

Gina: [00:00](#) Hey, Emily. Thanks so much for being back on the show.

Emily: [00:03](#) Thanks so much for having me.

Gina: [00:04](#) Yes, I'm so excited that you're here and we did a really great episode together, I'll be sure to link to it in the show notes, all about macro tracking, but for those who haven't listened to that episode yet, haven't met you, would you mind just sharing some info and background about yourself?

Emily: [00:18](#) Sure. I am Emily Field, I'm a registered dietitian and I work 100% remotely online, which is how I met you, in the online interwebs. But, yeah, Gina was a former client of mine and she did macro tracking, which is my approach. My macro-based eating pattern is what I promote and teach my clients, so that they can really end the food confusion and protect their metabolism. Obviously, Gina wants to gain lean, strong muscle, which a lot of my clients do. They want to lose body fat in a way that doesn't really stress them out and isn't from a limited foods list.

Gina: [00:54](#) Yes, and working with you completely transformed my mentality with food. I'm eating so much more and I have seen some lean muscle gains, which is really exciting, but yeah. I just feel less hangry, more energized throughout the day. So, thank you.

Emily: [01:08](#) No more napping.

Gina: [01:09](#) Yes, no more napping. I mean, I do love naps, but it kind of just cut into my productivity during the day.

Emily: [01:16](#) Absolutely.

Gina: [01:16](#) Yeah, cut down on the naps, feeling so much better. I'm very thankful for you. I'm really excited that you're here. I'm excited, because today, we're talking bikini body mindset. I feel like ever since the weather changes, we're just inundated with these messages, like, "Ooh, get back in your summer clothes. It's bikini body time." I'm excited to chat with you about all of this, but before we get into the interview, I thought I would just share my number one tip for getting a bikini body. That is to get a bikini, put it on your body and that's it. You did it, you have a bikini body. What are some of your tips for avoiding just falling into all the marketing gimmicks this time of year?

Emily: [01:56](#) Yeah, it's running rampant at this time of year. The dieting industry is preying on women to feel bad about themselves during this time. It can be really, really tough to get out of that and to filter through the messages, because that's what we're inundated with. Women are falling into this trap of, "We have a lot to change. We must be working on something." We have high expectations for ourselves and it can be really, really tough, but I really encourage you to do some reflecting on how you want to feel this summer, or as the weather changes, or even by the end of the year.

Emily: [02:36](#) Most often or not, I kind of hear that women want to feel happy, successful, capable, confident. They want to feel energized and all of those things can be delivered without a dieting mindset. Without a meal plan, without a hardcore, rigid workout schedule. If you're seeking those feelings and looking for a diet program to give that to you, 30 days, 60 days, six weeks, whatever it might be, I really encourage you to take a step back. I'm actually just giving you permission to seek those things outside of a nutrition protocol or an exercise protocol. Let your body follow, when you do start to fix those things and you do start to work on trying to be more confident and trying to be more happy. Trying to be more energized.

Gina: [03:24](#) Can you give us an example of what you mean?

Emily: [03:27](#) Yeah, actually, I'll do the personal example. This time last year, I was feeling pretty down. I had just quit my full-time job to work for myself and I had moved to a different state. I didn't know anybody yet. I was really pouring my energy into the one thing that was constant, which was my coaching practice. I was just becoming a workaholic and that made me more sedentary and made me less social. It made me more critical, I was pretty negative in my relationship. That's the state of mind that I really feel like the dieting industry preys on.

Emily: [04:00](#) If I was maybe not a registered dietician, somebody who didn't really have a good handle on my food, I might have fallen into the trap that I needed something to fix me. I needed something to make me feel better. They will use language on their sales pages for things like this. Like, "Be more energized." And, "Feel more confident." And, "This is a lifestyle, not a diet." You can really easily fall into those things.

Gina: [04:23](#) That is so true. What did you do about changing your mindset? Because I'm assuming you didn't just say, "Ooh, I'm going to

lose some weight and that will fix it." Because that's what they want you to think.

Emily: [04:32](#) Absolutely. Yeah, I didn't jump to a dieting program or an eating pattern, specifically because I did have, like I said, a really good handle on my nutrition, through macro tracking and balanced eating. But, I started putting harder limits on my work day, that's where it really started. I started saying, "I'm going to stop working at a certain time." I started to take a lunch break and get outside. I started to fill my space with more positive media, specifically on social media. I unfollowed accounts that weren't things that I wanted to see and I tried to put more in my way, that was more positive.

Emily: [05:06](#) I challenged myself to stay after my workouts and hang out with people and meet people. I told myself that I would memorize one person's name a week, so I could start really informing those relationships at my gym. Sooner rather than later, I started to find myself less sedentary, more happy, more grateful, more confident. All of this stuff really does spill on itself. Even though I wasn't setting out to get more exercise, for example, I was setting out to be happier. That's what changed my overall mental state, which therefore changed my hormones and then, therefore changed my sleep. Therefore, changed my overall body confidence.

Gina: [05:47](#) That's incredible. Just those little acts of self-care that don't take a lot of time. You start to implement them and, like you said, they just kind of spill into everything else in our lives.

Emily: [05:57](#) Absolutely.

Gina: [05:57](#) It makes such a huge impact and then you do start to feel more energized, more happy, more confident. All of these things that you think that you would be able from an external source, that you have the ability to make these small steps and completely change how you feel.

Emily: [06:11](#) Yeah, I would encourage people just to think about if it is confidence that you're seeking. Maybe it's what you're seeing on social media that's making you feel that way, making you not feel confident, because you're seeing images of people that don't look like you. They're doing something that you perceive to be much different than you. They're doing a bikini body competition, they're trying to get ultra-lean or maybe your space is filled up with people who are really, really working on their health in a specific way. It influences your thoughts, to

think that you should be doing something with your health, or influencing to do something to do with your nutrition. When, really, if you just turned off that social media or cleaned up that social media feed, this is really big in my practice, is cultivating your environment to help you have the mindset that you want to have.

Gina: [07:06](#) I completely agree. I think that Instagram is so valuable for a lot of things, but if I want to zap my productivity mojo, just scroll through Instagram. [crosstalk 00:07:15] I scroll through it and I feel defeated already, because I have this mental to-do list of all of these things I want to do. I'm scrolling through, I'm like, "Oh, well this girl's built a fashion empire. What have you done?" It just brings me down before I even get started. I've noticed I do much better if I wait to scroll through social media until the afternoon, so at least I've crushed some things on my to-do list, because sometimes, I personally can't even help falling into the comparison trap and it sometimes makes me feel bad about myself.

Emily: [07:44](#) One hack that I've recently been using that's actually working is logging out of all social media, especially log out of Instagram and log out of Facebook. I go on for a certain, designated time every day and when I'm on, I have to do something social. I'm not aimlessly scrolling, I'm actually engaging, because I really do want to use social media to engage with other people and to form relationships. That doesn't happen when you're scrolling mindlessly. When I'm online, I'm commenting, I'm liking, I'm responding to DM's, I'm contributing to my story or my feed. That feels so much better than just mindlessly scrolling.

Gina: [08:22](#) That's a brilliant tip and I'm going to start doing that. If you guys have not checked out Emily's Instagram, I will link to it so that you can find it. It's just @emilyfieldrd. Is that correct?

Emily: [08:29](#) Mm-hmm (affirmative)

Gina: [08:30](#) Okay. I'll link to that so you guys can find it, but she posts so much amazing free content and meal ideas and ways to think about your nutrition. It's all extremely helpful, so I think you guys will love it. What's your final advice for listeners out there who are considering a drastic move with their fitness and nutrition in preparation for summer?

Emily: [08:50](#) Sure. I think it really involves reflecting. Ask yourself, "What is the goal of sinking a bikini body?" Or, "What is the goal of getting this summer slim ideal?" Or, "What is the goal of my

goal weight?" Because if it's at all what we listed before, confidence, resiliency, success, being more happy, being more carefree, I'm giving you permission to seek that out, right now. You do not have to do that with, or you should not do that with a restrictive meal plan or a limited foods list or grueling workout schedule. You can seek those things out right now and they don't really involve food at all. They don't have to involve food at all.

Gina: [09:28](#) Totally. I completely agree. You teach macro tracking, so that is something that's more structured. It is a balanced eating approach, but how does this all fit in to what we're talking about?

Emily: [09:39](#) Yeah, I like to say, especially to my new clients, that starting to track your macros and to eat more balanced can be a basic form of self-care. When I was talking about before, I didn't have great self-care, especially from the mental health perspective. As soon as I started to take care of that side, all of the other habits followed. That can be the same thing for using nutrition for self-care. You're eating meals with whole, real food. Some protein, fat and carb at each meal, it will make you feel better and that making you feel better, more energized, leaving you full and satisfied. Will lead you to work out more or to get outside more or to not reach for alcohol or other extras in your diet to numb out.

Emily: [10:23](#) I think that, like what we said, for starters, if you're feeling more full and satisfied, you're going to have more energy, you probably won't be focused on when you're going to get your next meal or your snack, because you're so hangry, you're tired or you're dragging. I see that balanced eating as a means to an ends, for feeling the things that we were talking about. Trying to be more happy, trying to be feeling more successful, capable, resilient, confident, energized. All those things. Because, by taking away the restrictive dieting mindset and constantly asking yourself, "What can't I eat? What can't I have? What's off-limits today? What is my phase? What am I supposed to be doing with my nutrition?" You kind of free up a lot more mental space to focus on way more important things.

Gina: [11:07](#) Yes. I mentioned this before, but it completely transformed how I look at food and how I feel myself. Because I was unintentionally under-fueling. I lived this low-carb lifestyle, because when I initially lost, it was about 40 pounds and it was in college. I did it through South Beach. That taught me a lot about lean proteins and smart carbs and healthy fats and it

really did help me to make smarter choices, but from that, I just was a low-carb eater. That's just how it changed my diet.

Gina: [11:40](#) To change to macro tracking and eating a lot more carbs than I was used to, I feel so much better. So much more energized. Crushing my Peloton workouts. I got three PR's last week and that would not have happened before. I just felt like I was dragging. I think that the macro-based approach can really change your fitness performance, number one, I feel so much stronger and more energized for my workouts. But, also, like you said, less hangry, less anxious and it takes a lot of that, like you said, that mental space away from worrying so much about what you're eating. Because, everything really does fit in. If I want to have a donut with my kids, I have a donut with my kids. If I want to have a beer that night, I have a beer that night.

Gina: [12:24](#) I just feel like I'm so much more mindful about it and alcohol is another one, for me, that you helped me scale back. Not like I was overdoing it, but it was just something that had become a habit. It wasn't even something I really enjoyed, I was like, "Oh, it's the end of the night, I'm going to have a glass of wine." Now, I'm so much more mindful about that as well. I just have one or two glasses a week. I plan for them, I enjoy them and that's it. I also noticed that when I don't have a glass of wine every night, I sleep better. I wake up feeling a lot more energized too.

Emily: [12:56](#) Yeah, that cyclical habit thing, so you wake up with more energy, which probably makes you more focused for your morning to-do list, which makes you less preoccupied on social media. Which means that, when you are on social media, you have more of a barrier against those things that could creep in, those negative thoughts that creep in. Like we're talking, all this stuff, it's not a matter of which habit do you adopt first? Just take one step. I hope it's not the step is a restrictive eating pattern, and that's what we're trying to say. Not a limited foods list, not a very low calorie diet of any sort. Try to do it from a different perspective, a different input and it'll probably affect habits down the line.

Gina: [13:39](#) Yeah. I think it's so much more about adding than subtracting. I always like to tell people, "Think about what you can add into your routine." "I'm going to add in fresh produce at every meal." Focus on that for a couple of weeks. "I'm going to add in four glasses of water that I wouldn't normally drink. I'm going to hydrate better."

Emily: [13:53](#) I love that.

Gina: [13:54](#) "I'm going to add in more time to sleep at night." Things that you can add in, instead of restrict, I think makes such a more positive difference and they are things that are more attainable, but Emily has so many offerings on her site. I'll definitely link to them. If you wouldn't mind just sharing your new programs, what you're working on, in case anyone's curious about macro tracking and just making better changes for their health and their nutrition.

Emily: [14:17](#) Well, yeah, I did want to say that people can hear macro tracking and they can think, "Well, how is that simpler? How is that not taking up mental energy?" That's totally true, there is a certain level of focus that you will take when you are tracking macros. I always screen my clients, to say, "Is this a time in your life where you can afford to focus a little bit more on weighing and measuring and tracking prepping and planning and things like that?" But the payoff, when they say, "Yes." And they do engage in coaching with me, the payoff is recalibrating your understanding of an appropriate portion size for you.

Emily: [14:54](#) Gina, you're probably a really great example of this, by focusing on macro nutrient tracking diligently for a little while, you recalibrated your understanding of how many carbs was appropriate for you during the day. Now, you can loosely come in and out of tracking, following the same foundational baseline which is, "Have a protein, have a fat, have a carb at every meal for balanced blood sugar, to feel full and satisfied." That sort of thing.

Gina: [15:19](#) I think it can just be a really nice reset, just to set those habits back up and then you can come back to it as you like.

Emily: [15:26](#) Yeah, if you're curious about what your nutrient needs are and we've been talking about macro nutrient targets and macro nutrients in general, I have a active day macros guide, it's an instant download and that's available on my website. I'll link it in the show notes, I'll give that to you too, Gina, so you can see it. But, I will help you calculate your protein, fat and carbohydrate needs with a few basic questions, using your health history, your workout of choice, food preferences and more.

Emily: [15:52](#) A lot of times, those free calculators online do not have any clinical or practitioner head space behind them. They are just spitting back a simple math equation for you. I'm using a little bit more clinical experience, to derive better totals for you, so that you can actually be consistent with hitting them. Because,

we know that consistency is what's actually change your body shape and size and helps you fuel properly.

Gina: [16:17](#) Oh, and I also like that you take the time to look at what we're doing for our workouts and help us plan from there too. My workouts are completely different than some of your other clients', so our macros could be totally different, based on that.

Emily: [16:30](#) Right, right.

Gina: [16:31](#) Yeah. I thought it would be fun to do a ask the RD segment, I put out the call on Instagram, asking people if they had questions for you. Would you mind if we just went through a few of those?

Emily: [16:42](#) Totally, that's great.

Gina: [16:43](#) Okay, great. The first one is, "Ideal pre and post-workout fuel?" What do you recommend?

Emily: [16:48](#) Oh, this is a good one. I'm assuming this person is wanting information about enhancing their athletic performance during their workout. I'll first say that the number one for improving your workout performance is to eat to your macro nutrient needs during the day, the whole day. Probably be minding them the day before and the day after. There's really nothing special about that pre and post-workout period if you can't confidently check that box, that you are eating up to your macro nutrient needs and fueling yourself properly outside of that one-hour workout.

Emily: [17:22](#) However, if you are like maybe you or I, we take some focus to our macro nutrients and we can confidently check that box that we're eating enough, you may consider something like a protein and carb meal or snack before your workout and maybe more of a mixed meal or snack after your workout. The only reason why I say that is because fat macros, fat-containing foods take the longest to digest. We don't typically want to be eating something that takes a long time to digest right up next to our workout, because that could mean that we feel a little nauseous or sick during our workout, but everybody's different.

Emily: [18:00](#) Some of the things I'm typically suggesting for pre-workout, again, this is like you can confidently check the box that you're eating up to your macro nutrient needs most of the time, pre-workout, you might experiment with some protein and carb combos. Certainly thinking of eggs and sweet potatoes or a

protein powder and fruit smoothie kind of thing. Or, maybe you're doing some ground turkey or chicken or beef or something with rice. Something super simple, I'm thinking like that and then-

Gina: [18:29](#) Do you change it up? Sorry, sorry to interrupt. Do you change it up, depending on whether you're doing cardio or whether you're doing cardio and strength or just strength?

Emily: [18:38](#) I don't typically, and I don't think my clients really take notice of that either, unless they have a specific routine they're really used to. For some of my endurance athletes, they oftentimes train fasted, especially if they're going first thing in the morning, out for a long run or a swim or a bike ride. Perfectly fine, because they're meeting their macro nutrient needs in the hours outside of their workout. They have met their nutrient needs the day before they do that long workout or that morning workout. It really does depend on the full 24-hour picture.

Gina: [19:11](#) Okay. What are some of your favorite pre and post-workout meals?

Emily: [19:15](#) Yeah, I've mentioned a few of those pre-workout, post-workout. I'm just having what would look like a mixed meal. A mixed macro meal that has some protein, has some fat and has some carbs, because I no longer have to worry that fats are going to take a long time to digest and I won't have to be up and moving or anything like that, through a workout, that would make me sick. I mean, I usually work out in the 4-6 P.M. sort of period, so really, after my work out is my dinner meal. Having things like stir-frys with a corn tortilla for my carbs or potatoes or rice or something like that for my carbs. Fats might be avocado or nuts or seeds of some sort of oil that I'm cooking in. Maybe a higher-fat protein will be my fat and obviously, protein takes the form of any sort of animal-based or plant-based protein I might like.

Gina: [20:07](#) Okay, good to know. After workouts, I always love oatmeal with protein powder and almond butter.

Emily: [20:12](#) Nice.

Gina: [20:12](#) That's my go-to combo, but it was interesting that you mentioned the fasted cardio, because when I was training for my half marathon in San Diego, I ran every single long run fasted, just because I would go really early and the thought of eating something just made my stomach churn before it. I did those fasted, but then, for the race, I had half a bagel before

and half a banana and I had carbs at every single station, where they gave me jelly beans or gels and I PR'ed that race, because my body was used to not having fuel during those long runs and then that blast of sugar just gave me so much energy.

Emily: [20:47](#) You're actually really lucky, because a lot of times when we're looking at athlete nutrition, we're saying, "Don't do anything different on race day than you wouldn't do in training." Because you don't want to risk GI upset or getting stuck in the bathroom or just having all of this buzzing and gurgling, so you're really lucky that nothing happened.

Gina: [21:04](#) Oh, totally. I was laughing, because that is the golden rule for races and I did everything different. I wore different shoes, I wore a different sports bra, I fueled completely differently. Everything was different, so, yeah, you're right. I did luck out a little bit.

Emily: [21:17](#) Don't follow Gina's advice.

Gina: [21:21](#) Never mind. Delete. Delete that advice. Yeah, but it did end up working out well for me, surprisingly. All right, next question, "How do you heal your metabolism?"

Emily: [21:32](#) This is a really complicated question. I first want to help that person understand that your metabolism isn't broken and it doesn't need to be fixed. Please, please, please get that out of your vocabulary, because the more that you talk yourself into that circle, the more you can feel really defeated. But, I will say that your metabolism is a product of how much you eat, how much you move, how much lean muscle you have on your frame. The health of your gut, the health of your liver, lots of different things play into your metabolic rate. Metabolism truly means how well we can reap energy from the food that we eat.

Emily: [22:09](#) How do we metabolize? There's a lot of systems involved in that, but I guess the two best ways to increase your metabolic rate are how many calories you burn at rest. Those two things are to eat more and to lift heavier weights or to lift weights in general. If we eat more, we will increase our metabolic rate and if you put more lean muscle on your frame, you will increase the number of calories you need, or calories you burn, during the day. Obviously, those are two pillars of my work with most of my clients, they're eating more than when we start working together and they are also getting into some form of exercise that gets them lifting weights in a way that they like.

Gina: [22:55](#) Okay. I feel like this question might have been from someone who was used to a dieting mindset and used to eating a lower caloric intake, so if they do start to eat more, do you recommend gradually doing it or is there any guidance you give for how to do that?

Emily: [23:10](#) Yeah, we've been able to see, through research, that you jump those calories up slowly, or you can do it in 100, 200 calorie increments more methodically, over the course of a few weeks, but actually, some people do really well from just going from their low-calorie diet just overnight, up to where they should be, their maintenance level. But, I guess it really does depend on how low and how long they've been at that low-calorie diet. With many of my clients, it's just a psychological struggle to eat more, so it's really helpful for us to go methodically and slowly. We would increase their calories 50-100 every single week and that can come from fats and carbs or a mix of all three macros. Slowly launch that up, over three months time or six months time, depending again, how low and how long they've been at that low-calorie diet.

Gina: [24:02](#) Okay, great tips. "What are your thoughts on intermittent fasting for weight loss or fat loss?"

Emily: [24:09](#) Hot, hot topic.

Gina: [24:10](#) Yes. Hot-button issue.

Emily: [24:12](#) Yes. Intermittent fasting is simply an eating schedule. We just are limiting the time in which we're consuming calories instead of it being like an unrestricted, continuous eating schedule, we are putting limits on that eating schedule. I'll first say that, research shows that you can lose the same amount of weight and the same amount of body fat doing an intermittent fasting schedule, maybe that you're limiting to eight hours a day where you're feeding, or doing a continuous eating schedule where you're just limiting maybe portions or you're controlling calories in some way. But, you're eating freely from 8 A.M. to 6 P.M. or whatever it might be.

Emily: [24:53](#) Some people find that sticking to a lower-calorie eating pattern is easier when they can do it in two or three really large meals and that smaller feeding window, like intermittent fasting would promote, versus having that four to five smaller meals spread across the whole day. That just might not feel as satiating, you might actually feel like you're dieting. You might be hungrier quicker, sometimes eating intermittent fasting can

just help you be more consistent. We know that when you're consistent with a lower calorie intake or a something like a slight calorie deficit, then you are going to see the results better. It's when we dip in and out and we adhere it and not adhere it, we don't see the results that we want.

Gina: [25:34](#) Okay. Have you, because I feel like I've heard a lot about it increasing longevity or affecting our blood sugars. Are there any other benefits for doing that, or would you say no?

Emily: [25:44](#) Yeah, there are some benefits to intermittent fasting outside of the weight loss and fat loss conversation. If we take that out of the picture, certainly, we have seen some improvement in fasting blood sugars and insulin sensitivity, with people who intermittently fast. Especially if you have blood sugar dysregulation, it might be one of the ways that you help improve your blood sugar regulation and your fasting blood sugars. Your insulin sensitivity, by restricting your feeding window and fasting for longer periods of time. Then, there's also something to be said about letting your digestive system have some rest and do some clean-up, as you will.

Emily: [26:23](#) It's called autophagy, it's the science word for it. I actually did a podcast with Regan Jones, another registered dietician on her podcast, called This Unmillennial Life. If you wanted to search Emily Field and This Unmillennial Life, she did a three-part series, I believe, a two or three-part series on intermittent fasting and we covered this whole subject of weight loss, fat loss, autophagy. Other benefits outside of weight loss and fat loss, is really, really interesting.

Gina: [26:53](#) Oh, perfect. I'll include a link to those in the show notes too, so that you guys can check them out and hopefully find a new podcast you like. That's great. Next question is, "What are foods that you recommend to help with PCOS?"

Emily: [27:04](#) PCOS is a multifactorial condition and not every single person's diagnosis looks exactly the same. I'm going to answer this from the perspective that, I guess the main form of PCOS is developed due to a hormone imbalance caused by inflammation. When we know that our type of PCOS that we have, that we're diagnosed with is kind of an inflammatory-based problem or issue, we can take many steps to reduce inflammation in our body. Nutrition obviously plays a huge role in this. There's no one particular food that's going to help with inflammation.

- Emily: [27:47](#) There are many foods that will alleviate it and many foods that will contribute to it. We would want to play with the diet as a whole, so I'd say my biggest tips would be to eat whole, real food more often than refined, processed, packaged foods. Some foods that are pretty inflammatory to the body in most people might be gluten and dairy. Also, thinking of inflammatory oils, cheap frying oils, alcohol, refined sugar, that sort of thing, we'd want to pare down in the diet and replace with whole, real foods as much as possible. Then, the last thing I would say is probably eating well-rounded meals with some protein, some fat and some carbs together, will help keep your blood sugar stable.
- Emily: [28:35](#) We're looking for blood sugar that looks like rolling hills throughout the day, versus skyrocketing up and then crashing down, which is what often happens when we have an imbalanced meal. We have too many carbs, not enough protein, not enough fat proportionately, and that's kind of causing your blood sugar to go on a rollercoaster, which is pretty inflammatory for the body.
- Gina: [28:56](#) Good to know. Okay. Amazing. Where can everyone find you online?
- Emily: [29:01](#) I am at emilyfieldrd.com, most often on Instagram, emilyfieldrd and then, I obviously have a Facebook presence as well. Most of my free content and tips can be found through Instagram, so I'd love a follow there. Tell me where you found me and tell me you found me through your podcast, I'd love to know.
- Gina: [29:19](#) Okay, perfect. I'll include links to those, so you guys can find Emily online. Like I said, she posts so much amazing free content, you can check out her programs and her macro tracking courses there. Incredible, I have personally used them and loved them, so I will definitely include links to those. Thank you so much for being here today. I always love chatting with you.
- Emily: [29:36](#) You're welcome. Thanks so much for having me.
- Gina: [29:38](#) Yes, have a good day. I'll talk to you soon.
- Emily: [29:40](#) Bye-bye.
- Gina: [29:40](#) Bye.