

# The Top Ten Best Podcasts To Listen To While Working Out



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Sometimes, we all just want to listen to something uplifting and inspiring... Especially when we're in need of motivation, having a short list of worthy resources can be very helpful.

That's why I've compiled this guide for you – to make it easy to access fresh, new, fun and entertaining content on the go.

Content that will inspire you and get you in the right mindset – to tap back into feeling like the powerful, motivated go-getter you were born to become.

But first, real quick, just in case you're not familiar with podcasts....



## **What are podcasts?**

Podcasts are kind of like online radio shows – they make quality content freely available to their listeners through digital files that you can download or stream on your computer or mobile device.

## **Are podcasts free?**

Most podcasts are available for free. They're usually audio only, but some shows are also produced in video form, and can be viewed online.

They're typically created in an episodic format. Some are "solo shows" where the host shares their expertise or opinions, other podcasts are done interview style.

Topics range from health to education, technology, money, relationships, culture, history, comedy and more.

## **Where can I find podcasts?**

Most podcasts are available on at least one of the three big podcast platforms online: iTunes, Stitcher Radio and Spotify.



## **Who creates podcasts?**

Podcasts are typically produced by subject matter experts and reporters -- some are independently funded, others are backed by big companies such as BBC or NPR.

You'll find podcast hosts that are New York Times bestselling authors and A-list celebrities, as well as experts and entertainers who are currently on their way to becoming true thought leaders in their industries.

## **What podcasts should I start with to get motivated?**

Turn to the next page to check out our favorites...





## 1. Podrunner: Workout Music

Podrunner's free workout mixes are engineered to improve your endurance, speed, and motivation. The nonstop beat regulates your movement to expend energy efficiently, so you don't burn out early. And your motivation increases as the music intensifies as the music intensifies.

Podrunner is a free, bi-weekly series of workout-music mixes created and produced by DJ and author Steve Boyett. Mixes can be played or downloaded from the Podrunner website, as well as on iTunes, Google Podcasts, Pandora, and most apps for playing and subscribing to podcasts.



Most Podrunner mixes are hour-long, fixed-tempo workouts from 120 to 185 Beats Per Minute (BPM), encompassing power walkers, joggers, runners, spinning, elliptical, aerobics, or anyone who can benefit from a tempo-based workout.

There are no instructions or interruptions of any kind. Because of Podrunner's open-ended nature, listeners have used it for everything from mail-carrying to making pots.

**Source:** [Podrunner](#)





# HAPPIER WITH **GRETCHEN RUBIN**

## 2. Gretchen Rubin: Happier

Gretchen Rubin is the #1 bestselling author of *The Happiness Project* and *Better Than Before*.

In her podcast, *Happier*, Gretchen gets more personal than ever as she brings her practical, manageable advice about happiness and good habits to this lively, thought-provoking podcast.

Gretchen's cohost and guinea pig is her younger sister, Elizabeth Craft, a TV writer and producer living in Los Angeles, who (lovingly) refers to Gretchen as her happiness bully. The show is part of the Cadence13 Network.

**Source:** [Gretchen Rubin: Happier](#)





### 3. Rise Together

Rise Together is hosted by Rachel Hollis and Dave Hollis the rise together podcast is more than just a conversation about their relationship.

Each episode is filled with tangible advice that will get you and your partner to be the best versions of yourselves.

Dave Hollis is husband to Rachel, father of four and the CEO of the Hollis Company. Prior to starting the Hollis Company, Dave was the President of Theatrical Distribution at The Walt Disney Studios for seventeen years.



His wife, Rachel Hollis is a #1 New York Times & #1 USA Today Bestselling Author, a top business podcaster and one of the most sought-after motivational speakers in the US.

As a bestselling author and wildly successful lifestyle influencer, Rachel has built a global social media fanbase in the millions.

Known as "the Tony Robbins for women" because of her motivational, high energy style and her unique ability to empower and embolden a female audience.

**Source:** [Rise Together](#)





OWN

## 4. SuperSoul Sunday

The legendary Oprah Winfrey has created the Emmy award-winning SuperSoul Sunday is a daytime series on OWN that delivers insight and inspiration from renowned thought leaders to awaken viewers to their best selves and discover a deeper connection to the world around them.

Each week, enjoy mind-nourishing conversations between Oprah and top thinkers, authors and spiritual luminaries.

Awaken, discover and connect to the deeper meaning of the world around you with SuperSoul.

[www.superboostgreens.com](http://www.superboostgreens.com)



In the podcast version of SuperSoul Sunday, hear Oprah's personal selection of her interviews with thought-leaders, best-selling authors, spiritual luminaries, as well as health and wellness experts.

All designed to light you up, guide you through life's big questions and help bring you one step closer to your best self.

**Source:** [SuperSoul Sunday](#)





## 5. The Tony Robbins Podcast

Tony Robbins' powerful words and insightful lessons have helped more than 50 million people from over 100 countries to create meaningful change in their lives.

How do you want to change your life? Are you looking to take your business to the next level, develop stronger relationships, improve your finances or better your physical health?

The Tony Robbins podcast gives you access to Tony's proven strategies for success so you can accomplish your goals, too.

**[www.superboostgreens.com](http://www.superboostgreens.com)**



Whether you're looking for insight into how to build a bigger business or deepen your relationships, you have access to all the tactics Tony uses in his own life.

With an extensive selection of episodes featuring insightful lessons from Tony, interviews with some of the most successful people in the world and never-before-released audio content from deep within the archives, you'll find you can learn a great deal while listening during your morning commute or daily workout.

As Tony says, "Every day, stand guard at the door of your mind, and you alone decide what thoughts and beliefs you let into your life.

For they will shape whether you feel rich or poor, cursed or blessed." Get started today by choosing an episode that fuels your hunger and enables you to take your life to the next level.

**Source:** [The Tony Robbins Podcast](#)





## 6. TED Radio Hour

The TED Radio Hour podcast features discussions with some of the world's most remarkable minds provide a journey through fascinating ideas, astonishing inventions and new ways to think and create.

The episodes are based on riveting TEDTalks from the world's most remarkable minds, covering topics ranging from transparency, Maslow's hierarchy of human needs, overcoming, anger and so much more. The show is hosted by Guy Raz, and it's a co-production of NPR & TED.

**Source:** [TED Radio Hour](#)





## 7. London Real

London Real is a video talk show that introduces you to the most fascinating people in the world. It is broadcast from studios in Shoreditch, East London to television and online platforms including London Live TV, YouTube and iTunes and is hosted by Brian Rose.

Tired of being spoon-fed from the mainstream media, we've set out to offer a fresh, unscripted and unedited look into the world of real people. From activists to scientists, authors to fighters, politicians to drug smugglers - we present their real stories, uncensored and uncut.



Founded in October 2011, London Real has filmed over 500 episodes, amassed millions of subscribers and been viewed over 250 million times.

Brian Rose is the Founder & Host of London Real, the new media and transformation company best known for its weekly live video talk shows with the greatest minds on the planet that have been watched over 250 million times. Originally from California, Brian holds a degree in Mechanical Engineering from the Massachusetts Institute of Technology (MIT) and moved to England sixteen years ago to be an investment banker in the City of London.

After finding success in the world of banking, Brian had an epiphany while staying at Richard Branson's chalet in Switzerland: he hated his work, his life, and himself. So he resigned and created London Real. But it wasn't that simple: his journey was fraught with self-doubt, peer-pressure, and life-defining struggles. (His story is chronicled in his popular TEDx talk below).

Since then London Real has broadcasted conversations with over 500 top influencers, released three feature-length documentary films, graduated over 3000 students from the London Real Academy, and become an internationally recognized brand known for the power of honesty, vulnerability, empowerment, and transformation.

**Source:** [London Real](https://londonreal.com)





## 8. Ali on the Run

The Ali on the Run Sho features Ali Feller who talks to everyday runners, professional athletes, entrepreneurs, and industry leaders she finds interesting and inspiring. She gets inside their heads to figure out how their decisions, successes, failures, and missteps can help guide my own.

Whether you're on the run toward something great or away from something that's holding you back, join Ali on this never-ending adventure, and let's all pick up the pace together.

**Source:** [Ali on the Run](#)





## 9. Hurdle

The Hurdle podcast with Emily Abbates features weekly doses of inspiration from remarkable people who got through tough times, leaning into wellness as an outlet.

From top CEOs to average Joes, Hurdle brings you their stories, the lessons they learned, and hopefully gives you the push you need to live a healthier, happier, more motivated life.

The host, Emily Abbate is a freelance content creator and writer with a passion for building brands. Born and raised in Connecticut, she now lives in an Upper East Side apartment, complete with a closet big enough to fit her Cannondale.

[www.superboostgreens.com](http://www.superboostgreens.com)



Most recently the fitness editor at SELF Magazine, the certified personal trainer believes there is no such thing as an unimportant detail.

Storytelling and genuine human connection are two of her greatest passions.

**Source:** [Hurdle](#)





# THE HABIT COACH

With Ashdin Doctor

## 10. The Habit Coach

If you are tired of relying on your fickle motivation to get things done,  
If you are tired of starting because you fail to see things through, The  
Habit Coach podcast is for you!

Ashdin Doctor, the habit coach, takes you through the creation of simple easy to do habits. Habits we can all incorporate into our lives. Ashdin believes that "Awesome lives start with your awesome habits".



Habits around, health, sleep, de-stressing, productivity, movement, nutrition and relationships.

Each episode is bite-sized and less than five minutes, packed with fun facts and an easy to do habits.

**Source:** [The Habit Coach](#)



## **Remember this....**

Motivation is not something that just magically shows up. It's a habit we cultivate over time. Some days are harder than others, but when you can tap into your "why", nothing can stop you.

As New York Times bestselling author and famed podcaster Gretchen Rubin says:

"Habits are the invisible architecture of everyday life. It takes work to make a habit, but once that habit is set, we can harness the energy of habits to build happier, stronger, more productive lives."

## **Why are you here?**

Of course, you've probably come across this guide because you're looking for motivation to stay on track with your health goals.

Please remember that all you need is establishing better habits, one simple action, one baby step at a time.



Start with a small step like drinking SuperBoost Greens juice in the mornings, and continue your day with healthy habits with the help of some of the wonderful, entertaining (and free!) podcasts mentioned above.

At your service,

*John Galen*



**[www.superboostgreens.com](http://www.superboostgreens.com)**

