

# Regular Guy Friday ep 127. Know Your Why

<https://silosolo.com/386804>

## Summary

The video transcript mentions the speaker's connection to Macy's as a former employee and current customer. They recommend visiting Macy's website for shopping. The speaker talks about their weight loss journey and recommends Noom, a weight management program that focuses on psychology and behavior change. They mention that 98% of individuals who tried Noom reported lasting changes. The speaker also shares the joy of having a newborn daughter named Athena. They mention the Regular Guy Friday show where people can learn and laugh. There are audio issues during the show, but upcoming guests are mentioned. Finally, the speaker discusses how helping others can also benefit oneself.

## Silo sample questions

- What is the speaker's connection to Macy's?
- What weight management program does the speaker recommend?
- What percentage of individuals reported lasting changes with Noom?
- Who is Athena?
- What is Regular Guy Friday?

## Topics

Macy's

Weight management

Noom

Newborn daughter

Regular Guy Friday show

Helping others

## Key Takeaways

- Macy's is a store where the speaker used to work and still shops
- The speaker recommends visiting Macy's website for shopping needs
- The speaker talks about their weight loss journey and recommends a weight management program called Noom
  - Noom focuses on psychology and behavior change for effective long-term weight management
  - 98% of individuals who tried Noom reported making lasting changes to habits and behaviors

[Click here for the full transcript](#)

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