you. You mentioned you were sensitive about you weight.

CiCi: I am.

Interviewer: How long have you been sensitive about your weight?

CiCi: Since it started creeping up which is pretty commensurate with my law career.

Interviewer: Okay so right around early '90s?

CiCi: Mm-hmm [Affirmative]

Interviewer: Got you. So before the early '90s, what was your physical situation?

CiCi: I was very athletic. I used to ice-skate, so I was very curvy. I mean my legs were like solid as bricks. My favorite thing would be – my husband still thinks it's weird, but when I first met him I'm like, "Feel my legs, feel how hard it is." And he was like, "It was solid like a brick. You were more muscular than I was." I was never skinny which as a girl you want to be. I wanted to be toothpicky, but I was very curvy and I probably didn't have a good self-body image, but if I really saw myself back then like I can see now looking at my pictures, like I talk to my roommate in college and I'm like – I'm looking through pictures and I'm like, "I was really skinny." And she was like, "I know. I told you, but of course I had no clue. So I was curvy and I was very athletic. I used to skate for hours a day and then I – I've lost track of the question, so

Interviewer: You mentioned you started struggling or you started to be sensitive, excuse me I misspoke. You mentioned you started to be sensitive around your weight in the early '90s right around the time you started your legal career and I asked what was your relationship with your body preceding the early '90s?

CiCi: Okay I've always been sensitive about my weight, because that's a big thing in my family, everybody should be skinny and beautiful. But I didn't start having trouble with my weight and keeping it off until I started – basically in the '90s going to law school and practicing law. And I believe now if I only knew that then, but it's because of the cortisol and it's because of the stress and no amount of exercise and no amount of dieting all together and weightlifting, I mean I would do incredible things. I would go to these heavy duty aerobics three, four times a week and then I'd fuel up and go straight into weightlifting for an hour.

I mean my husband who's pretty athletic thought it was probably Ponzis classes and so one day he was off work and he went with me and he was like, "You're doing this?" and then so they're not going to work. And then I thought, "Well I'll walk my kid to school." That was four miles round-trip every day. I'd wave at everybody, it was kind of fun, wave at everybody, but still I mean I was healthy and I am healthy and I can lift stuff and do what I need to do, but I wasn't the shrinking woman.

Interviewer: Got you. Got you. Just in one sentence, describe your relationship with your husband

CiCi: Wow!

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