

(1) A Masterclass On Movement & Mobility | Rich Roll Podcast - YouTube
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Transcript:

(00:00) our relationship to Fitness is broken don't look for Perfection look for steady gradual progress look at what you're doing within the environment and try and make small changes within it rather than add too much to your day don't do it because someone else is doing it do it because you want to do it it's something you can choose to do to really powerfully influence your mental health [Music] to move is to be human it is something that is inherent to our nature it's not a chore it's not a box to tick or an

(00:36) obligation movement is what our bodies are designed to do we're born to move we're born to explore and to physically connect with the world around us in whatever capacity we can create the joy first and everything else will follow movement can be playful it can be deeply enjoyable and even meditative So today we're gonna dive into those benefits as well as the hows and the whys of all things movement in today's Master Class the eighth in our ongoing deep dives into the RRP Cannon where you're going

(01:11) to learn how to start a movement practice the importance of Mobility exercises proper running and walking techniques mental tricks to stay motivated and how to set and achieve your movement goals My Hope Is that this episode gives you both the inspiration as well as the tools to begin or improve upon a practice that feels natural to you that brings you Joy and that ends up transforming your life as You Follow That Journey this episode is brought to you by Roca Fitness does not have to be about six-pack abs perfect pictures weight

(01:52) loss over training or destroying your body for the sake of some impossible standard Fitness can be more about listening to your body and moving in a way that's pressure free that's positive and and fun and this is the perspective of Sadie Lincoln Sadie is the founder and CEO of bar three which is a fitness company focused not on weight loss but rather on body positivity and personal empowerment in the following clip you'll hear Sadie explain why she decided to redefine the word Fitness and how she

(02:27) thinks about it now my husband and I co-founded part three in 2008 is when we opened I've been in the fitness industry my entire professional career I fell in love with it in the 80s like meeting Jane Fonda in my living room with my mom it just drew me in right away for various reasons and when we opened bar three we didn't use the word Fitness because I had it anchored to negativity and being a chore and something that I didn't identify with and it wasn't until about eight years ago or um eight years in that I took we took

(03:07) back that word Fitness and we're redefining it so what is that redefinition and first of all I want to point out there's nothing wrong with Fitness as we all know it it's just it my relationship to Fitness is broken right and so I needed to redefine it and and I I noticed that a lot of other people do as well I just wasn't happy in my own body during that era and I was not identifying with Fitness the product that we were selling and I had a lot of Shame around it explain that I'm sitting in meetings with all these

(03:39) people learning about these crazy numbers and a crazy growth of our company I'm also learning from all these um amazing consulting firms and the statistics and data that our health is on the decline so as the industry is booming our health is declining significantly and so that's confusing right I'm I'm always like obese diabetes obesity when Fitness as a product and service was invented in my mind 1980.

(04:08) obesity has doubled since 1980. the health club industry has uh upper right corner upper right corner year over year it's a 30 billion dollar industry what is not working here

Fitness is working Fitness when you study it in a lab you've studied it in your body I have to it works Fitness is not broken Fitness is good what I have discovered is that our relationship to Fitness is broken and there is so much shame in that relationship how predominantly to this day fitness is sold is that you start and end the before picture and then you do the the products

(04:50) and services in a certain order and you become the after picture that's how it's sold there let's look at that for a second the before and after that if you think about an after that's in the future it's imagined it's not real there's nothing real about the after picture and literally when you see a before and after picture which still is prolific and that's what sells um it's someone else and how they how they've achieved a physical measure of success sometimes there's a diarrhea behind it that's like

(05:19) how I feel as well but it's often a physical manifestation so we can't ever get to that person and by the way that person's not that person anymore either there is no presence yeah in the before and after picture there is no presence in that and there's a shame in that so Fitness has been sold on you are not whole yet if you do these things you'll be better and and every year there's a new idea and a new fad and a new product and a new supplement and on top of it there's this extreme nature of Fitness this more

(05:53) extreme you go the better results you'll get so I always think of like there's comfort zone where you're in the center in your comfort then there's Brave space where you go just outside of that comfort and that's where in the body like you're lifting you're lifting weights let's say in your body goes to fatigue and failure and then it rebuilds that's Brave space you're rebuilding your muscle same with our mental capacity just going just enough so that you're rebuilding building resilience

(06:16) building strength and we do need that sand in the Oyster to make the Pearl we need that rub in our bodies physically but the industry goes so extreme that we go into Panic zone so many people enter exercise and they go heart too hard they get injured they anchor it to pain to shame to not looking apart and then we get promised in one sweat sesh you're gonna be skinny and beautiful and perfect and awesome right so there's just so many ridiculous when we all talk about this we're always like that's so ridiculous I know better (06:47) I know better but the world says that all the time right intellectually we know better but emotionally we don't right so and we've been we it it they we it plays into that thing if I want to belong if I look that way I'll be attractive yeah I'll be successful I'll be seen as successful I'll be worthy I'll be happy I'll belong and what if this is the question we all ask ourselves all the time what if we exercised to practice being honest in our bodies forget about even like feeling good in our bodies

(07:21) just honest and that everything I do in that moment is about honoring who I am in my physical self and what I need in that moment the word Fitness in and of itself is is strange because part of it is it's aspirational but it's also this pejorative you think of fitness and you think about a treadmill and you know underneath the fluorescent light yeah and you think about a bunch of people walking around that look better than you and you're feeling less than um the whole that whole industry is built upon preying on people's

(07:56) insecurities to get you to join and then not actually attend so they can over subscribe you know spot on yeah um and that's broken and not healthy and it works it makes money of course and if you look at Fitness as an analogy I I just over and over again what we teach in the in our room at bar three is such an analogy of life we there's 60 Minutes of moving together as a group and aligning our body with intention Foundation lining the body up getting into posture in a in a way that with Integrity but the real work is looking

(08:33) inside and figuring out what do I need right now and then honoring that and moving in a way and taking shape in your body in a way that's right for what you need when you're in a group the expectation is that you're looking outside yourself and you're copying what everybody else is doing on top of these conditions that full plank on the floor is harder so it's better and it's going to get me where I need to be so I need to do full plank but if you're doing full Plank and you have like burning wrist pain maybe

(08:57) plank is better at the ballet bar and if you stand up at the ballet bar and everybody's at the on the floor that's literally and figuratively a practice of standing up for yourself and honoring what your body needs and honoring your values like I'm body wisdom taking care of my body and not disassociating with it and trying to fight through it and that's what I think the real work is is practicing that over and over and over again um I think I I also read that you open the class by saying you know we're going

(09:27) to take you through this hour-long experience and I'm gonna say a lot of things or the instructor is going to say a lot of things but the most important thing is that you listen to yourself right like you kind of set that tone that that provides that like kernel of empowerment for the individual because we need to practice that we all know that we all know when we sit quietly there's those moments you know your inner self your inner knowing is is important you're not just exercising your muscles joint Mobility posture

(09:58) connection endurance you're not just exercising that you're exercising so much more yeah um and that is when we do all three of those things I think of it as physical exercise connectedness mental exercise connectedness and the third that's really important is social connectedness exercising social connectedness the reason we're exercising is to acknowledge oh I'm doing it like everybody else I should be doing it like myself instead of trying to copy and Skip's understanding that's one of my

(10:29) favorite quotes I read that in a book rework copying skips understanding and movement is an exercise of exercising body wisdom of learning about your body that's why I love it now I have my attachment to that versus it being a chore shame I'm not good enough my injury is something I should push away instead of work with I think I'm interpreted often as oh that's soft and sweet and my and it doesn't mean that it's not hard work yeah like all of what I'm talking about I think has a lot to do with being an

(11:03) endurance athlete for example there's nothing wrong with wanting to win yeah there's nothing wrong with the results and the pain and like the the resilience and the grit and the pushing through and the healing the heart that that hard work right um and like I just think that every one of us can practice that in a different way and that there's just there's not one way to do that but it's always brief space that when I was talking about Brave space my favorite quote is the sand and the oyster that makes the Pearl

(11:35) the rub and so like with bar three it is challenging you do go to fatigue it does it is a struggle and then it's learning to breathe through that struggle and and look at it without judgment or shame and then work all the way through it for a lot of people the word exercise too often conjures unpleasant images of intense workouts treadmills and stair Masters and as Sadie said calorie burning that's based on judgment and shame and so it's no wonder that a lot of people find it difficult to even get

(12:11) started let alone maintain a sustained movement practice but health psychologist and Stanford University lecturer Kelly McGonagall believes there's a feel-good form of movement meant for everybody and she's here to help you find it you think you don't like to move you think you don't enjoy it I believe that there's a form of movement meant for everyone and no matter what body you're in or no matter what your past experience is there's probably a way that moving your body will give you

(12:41) access to something that you want whether it's social connection or hope a different sense of yourself what is the feeling that I have when I marvel about how the body is so um is almost designed to help us find happiness and meaning through movement what's that feeling that sense of wonder and awe and what does it tell us about being human and when I had permission to think in that way I feel like it opened me up to a different type of story as well when I started talking to people about movement

(13:11) one of the things I realized is when you talk to people who have found meaning in movement that they become this version of themselves when they're telling you their story that is this amazing mixture of both incredible vulnerability and strength that somehow they both emerge and you can see like this full human in this tremendous glory and beauty and I felt like um I need to do that Justice I came across this paper I think it was maybe a 2016 paper where the scientists talk about this research and they just sort

(13:45) of throw out the term hope molecules and I remember circling it I think I like said to my husband oh my gosh you're not going to believe this term it encapsulates so much about why movement is amazing and I feel like nobody else is using this term it's just in this one paper I'm sure the scientists have used it again but uh let me explain what it is so this is the idea that our muscles are like an endocrine organ and that when you contract your muscles in any type of movement they are secreting chemicals into your bloodstream that are

(14:15) really good for every system of your body I mean they're great for your heart health and your immune function and some of them can kill cancer cells you know all the stuff we know exercise is good for that a big part of these these proteins and chemicals that are being released by your muscles which are called myokines they have profound effects on the brain so you go for a walk or a run or you lift weights and your muscles contract and they secrete these proteins into your bloodstream they travel to your

(14:42) brain they cross the blood-brain barrier and in your brain they can act as an antidepressant like irisin can they can make your brain more resilient to stress they increase motivation they help you learn from experience and the only way you get these chemicals is by using your muscles it's like this is part of how we become our best selves is we have to use our muscles and then the scientists call them hope molecules because in this one study they found that exercise could protect rodents from experiencing

(15:15) depression and post-traumatic stress disorder if you severely traumatize them so this idea that that these molecules are giving you hope even in very difficult times so it's not and they human this is that's right it's not innately humans so extrapolating on that idea like what do you like what do you make of that like what does that mean well first of all a very practical level it means when I go for a walk or I exercise I will literally say to myself you're giving yourself an intravenous dose of Hope like I think this is how we

(15:46) should frame movement that that it's something you can choose to do to really powerfully influence your mental health um and your resilience and every time you move you're doing that I think to know that to like look at your own muscles and be able to say thank you legs you're tired now that was hard work but like legs you're you are a pharmacy that of antidepressants and resilience and hope um then sort of thinking like in a more philosophical way again one of the things that I feel like the anthropology and the science is

(16:20) pointing to is that movement is how your brain knows you are alive and engaged in life and when you move on a regular basis your brain basically says I guess we have to be the best version of ourselves because we're in this thing called life and so you know you mentioned some other things too like when you exercise you see increased levels of neurotransmitters that tend to increase our willingness to cooperate and the pleasure we get from connecting with others that give us hope and courage I mean even that lactic acid

(16:55) that that metabolic byproduct of exercise that lactic acid seems to have an anti-anxiety and antidepressant effect this is like crazy stuff it's not just an endorphin rush it's like at every level of our biology when we move our our brain is like I guess we we have to do this thing called life and so you know for people like me who've struggled with anxiety or depression this idea that you can convince your brain to want to fully engage with life in a brave way or in a hopeful way through movement is

(17:26) so phenomenal but I think there's a lot of people out there who who can read the book or listen to what you're saying and they you know they can intellectually grasp the all the finer points of why this is a good idea but they lack that impetus like they look at it as burdensome or or intimidating or something that they just don't connect with right so a couple things about this first of all I should say in in my experience talking to people there are a lot of late to life movers who just need to define the right form of movement and

(18:02) I don't think we get exposed to enough diversity of movement like women who got in a boat to row and had their whole life thought they had the wrong body type that they weren't athletes but suddenly they got in a boat with other women and were rowing and they were like yes my body was born for this um that you know there's so many forms of movement that change the way you feel about yourself because they they just create a different narrative about who you are I talk to so many women who discovered things like

(18:34) power lifting or CrossFit or ax throwing we're suddenly they were doing these amazing things with their bodies and they felt powerful and uh it was a side of themselves they'd never experienced before and if you were to only like listen to the way that the media usually talks about exercise it's all about burning calories right it's all about what you look like and you can get pulled into places where instead of being told like this is what it feels like to stand in your own strength you're told now you're

(19:04) burning more calories so you won't look as hideous as you looked walking in today I mean like that is a very different experience and too often people's movement experiences have been defined by this obsession with burning calories and improving your appearance and making yourself more acceptable to either yourself or the Judgment of society and it gets very confusing very quickly and so I'm always encouraging people like what's the form of movement if someone were to send you a YouTube video

(19:31) what's a video you would watch and be like wow that's amazing and like what's the version of that that would fit into your life who's doing that in a way that's appropriate for the body you have right now or the you know who you want to become that it's not about like getting a Tracker that's going to tell you if you've done enough yet right there's so much that gets in the way of finding the movement that will make you happy that can make it feel like a chore like a punishment we have such a limited

(19:56) perspective on what those options are we just think about the gym and the StairMaster machine and the little LED readout that tells you calories and time and while you're watching you know the news and it's just it's okay to distract yourself while you're exercising if that works for you but there are a lot of forms of movement where the more attention you pay to what you're doing actually the more pleasurable it is but often I think the advice we get is just get on the treadmill and watch you know Netflix so

(20:25) that you're not really there and you can get through it but I bet there's some form of movement where if you were really there you would have an amazing experience a sense of yourself or a connection with others Kelly's perspective is quite similar to advice I give all the time for anyone struggling to stay motivated at a given exercise the fix is always to follow your curiosity and to follow your joy you don't want to go for a run fine go play Pickleball with some friends the point is just to remain active because a

(21:00) sedentary lifestyle can lead to everything from poor posture back and neck pain limited range of motion muscle atrophy and even an increased risk of chronic lifestyle disease this is why movement especially specifically movements that focus on Mobility stability and range of motion are so important to our physical and mental health so in this next clip Mobility Wizards Kelly and Juliet Starrett teach us the basics of Mobility maintenance and how to pursue the sports and exercises you love injury free throughout your life

(21:40) Mobility is really the ability to be able to move freely through your environment and do the things you want to be able to do with your body whatever those things may be now we offer a lot of tools which we call mobilizations which are things you can do to help improve your mobility and range of motion but you know to us at the highest level it's the ability to move freely ideally without pain or at least minimizing pain and feel to do the things you love to do we could also define mobility as do you have your

(22:11) native range of motion and can you control that native range of motion so are you a skilled person and what Juliet said is all of that is important but really what is it you want to do in your world and environment and how do you want to express this body that's the most important thing and I think that's where we got in the weeds you know yeah hip range of motion is important yeah yeah but if it prevents you from doing something or you're having pain and that's also conjoined with the fact that

(22:37) you don't have access to that range maybe that's the reason you should care well I'm like let me just give you one example like if you just asked anyone on the street like do you care about your hip range of motion they're going to be like no why would I care about that um but but as an example we were recently talking to a friend of ours who has a four-month-old baby and has both sets of parents visiting and their his parents are like in their mid-60s so um you know not that much older than us and

(23:02) they uh his mother is able to get up off the ground and sit with the baby but his mother-in-law can't get down onto the ground or up off of the ground and so can't sit on the floor and play with the grandchild and that's one of those things that you don't think about until it's like a use it or lose it kind of thing but like that right there is hip range of motion so you may not care athletically about hip range of motion because you're not trying to run faster or lift more

(23:29) weights or you know whatever an athlete might need to care about hip range of motion for but you know most people would say man D you know do you want to be able to sit on the floor and play with your grandchild when you have one and they'd be like yes I do you um and so you know that's one of the reasons why people should care about their hip range of motion a lot of people are confused about what a good foundational practice looks like and we should be able to take those lessons and actually say hey look we understand that

(23:55) you're not an elite athlete but you're just a you know just a middle-aged dad who wants to stay up with this local mountain bike club that's me and what are the ways where I can do that in the context of my busy life so I don't have to you know throw everything away and I think that's a that really is an opportunity for us to make sense of all of the you know bright people working in this high performance world I'm sure you've heard of Chris Hinshaw's old man balance test uh where you put

(24:23) your shoes on on one oh this is great everyone you're welcome everyone listening should do this test you stand called again it's called the oh Chris Hinshaw um and it's called The Old Man balance test and he actually created it um so that he would have something to compete against his kids and win and so uh the idea is you put your socks and shoes on the

floor and you stand on one leg and you reach down and grab your sock and you put on your sock without putting that foot down and then you reach down

(24:47) and grab your shoe and put your shoe on and tie it and then you switch and do it on the other side and it's a really great two minute balance practice and that's how I put my shoes on every single day you know and that's something that's just this little you know small behavior that that we add into our day that's easy and fun and you can you know challenge your kids to do it and so you know that's just one of those things that we've snuck in and said hey there are ways that you can change your

(25:14) environment and just slightly think about your environment differently so that these are just things you do without having to rely on Willpower or motivation so if you in the evening could sit down next to a ball a tennis ball a softball roller and ask yourself from the day what store what hurts what's achy and I'm going to commit 10 minutes the first part of this show I'm watching I'm just going to roll around on whatever ails me that's a really important conversation you could begin to have I'm

(25:45) talking about 10 minutes like that's super reasonable and the reason we started shifting that to the day from the day and the gym to the evening was that we saw that people didn't actually do it or want to do it as a team but in the evening they had time and agency and nothing was happening at the end of the day like you're on Facebook you're you're surfing Instagram so there was this great moment where you could do some some self-care and 10 minutes a night usually turns into 12 to 14 minutes because you discover something

(26:10) you can sit on your coffee table put that ball right in your hamstrings just roll around then the next sort of level there is we could say hey can you take a full breath in that position so if you're working on something or you've got some aspect of your body that hurts and you push on it and that takes your breath away or you catch your breath then we found an area of Interest it doesn't mean we need to shy away from that it's okay that that's uncomfortable to compression so one of the first

(26:36) things we can do is say am I doing hurt harm to myself no not at all you can if you can take a full breath in and out you're signaling to your brain this is safe nerves are king of the breath the breath is King of the brain that's iang our 101. and why breathing is such an important part of yoga is teaching your body to accept and be able to control those positions by breathing there your brain says it's not a threat so if you find a painful spot or a sore spot or an uncomfortable spot you found a spot and

(27:02) all you need to do is take a four second inhale there contract into the ball roller and hold that for four seconds we call that an isometric in the in the parlance right you're just building a tension or a movement without Motion in the limb and then exhale a long time for eight seconds long exhale and what you'll find is if you just repeat that cycle a few times whatever hurts in that area that you're working sometimes starts to hurt less you're desensitizing you're changing your some threat resetting some

(27:31) threat signals and if you started doing that on your back your hips your calves your feet what you can realize is wow I can make myself feel better and because you did it before you bed it's like getting a massage you tend to sleep a little bit you're down regulating yeah and We snuck in breath practice and you had to get up and down off the groundwork you ruined it yeah exactly right that's exactly right one of the things we know is that pain doesn't mean injury it doesn't even mean tissue

(27:59) trauma or damage it's a request for change so part of what we're trying to say in this book is hey we can try to treat pain and use it just as another metric like if you were stiff this morning because you're a big workout yesterday you're not thinking you know you've got you know some you know you didn't contract rabies you just are sore right right from your run

and so if we can shift that narrative a little bit and then also Empower people that hey there's a whole lot they can do and some of that is

(28:24) sleep and some of that is nutrition and some of that is is down regulation but all a lot of it is there's some inputs you can do that are really safe and really easy and then we can have the next conversation your range of motion doesn't have to change because you age that's the one physical you're going to be less powerful you may be able to maintain your aerobic power for a long time we know that that to be true but your ability to express your range of motion in your joints doesn't have to

(28:53) degrade necessarily you may have bony blocks and a patina of athleticism work through the fascia and all right but we're as we take the systems approach you being able to get up and down off the ground or flex your knee all the way doesn't have to go away and I think that that's important to remember to consider for people like today by Roca glasses are not something you normally think about as a piece of performance gear which when you think about it is kind of insane because you can't perform at your best if you can't

(29:27) see well the Geniuses at Roka basically rebuilt eyewear from the ground up no matter how active you are or how much you sweat these things never slip or fall off your face they're super durable they look awesome and they've got tons of super classy modern styles to choose from I've been rocking rokas for about four years at this point I love them I'm a big fan of the Hamilton style and gloss black that's this Frame right here as well as clear or I guess they call them vintage on the website and if you

(30:00) want to try them out for yourself you can do that right now and unlock 20 off your order with the code richroll roca.com or you can click the link in the description below okay back to the show [Music] as we age we don't have to sacrifice our Mobility or range of motion there are practices we can adopt now that can secure our ability to stay fit and active well into our 70s 80s 90s and Beyond and few people embody this ethos more powerfully than Chef Babette who believes that caring for our bodies is an act of self-love a bet is a vegan (30:40) Superstar and the very model of fit and radiant at 72 years young listen carefully as she shares the importance of taking care of ourselves as we age how to form an easy and impactful routine and the power of starting a new lifestyle with one simple movement at a time part of the whole self-loving thing is to be a part of all of this to be able to move you know if if I want to run a shield I can run a hill I don't want to have a Life Alert I don't I don't want to get in the bathtub and can't get

(31:23) out so I force myself to take baths sometimes I'm not always taking showers make sure you get your butt out the tub uh yeah but that's the whole thing when you get older it's all about like if you fall down and you can't and you can't get that that's what people need to really understand now of course sometimes we have accidents that you know is not any fault of our own but uh when we just sit down and just let it go that's generally what will happen to you lose strength and another thing that I I

(31:55) think is I'm not a superficial person I am I enjoy the aging process I don't look like I looked when I was 60. you know what I mean but however it is however this look is going to be as I age I embrace it because just think I had lived an entire lifetime looking different so you know what I mean it's not a bad thing to have the the crow's feet I I don't I don't care to use anything to get rid of that I'm okay with it I want to see what it's going to be I saw one of the most beautiful women I've ever seen before

(32:35) she weared lines like in this table but she was beautiful she was beautiful and if just to it she owned it and she she's comfortable with who she is and yeah oh she was just gorgeous and that is how we should all be because it's each step of the journey that we embrace and appreciate and don't you know I can't I can't wear that I can't wear the bushy

eyelash it's gonna be a little bit too over that that don't work on this face but you did when you turned 70 you posted these you did like a bathing suit

(33:10) all right remember bananas like when everybody was sharing that and it went crazy that one went that was another like inflection point in your your your kind of story arc right yeah people really really love that I got a little bold the next year and did bikinis and stuff but this year I am going to do uh a beautiful um um photo of myself but um you'll see It'll be but no more bathing suit so I'm good for that I still have my little calendars I wasn't able to give them all away and now it's the end of the year

(33:43) you made like a bathing suit calendar and yes I should have brought you one hang it up over here oh man we got to get you one we gotta get you one but the fitness routine that's basically like strength training that's everything you're in the gym and some hiking or stairs you like to do the stairs and stuff like that but it's pretty fast I had a torn growing so I hadn't been really doing too much of the hype because um I'm a part of a docu-series in Houston Texas and um yeah so we were we I was feeling good

(34:20) from the grad I didn't feel like I still had the tear and we went to the track we got to the track sister was sprinting and I was like yeah I feel really good so I got up there and and all the athletes um were like no no Chef you haven't stretched you haven't I got out there and I by the time I got to the end I had to limp back yeah you know how grow on tear will do it takes a long time a long time a long time yeah so we've been very careful my trainer and I going forward not to stretch that too much and I

(34:57) stairs I love stairs and you know I love running heels I just posted a video when we were in Saint Martin of me hitting the hill um I just love movement I love knowing that I can move I love that I I've often thought if something ever happened and I was the only person that could get to help even at my age I know I'm in shape enough to do that right that's maintaining that is so key especially as you get older consistency yeah like the gym stuff becomes really important I I started with one push-up

(35:38) and every day I would add a push-up and uh if I couldn't add a push-up I do the numbers that I'd done the day before but I tell people that I tell women that start with one inch by inch Life's a cinch yeah whether it's push-ups or anything anything that's that's the way you do anything yeah it's by starting with one starting with one like I have to do at least 72 push-ups on my birthday so I'm gonna do it in the restaurant anybody that wants to come to the restaurant and hang out and either get

(36:16) down there and do some push-ups with me maybe I'll give you a taco this is why you can't hire somebody to help you in the restaurant you're giving away too much stuff that's my husband you suck like but but I figured like this if somebody suggested to me because I was doing set to 25 and someone said you know I I can do that many but I do sets of ten and then I thought that's a lot easier because the the the time between sets is only like a minute or two versus three to four minutes when I'm doing set to

(36:57) 25. so I'm gonna do sets of ten I might even get push out a hundred honey yeah well if you break it down into sets of ten then it's easier to build exactly exactly yeah yeah so there you go to be clear the goal shouldn't be to live as long as possible it should be to live as vibrantly and with maximum Mobility for as long as possible this is longevity Overlord Dr Peter Attias scientific Obsession and in this next clip Peter continues on this theme of maintaining Mobility as we age by sharing movement practices one can adopt

(37:35) now to live stronger and more agile for longer he also explains the function and importance of dynamic neuromuscular stabilization muscle recruitment how to identify and unlearn poor movement patterns and how to be a lifelong athlete you'd be amazed at how many people even in their 40s and 50s don't possess even though they're strong enough to

meet the metrics of their 90 year old self they already show signs of weakness in terms of instability in their hips instability in their knees horrible patterns of walking

(38:15) um you know pelvic tilts that are too far forward all of these things that they can sort of muscle their way through when they're younger but it becomes problematic later athletes are the best cheaters right the more you're you're a grinder the better you are at cheating your way around bad movement patterns right and and so the downstream implications of that become cataclysmic yeah you have to start to unlearn that stuff so that's what began for me in 2018 I mean and you know how it presented actually was I was getting

(38:47) tennis elbow and I'm like it's really odd because I don't play tennis so that doesn't seem like a likely injury um and that that's when I first met a guy who kind of got me on this path using something called Dynamic neuromuscular stabilization and he watched me do pull-ups he's like let me see you do a pull-up and I was like dude I own this baby watch you know did a million Pull-Ups for him and he's like yeah it's horrible like your Technique is so bad you have no scapular control

(39:15) whatsoever you are transmitting so much force into your elbows doing that because you can't keep your scapula in place there is a fundamental difference between having a strong muscle and knowing how to recruit it and for me the aha moment came with my hamstrings I have always prided myself in having just the strongest legs right I mean you know cyclists have strong legs I deadlift tons of weight I do Insane amounts of stupid leg curls all every you name it I'll do it but when I was placed on the floor in a very simple position laying

(39:51) on your back knees bent feet flat on the floor could I without screwing around in my pelvis just pull back with my feet a pure hamstring recruitment no could not yeah I can't do that either yeah couldn't do it yeah and and so what that says is it doesn't actually matter how strong your hamstrings are you can't recruit them and if you can't recruit them your pelvis is tilted forward you have to be able to keep those hamstrings recruited to keep that pelvis in the right position I mean it took me a year of daily I mean

(40:26) just grinding away at these movements in this practice and now it's hard for me to remember what it was like to not be able to recruit my hamstring so it can you can unlearn these patterns But the irony of it is the more of an athletic background you have the longer it will actually take you to unlearn because you have more bad stuff than neural pathways are so they're so they're so wired the good news is you have you have the you have the you have the Reps on how to do stuff so I think it's a wash taking an untrained person and

(40:58) teaching them versus taking a highly trained person and teaching them takes about the same amount of time but for different reasons one of the things that you've talked about quite a bit is is noticing how natural it is for your children to do all of these movements that then become so difficult uh for us as adults because we've unlearned them in our sedentary Lifestyles kind of detach us from you know our our kind of natural blueprint and ability to do those things so you know how can we you know as as most

(41:28) people listening or watching this probably have to sit in a chair for their work and we're sitting in chairs right now what are some of the practices that could be adopted to you know help keep us connected to that natural ability that is kind of innate in our unconscious I mean for me I've taken a very deliberate approach to that so four or five years ago when I got introduced to this pattern of movement called Dynamic neuromuscular statistics that's super interesting having now been connected to a number of these

(41:58) practitioners I I have found this to be one of the most important systems that I've Incorporated so initially my exposure to it was basically to fix problems right I was fixed I had two nagging issues four or five years ago one was this uh elbow issue which again I couldn't

understand what it was causing it until I realized it was inability to localize my and control my scapula and the other was just my right SI joint nagged you know we just had this little nagging pain in the right SI joint not certainly didn't ever raise to

(42:29) the level of lower back pain no sciatica nothing like that but whenever I dead lifted really really heavy 50 of that 50 of those days I would be punished with some right SI joint pain and again these two things seemed completely unrelated until I got under the hood of what was going on with my movement patterns and I realized you know like every whatever I was 45 year old I didn't know how to move so what started out as kind of rehab has then just morphed into life movements so I do an hour a week in person with a DNS

(43:03) teacher so a guy named Kyler Brown comes to my house once a week we just Hammer DNS movements together and then I'll spend 10 minutes every day doing them on my own and that has been kind of life-changing um now of course with my shoulder injury Kyler is overseeing the rehab there and so we're now incorporating really good shoulder rehab coupled with the DNS principles of getting my scapula to relearn how to move because when you have this type of an injury and you have surgery the the the brain really wants

(43:39) to shut off how this thing works so now we're just going to basically reprogram right so what is an example of a DNS movement or the first one we're trying to understand yeah yeah visualize it the very first one is something called learning how to access intra-abdominal pressure so you know I think most people who think about breathing have a pretty good sense that you aren't just breathing into your thoracic cavity right a good breath has to have the diaphragm going down you have to get into the abdomen what DNS does is it

(44:10) really explains to you how a child is breathing which is you know if you imagine the waistband of your pants or your shorts when a child is breathing that thing is fully expanding so they have purely concentric force in their abdomen with every breath and again if you look at a really good power lifter or something you'll see the same thing I mean the amount of intra-abdominal pressure that they have to generate to be able to move such heavy loads is essential and so that was literally the very first thing we worked

(44:42) on is just can you access pelvic floor pressure can you create enough pressure into your pelvic floor can you maintain it while you breathe so that first of all it's just hard to do that out of the game and the second thing is you can do it but you're not relaxed so you have to be able to do that hold it while you can breathe around it the next things for me that were very important I have a very congenitally narrow c-spine and if you look at an MRI of my neck you you just you wouldn't believe what a

(45:13) disaster it looks like even though I've never really had an issue but I'm being very preventative about it and so one of the other things I'm working on is learning how to use the Deep neck stabilizers so these are muscles that ride on the back um they're inside you don't see them so they're not these scalene muscles that are in front they're the muscles that sit on the vertebral body sort of deep in my neck and it's learning how to use those muscles to keep my head forward so

(45:40) I'm not relying on on these muscles here and so that's a lot of muscle that's a lot of movements where I'm on my back chin is forward using the Q of the eyes looking forward which kind of lights up that circuit and using various pelvic positions arm positions and leg positions in there so it's very subtle and gentle but it's more about like how do I connect the you know my intention and my mind to these muscle groups to get them to just activate the starting positions are now it starts to get very elaborate

(46:12) basically if you if you you know someone Googles sort of a DNS progression you'll see how complicated it will get because you're basically walking through the first two years of development so the stuff I just described is is like you know is the fetus basically and you start moving into a three-month position a four month five month six month position where now a child is learning how to roll well they roll in a very connected way so when they're reaching for something with this arm they're completely connected across

(46:41) their oblique sling and they're going to initiate that movement and down to their foot this is the other stuff that was just like when I look at videos of me four years ago and videos of me now I just don't know what the hell I was doing before like how I was getting away with the nonsense of being completely disconnected you know scapulas all over the place and and all that sort of stuff and here's the other thing the best athletes in the world kind of naturally do this that's another thing I've

(47:09) learned is that there are some really exceptional athletes out there who have never once spent a minute learning DNS but when you look at them they have somehow managed to preserve those neuromuscular Pathways and that is a essentially a big part of what their athletic gift is and I would imagine it's it's pretty good for injury prevention right if you're if you have the ability to recruit all of these muscle groups you're inherently more stable and and resistant to a lot of the injuries that are occurring from those

(47:42) imbalances yeah and that's why for me it's just it's a it's a once a week you know do the lesson once a week you know push push how much further can I get in those things and and then it's a it's it's part of what we call our dailies so we have for our patients we program things called dailies like this is gonna you know whether today's a zone two day a strength day a rest day you still have your dailies you got your 10 minutes of daily so I assume there's practitioners trained practitioners who can teach this

(48:08) uh but are there YouTube videos like if somebody's listening to this I mean how should they go about researching this or finding so I did a podcast with one of the probably six or seven most prominent teachers in the United States a guy named Michael rentala and uh we have the video of my interview with him and then also a few introductory movements probably another hour worth of videos we made and I suspect there's got to be a ton on YouTube Peter mentioned how athletes get away with not utilizing proper technique when (48:37) they're younger but as they age the improper technique begins to cause pain and injury Downstream and I feel this is especially true for runners getting started with running seems as easy as lacing up shoes and running out the door and and of course to some extent that that is easy it is easy but proper running technique is vital to avoiding injury later in life and staying a runner for as long as you can Born to Run two authors Chris McDougall and Eric Orton expand on this sentiment by sharing leg stiffness drills Barefoot

(49:15) exercises and the power of movement snacks bite size mobility and movement practices any athlete can adopt this idea and you talk about it in Born around two like don't teach people technique when it comes to running like everyone's an ad of one and there is no right or wrong way and we all know how to run so you just go out and run and like don't mess around with that which is insane when you deconstruct that like you use the example of like the basketball player like you don't just throw the ball up in the air and hope

(49:46) for the best like you it's a skill just like anything else and there is a right way and a wrong way and so much about our you know modern Lifestyles and we can get into all of that drive us into situations where we're compelled to do it improperly and that leads to all of these you know injuries and persistent you know problems that sideline people unnecessarily you know I I tell a lot of beginning runners don't view starting running as a workout or as a form of Fitness or a way to lose weight create the joy first

(50:22) and everything else will follow and that goes into learning to be efficient not thinking it has to be hard and that's that's kind of what we really dove into with Chris is that I worked kind of the real easy end but also he did a lot of Hill Sprints and a lot of other higher effort training to develop that efficiency and economy that was you know revelatory you know he was in a matter of a couple weeks doing so much more than he had ever done just by changing things up you know I you know let's like let's hone in on the on the

(50:56) on the form piece for a little bit I think with with Born to Run um it became a little bit reductive in the sense that everyone just thought it was about minimalism and barefoot running and that is a piece in there for sure right but that's really kind of evidence of a broader uh you know concept around form technique and and lifestyle I think the further we get away from the ground in a shoe the more we are getting away from allowing our feet to work in a natural environment and I think what people really need to

(51:33) understand is that how we use our feet really dictate how we stabilize you know our first line of defense as Runners is with our big toe and our Arch that's our stabilizer and that really dictates how well we use our glutes so how we use our feet directly relate to how we've kind of hear the important stability strength we need to be healthy strong performance or longevity-based Runners but for me even more so it's it's what we're doing for the structural system is that a lot of what's in the

(52:07) book waking up all those muscles and groupings and using them in an appropriate manner if activating things we we were in Lawrence Kansas what two days ago or whatever it was and you know kind of our Mo for these events have been start out with some of our our skills in the book and then go for a run and we did some neuromuscular jumping and and what we call leg stiffness leg stiffness is a crucial element for performance and Longevity for good health and running and so we went through our leg stiffness exercises and then went for a trail run

(52:43) and after the trail run two two gals came up to me and they they said those exercises were transformed my running in a matter of 30 minutes because normally I would not be able to run that trail as a steady run I felt like I could run forever what does that mean leg stiffness essentially your ability to land and get off the ground as quickly as possible helping your Cadence so I see Cadence and leg stiffness go hand in hand for performance and for longevity or you know that that real feel-good we want out of running where it takes away

(53:31) tightness when we hear leg stiffness that's a good thing it doesn't mean lack of Mobility or tightness it's it's your ability to use and operate the springs and rubber bands in your body to land and snap and get off of it as quick as possible I see yeah cool talk about a little bit about the movement snacks I mean that's sort of drill oriented but I like how you've encapsulated that and and turned it into like a fun thing yeah the the movement snacks are something that you can do anytime anywhere for a

(54:02) variety of reasons but how we strategically use them in the book is a lot of diving into the Diagnostics of the injury chapter where um maybe the the movement snacks are a strategic way to begin to add more Mobility or give you a sense of where you're lacking in movement while you're then implementing some of the the remedies for that specific injury these are these are developed by a friend of ours Julie Angel who comes from a parkour background and so what Julie Julie's actually a filmmaker who started to film

(54:41) parkour athletes and as an observer she realized oh they've got some really kind of cool full natural movement skills that a lot of people could benefit from so she extracted movement snacks from the isolated movements of Parkour athletes like Precision jumping or quadrupedal movement right around on all fours yeah yeah but that kind of thing too to

balance on your left foot and your right hand at the same time and move forward and then she realized these are fun they are non-threatening and that if you do a
(55:12) little bit of bear crawl for like 30 seconds and you stand up Everything feels loosened and so I think it's kind of a genius move by Julie to create movement snacks because you take that group of people I'm not a runner I don't want to do this I don't do that oh yeah so the parkour Community will form a big circle as a way of saying hello and then they will bear crawl to the center and everyone will high five and then they'll reverse and bear crawl backwards back out that's the warm-up but they've now
(55:37) extended their entire chain of motion their arms shoulders backs are loosened and they're ready to go out and work out so that's what we we basically uh adopted all these things from from Julius and movement snacks um cool well let's let's uh let's end this with a couple drills things that you can I don't know if we can like if it's possible to articulate it in a way where people can kind of understand but like one or two things that people could start to practice where they can get a
(56:03) gauge on like oh this is why I feel this way because this thing is weak or what have you yeah so that maybe we can hit it from two sides one what we call the foot core where we can train our feet we've got muscles on the bottom of our feet and there's some simple but very very potent ways to train your feet and it's a simply you always kind of want to work Barefoot and simply taking off your shoes and socks and balancing on your forefoot on one leg man Chris is sick of me here and saying this but you know you're going to feel it
(56:34) where you need it you're going to the weakest link is going to show up it might be for someone hey they start to feel it in the feet in the arch or it might be the calf or hey they're strong down there they they bike or they do mountain running and so they're strong down below the knee but they start to feel it in their glue and that's that's how the feet really affect everything up through the leg so again simply Barefoot forefoot balancing right I've noticed and I don't know whether this is an age
(57:02) thing or a weakness thing or whatever but my balance got really bad like when I you know when I stand on one leg or I'm putting my underwear on or whatever I'm like why am I why can't I just you know hold myself up in a stable way and I think too in doing these simple um foot core exercises that you're going to start to see or feel a difference between right and left and then you can start maybe making a correlation of oh yeah I'm kind of tighter on this side and and making a correlation of how
(57:32) poorly or how well you're using each foot based on how you're feeling as an athlete The Genius of these exercises that Eric came up with is I wanted everything to be something I would personally do and if I ain't going to do it I'm not going to put in the book and things like the one foot balancing if you're waiting for the coffee to brew you got two minutes on your hands you can do this and that's what I really like about them these are extraordinarily practical but have a great um residual effect as
(57:57) well and that doesn't mean they're not potent I mean right as you're listening right now take off your shoes and socks and balance on your forefoot it's it's not an easy thing and you can see how challenging and difficult it is and with that in that position regardless of good or bad form we're asking ourselves to be in that position every step as we run and you need to be stable there and that's how we can really train the fee it has these the self-correcting part of this is that art doesn't give you any
(58:25) instructions on how you he goes just move your arms and move your legs however you want to get that balance what you find is you self-correct you realize oh if I just kind of tighten my core up a little bit if I straighten my posture if I do my arms like this and so you do it for 30 seconds and your body will find that balance that you are struggling for just by

putting itself in that position yeah The Tweak for me is embracing the fact that so much of that is about like creating those neural Pathways it's not about suffering like

(58:53) you know the athlete in me is like I'm going to do it until it hurts or how many of these lifts you know am I gonna do well I'll just do it until it's burning like crazy but it's not really about that it's really about just developing The Habit as a preset and that's about like your mind connecting with that movement it's not about like you know hitting anything hard it's the best warm-up you can do because now we're turning an electrical system on before we go out and run yeah so another

(59:20) one leg stiffeners we talked about is simply there's three types of strength we have concentric eccentric and isometric and The Eccentric and isometric is very rarely talked about and especially the isometric where it's that when we land as a runner there's a moment in time be after our land and before we take off that is really really crucial for injuries that isometric hold okay a lot of Runners don't have that so leg stiffener exercise would be simply standing on your right foot barefoot and just taking a short Leap Forward and

(59:57) sticking it like a ballerina without a whole lot of leg movement you want to stick it without movement and just kind of progressively hop forward with that stick two or three five second stick to create more leg stiffness to allow you to really get off the ground right so that that creates the ability to be resilient in that isometric position and avoid injury and it's a great way for people who are training for a hilly race that might not live in that area and now we're trained in that eccentric Landing as well that we get

(1:00:30) from downhills that maybe they don't have so yeah cool yeah yeah um can we go outside yeah and you're gonna like put me through the ringer we're gonna look at here all right what's cool about this is that people love these exercises people go I'm not a runner and you have them do the sticky hop lunges and you just see that like they're having fun it's a playful game yeah yeah so as you just heard Eric and Chris share the benefits of adopting exercises and drills to support running but often

(1:00:59) mental endurance is far more challenging than physical so what do we do when we feel uninspired to stick to our goals how can we cultivate lasting motivation well the trick is to break goals down into very small actionable steps focus on running 10 minutes rather than five miles this is the mindset of my friend the very exuberant endurance Superstar hella Sidibe a man who holds a 2 000 plus day running streak he's been running every single day since May 15 2017 and in this clip hella shares why achieving your goals starts by making

(1:01:40) them pressure free and attainable so that's when I started taking responsibility and said go do what you can do and and and focus on that put your energy there not the areas you can and what was that I mean when faced with the prospect of your professional career not panning out yeah what's next I literally told myself one day I'm tired of making excuses I gotta do something that I can hold myself accountable for and then Fitness comes to your mind you're an athlete and I said hello whenever you tell yourself you're going

(1:02:09) to the gym for a week straight you go two three days you tap out and I said what is something that I'm afraid of running hit me immediately so playing division one even at the pro level running I was always afraid of it um at UMass Amherst the attract team used to look at us are you guys the UMass tracking you guys run so much our coach was very proud of me he rest in peace Sam Cooke I was very proud to say you guys are going to be the fittest team in the country so anything you do any mistake on the line we want to play

(1:02:34) top teams the day before he makes us run so I was fitness test I was afraid of it I couldn't sleep the night before I always play I could play 90 minutes no problem because with soccer you're heading 50 50 ball you're attacking your defending it's not just solely focused on running so I told my I asked myself what are you afraid of and Ronnie hit me and

I said you know what I'm gonna go trace my fear of running let me just go 10 minutes a day for two weeks and zero pressure it doesn't matter if 10 minutes

(1:02:57) mean you don't even get to my last okay so I told myself that within the first week I fell in love with it immediately so I ran to I like Satori as my fiancé I was like I think I can do this for the rest of my life but I don't want to get ahead of myself let me do this every day for a year that's how the whole run trick started right so it was really born out of this frustration a little bit of confusion about what the next chapter was going to look like yes exactly exactly that's how it all

(1:03:19) started it's also interesting that your frame on running is through the lens of punishment yeah when you are on a sports team it's not run specific it's like that's you know being told to run is what happens when you get in trouble literally you know it's yeah it's like it's like the stick if you know if it has two mates of mine I get so stressed the night before a fitness test they can see it they're like hell are you okay I'm like I just can't stop thinking about that beef test tomorrow morning or

(1:03:45) like the Cooper says where you gotta run two miles under 12 minutes and if you don't make those time you got to be in Breakfast Club which is extra Fitness before the actual practice and the actual practice has its own Fitness in it so it really got me all all confused and scared and petrified but you're super fit so when you started this streak I think you said you went out and ran 10 minutes or something like 10 minutes certainly capable of doing more than that yeah way capable and in that 10 minutes didn't even last it was just (1:04:11) the first week I was ended up finding myself running even four miles but the whole point of that idea I was saying 10 minutes a day was to have zero pressure because I know if I were to tell myself hello you gotta run at least five miles a day that's something at that point in my mentality and physical ability for running wasn't I wasn't something I was kind of capable of of maintaining but I knew something attainable to the 10 minutes so it was a mental thing so that made me feel like okay you're doing this

(1:04:35) with no pressure enjoying spring in the year it was May 15th of 2017. so it was just a perfect amount of time for me to be out there so that's why yeah I said 10 minutes have a change and and staying motivated you know what you've done is so inspirational and I feel like you do such a good job at communicating these ideas in a relatable way so for the people that are watching or listening who are feeling inspired and know they need to get off the couch and do something it doesn't necessarily have

(1:05:06) to be a run street but perhaps you know or in the process of of rethinking their relationship to their body and themselves and and the trajectory that they're on in life like how do you speak to that person I always say do something that's pressure free and do something that's attainable always those are the biggest factor for me and pressure free meaning don't do it because someone else is doing it do it because you want to do it and do it on your own timing don't feel like you got to get it

(1:05:33) done if it's a goal whatever you don't have to get it done in 10 days if you need a month a month is okay so just do it pressure free because because of that I fell in love with running I never thought there's no chance and now I get excited to run and I know running is tough is it has its brutal days but like I'm so excited to go at it so do it you don't feel the pressure of maintaining the streak nope zero pressure and I'd always say this too this is how I feel about it the day that I feel like it

(1:05:58) becomes more of a pressure and I'm not liking it I'm gonna stop I'll stop and then I don't know when that is give yourself that permission yeah and and I know I'll find something else I'll find something else so making sure it's not I don't have to go I no I don't have to go run to keep a streak going but I just do it because it feels good I enjoy it and I want to keep

sharing it so pressure free do it uh something that's attainable and just think about even spending five minutes a day goes a long

(1:06:25) way if it's something you love already or you're thinking about you've been thinking about that's all the time to start doing it so if that man just spend five minutes a day it's about volume five minutes a day for seven days a week is gonna add up but if you just do it today and you take a few days off that's not it if you can do 10 minutes a day that's also 10 minutes you can at least find out on your day if it's important enough to you so as long as you want to do it and just pressure free and get

(1:06:48) after it and don't think about anybody even don't compare even if it's running don't compare yourself to these people who are doing hundreds of miles these Fast Pace or these whatever everybody has their own prices their own journey and if that's the goal you'll get there just one day at a time that's it I love it man yeah one day at a time I think hella is really spot on when it comes to comparison it just it doesn't serve you and it won't get you any closer to your goals but when you hit

(1:07:15) plateaus injuries age-related physical changes or even postpartum changes it can be hard to not compare yourself to others or even to your old self but Robin arzone wants you to turn these plateaus into launching pads a global fitness icon and vice president of Fitness programming at Peloton Robin delivers a sermon on positive self-talk on gratitude pre and postnatal fitness and how to form a movement routine after giving birth how does it work like speaking strictly about Fitness like walk me through the prenatal phase

(1:07:59) and how you thought about your Fitness and now postnatal like how you've approached it whether it's different or has changed based upon pre Mama peace pre-strong Mama Robin prenatal okay so I trained and I taught five days a week live throughout my entire pregnancy only everyone like fell in love with you because you were like this is like oh she's pregnant like they there was a emotional bond I think that you created with the people that care about you well I announced the pregnancy on the bike so

(1:08:32) that it was like a very major you know uh pregnancy announcement but that was that felt very logical to me because I have shared you know parts of my life whether it's my romantic Journey or my you know of course as an athlete and as a woman as a Latina like there are aspects of myself that I that I Infuse into my into my training and my workouts um and so announcing the pregnancy felt logical especially because I knew I was going to teach you know it was hoped to teach throughout my pregnancy and I've

(1:09:04) had a great pregnancy so that was possible and I you know I continued to run strength train and cycle throughout I did um I got my prenatal certification so I did prenatal classes as well for Peloton and that felt I was like oh I got this postpartum however that piece of the journey was daunting um it felt like putting myself back together again I wouldn't I just wasn't used to slowing down to that extent and being that vulnerable and having no control I mean just there were so many days that the fatigue

(1:09:43) was crushing I um you know I was recovering from a C-section so you have major abdominal surgery and there were I mean for probably the first six weeks I was like oh my God Am I Ever Gonna Be Moved the way I'm used to moving um and the pressure of being this celebrity Fitness personality and what if I can't do that again or be that person that I want to be or know how to be I had it was I had I I had real moments of imposter syndrome especially when you know we we're run like a network so I took five months of maternity leave

(1:10:23) but when we were planning for me to come back they're like you know production's like what do you want to teach you know we have to put something on the live schedule for X day I'm like I don't even physically know what I'm gonna be able to do you know that felt

really intense and I developed a mantra then during that postpartum period of consistency over intensity because I knew I couldn't go hard in the paint which is I'm apt to do like that is much more my flavor of intensity and

(1:10:54) I thought just do something every day in the beginning it was literally breath work like literally feeding my daughter and doing 360 diaphragmatic breathing because I knew that was you know going to repair my core that was weeks of that and then it was walks and you know little by little amounting to a lot but it was frustratingly slow and now I'm stronger than I ever have been you know a year a year later right and how much of that did you share transparently in the Peloton classes because I feel like that on some level is much more (1:11:26) relatable to the typical Peloton person than all the talk about polishing your crowns and you know all of that kind of stuff you know what I mean like hey I don't feel like you know most of the time I feel like I can barely do anything and now Robin can speak my language or I can find a relatability there that that perhaps even strengthened your connection with your community definitely I was I was super honest especially in those first few classes about you know in that in that six-month period my first six

(1:11:58) months back on the bike and back in strength classes it you know I'd already been doing my own training before you know during my maternity leave but it was it's different it's different during in front of the camera that for you know those first few Sprints feel like am I ever gonna get it back but your body does remember and I think being honest about that Journey especially as a woman um and very anti-snap back culture you know I want to talk about that because there is all this pressure like how quickly

(1:12:25) can you get back to where you were before and your whole thing is about letting go of what was before and let's focus on moving forward yeah and I really my refrain was what if a plateau is a launching pad what if a plateau is a launching pad and for a really long time um I still wasn't fitting into you know you know I like the like I'm supposed to wear the new Peloton collection and I'd have to go back and be like I actually still need this other size you know and I had to tell my reframe the story

(1:12:59) around that and focus on what my body could do rather than you know what what size the tag set sure and it's all good now though feel strong I'm stronger than ever yeah and I but it was little by little amounting to a lot I mean it was truly like the smallest steps I remember runs on the West Side Highway just I trained for the end I read the New York City marathon um about I think Athena was nine months and I didn't when I tell you that I didn't look at a watch I would old school like map the distance from my runs and not

(1:13:37) run with a single stitch of like pacing yeah because I couldn't even I couldn't even take that information you know I couldn't be like oh but your pace was this and then no way I showed up to the New York City marathon actually having zero idea how long it was going to take me like I was just like it's liberating that way it was so liberating and it was a night it was it was a it was a refreshing Back to Basics like it was like I'm doing this because I love it and because I I feel better doing it rather than any external

(1:14:08) gaze yeah I shared a little thing about this on Instagram the other day you know my version of that is just getting older and dealing with injuries you know it's a limited version of of what you experienced on an extreme level but at some point the GPS watches and all the stuff are no longer tools but they're vehicles to shame yourself right and and at that point they're counterproductive and I've been spending more time like letting go of all of that stuff and what it does is it it does it does exactly

(1:14:38) what you said which is it reminds you why you're doing it which is that it brings your yourself Joy you know and that's really the most important thing so rather than like looking you know where am I at it's impossible to look at that and not immediately measure yourself

against the fittest version of yourself which is a really unkind unfair thing to do to yourself it was so I mean I noticed myself doing that and I did do runs on the Pelton tread and it was thank God I had it because I literally

(1:15:06) during nap time like I Cobble I don't even know how I did cross that finish line but I cobbled together like I'm talking like 20 minutes in the morning 20 minutes in the afternoon and that would be my run you know when I was supposed to run five miles that day like it was not as I would have I would have had done it in past marathon training Cycles but the most important Catalyst was not Crossing that Finish Line it was how I was talking to myself along the way um and talk more about that it was um okay so I'll do so pre-run putting on a (1:15:44) pair of pants that were bigger than I have ever trained in before right go out lace up finish that 10 Mile Run finish that 13 Mile Run come back kinder to myself because I completed what I said I was gonna do even if it took me however much longer than previous versions and um it actually brought me back so I when I started running after after I was held hostage and I started and was started running during Law School I was it was the first time I was made aware of my internal conversation of like the actual thoughts whether it was (1:16:24) like in first person or third person that were going on in between my ears and I was brought back to that in that training cycle postpartum as my ability to either use the words to cast what kind of spell am I going to cast with the words that are going on internally and it was either going to be I had a choice like are you going to berate yourself for the size of these pants or are you going to tell yourself oh my God like you are outside you have your husband's able to watch the baby she's healthy like you're healed enough

(1:16:59) from this post C-section to even lace up you know you were craving to even get Outdoors you know so there was an element of gratitude and kindness that I had to incorporate into that training cycle and it ended up being the best four months of training of my life yeah it's a choice right but sometimes it's hard to make that choice like is there a mental trick or tactic that you would deploy to get out of that negative headspace and and inhabit that more positive gratitude oriented perspective yeah I would

(1:17:31) all myself what do you have right now that you used to dream about or pray for and in the like specifics it was like just last week you couldn't even go three miles so you would have been grateful that you couldn't even run an hour today you know um and there was yeah that actually is my like intern that asking myself that question is like an internal reset like I remember in the beginning of the pandemic during quarantine I was just my I was pregnant during the pandemic and it felt the walls felt like they were

(1:18:06) closing in at some points you know for all of us and I started that as a as a journaling practice but I would force myself to answer you know what is it that you used to dream about or wish for that you have right now but like within these four walls like and then I noticed like oh there's that painting that I got whatever trip or there's you know the couch that I bought with my husband you know little things that I was able to kind of put that gratitude filter on that it really helps it initially I mean

(1:18:36) there of course there were some days and I was like God this feels cheesy but the practice of it um really helped ground me and anchor me I really agree with Robin when she said gratitude is integral to motivation and accepting where you're at in your movement Journey but oftentimes seasonal changes can present obstacles when it comes to movement wintertime weather makes for cold runs or icy swims who wants to do that so in this next clip two-time Olympic swimmer Iron Man master and my coach Chris Health shares off

(1:19:10) season and cold weather routines as well as discusses how to maximize strength and Mobility work during the winter months and how to cultivate consistency and steady

gradual sustained progress what do you think is the biggest uh mistake that most Masters or amateur athletes make around this time of year well it's the thinking that you have to keep this perfect string of workouts going right if you get 80 of your week done if you get three four days together strung together done well and you miss a day that's fine

(1:19:48) right we're all not going to be a hundred percent on any of this I'm never 100 on any of this let alone most of my athletes life gets in the way right we all went pro in something other than this Master's Sports and so not judging ourselves not worrying too much about missing a day because the next day you're going to come back more motivated more focused as well as fresher and more recovered and feel better doing it so don't look for Perfection look for steady gradual progress consistency yeah because especially as

(1:20:23) Masters athletes as I like to call us especially as swimmers we remember how we used to be right and we have this image when we take on an event whether it's in Iron Man whether it's a swimming right space whether it's a running race how we used to be and how when we had a lot of time and no kids and not a career that Demands a lot of us and so forth oh that's what it felt like that's how I how I felt and that's how the rhythm of the training went well that was 20 years ago but yeah right like you forget and

(1:20:56) you have to adjust those expectations and that's why I always say we can take on any endurance event we just have to adjust the expectations however you want to achieve it we can achieve it but let's work around what the expectations are for the endurance athlete out there how important is the strength work like time in the gym this time of year well besides that I will always say it's individual to the person strength work is quite important the beauty of strength work that fits really well in with the seasons of endurance

(1:21:30) training and endurance Athletics is that this is a great time of year when when the rain is here the snow is here the cold temperatures to work on those things it's again taking advantage of the environment we're in spending the next 12 weeks 16 weeks on strength and Mobility especially Mobility more than strength and Mobility ties and stability work what I call chassis Integrity you know core stability things like that so that then come the spring we can put a bigger load on the body when it's time

(1:22:01) but yeah I'm a big believer in strength work not for everybody because what's are the best use of our limited time right so some people we do just need to run right we just need to get them moving and running or walking in some cases others we're better off spending that strength time if they're in the more temperate climate on the bike right we can do hill repeats on the bike at a low Cadence and really work those leg muscles very similar to squats but you're doing a very sport specific do

(1:22:33) you have a specific Mobility slash strength slash Core workout that you recommend people yeah no I sort of fudge them all together from a variety of different people that I've worked with things that I've liked plans that I've applied and see how they work that's the that's the fun part right for me even now at this time of year I'm going through some different strength work and versions of strength work that I will then in two three weeks hand on to my athletes like some of that kettleball

(1:23:03) stuff yeah pedal ball um a lot of kettlebell I did it again I had it and I saw her in here and I got like crucified because I had Mike Mueller in here who's like an expert in kettlebells and I was I was calling him Kettle balls yes kettlebells medicine balls dumbbells um I like all that because again we want to manage the load and kettlebells because they're so versatile allow you you to do a lot of that work and guess what for 30 bucks on Amazon for 50 bucks on Amazon you can get a pretty good set and do most of this stuff in the comfort

(1:23:43) of your home 30 minutes and you are getting huge benefits from that strength work single leg lunges and squats and explosive jumps and so forth from from a leg standpoint

core work and um you know all kinds of crossover work that you can do with kettlebells that works really really well yeah all right well we got to close this uh episode of Coach's Corner down but like I want you to just imagine it's late January it's dark it's cold it's wet you set that goal at the end of December but your enthusiasm is starting

(1:24:22) to wane what are the key most important things that people can kind of latch on to hang their hat on to carry them into the spring months well you've heard this from me many times before but there's a little there's some more tricks to it in the meantime and that is just doing something a little something every day right consistency and don't beat yourself up if it's only 30 minutes that's plenty to get the heart rate going but let's say you're on a treadmill right or on a trainer bike

(1:24:50) trainer where you put your bike on on a on a resistance trainer like things that I say to my athletes is you know what let's say you have the TV on every time there's a commercial that's when you run harder you run a two two miles an hour faster and then when your show comes back on back to easy right use everything as in your environment to your advantage to keep you motivated to keep it fun save that TV show that you want to watch on Netflix for being on the trainer or save that song Or that music or that podcast or your

(1:25:25) podcast for when you're on the treadmill right and you're stuck in the dark times or in a gym with a billion people and you don't really want to interact right now you just want to Exhale you've had a long day save that for then to listen to that music or that new CD or CD CD yeah how old are you exactly what um or a podcast right and so again use those things to your advantage to get you out there every day the other thing that I use and my athletes know this is I put out an index card when I go

(1:26:00) through hard times every night and I put it right by my coffee in the morning so that index card has my workouts for the day on it and just seeing that index card there with a few intentions I mean it's not big you know it's a small little index cards lying there and seeing it first thing in the morning when I'm tired and sleepy and walking turn on the water you know already okay well that I can do right it's just that index card I have to put that in a box at the end of the day at some point today I want to get

(1:26:30) that done right I like that another little trick that I use is to prepare for the the following day's workout the evening before by doing simple things like okay it's a run so I'll pull out the shorts and the socks and like kind of get everything ready and organized to make it as easy as possible to begin that workout the next day and I think just the simple Act of organizing that creates an emotional investment that makes it harder for you the next day to not do it or have it with you like you have it in

(1:27:03) your car with you at all times but I also like to do the you know the podcasts are really intriguing right because you see what the topics are and you load them the night before and you look forward you create your playlist exactly and you look forward oh I'm curious as to what this guy has to say or what she is contributing right I like this one this one's only 30 minutes though so I got to make sure I have I know it's going to follow that so I don't have to stop and yeah well but we all also know once that initial momentum

(1:27:31) happens you're out the door you're going right no I mean not that but like I I don't want to have to stop my workout to hit play on the next thing like I Want It All cued so it'll just flow right yeah yeah get in a little something every day don't try to string together too many days perfectly in a row just look at yourself big picture A lot of times I also say where do you want to be on January 31st nothing crazy easy not something for June yet how do I want to feel January 31st how do I want to feel

(1:28:03) February 28th or whatever it will be this year so give yourself short-term outcomes that you say okay that I can achieve I just need to be a little bit better at the end of January than I was at the end of December right and then you're making progress so that you can set the marker for next month out there but this is what I want to achieve right you can chart it you can there's a lot of ways to keep you excited about the next week but if you have short-term goals that you feel good about achieving

(1:28:31) it'll just create momentum once again if you can Master just a little bit of movement every single day it can really have a dramatic difference in not just your physical health but also your mental health but tying in more natural movements throughout your day that's even better so closing out our movement master class is natural lifestyle coach and Barefoot ultra running Phenom Tony riddle who is going to distill down everything we've covered today to the basics by sharing how to turn daily Mobility exercises into habits as well

(1:29:10) as talking about how to nourish flexibility and mobility and why we all might actually need to relearn how to walk so if you were going to pull out a prescription pad and write a prescription for me short of getting rid of all the chairs in my house and knowing me as a runner and a multi-sport athlete what is the prescription around squatting or other things that I could be doing or somebody who is like me could be doing um and as many people like you I get to see a lot of people I um I wouldn't I wouldn't go as extreme to taking your

(1:29:48) furniture away it would be too much don't worry it's not your family wouldn't handle it it'd be too much of an emotional might be into it I don't know um I think again you have to take it back to so after a certain amount of time like after this immediately after I'd be taking things to the ground again just because the length of time you're sat here um I feel bad that we're not sitting on the ground again we can squat after that's the beauty of it like I I was on a flight for 11 and a half hours right

(1:30:15) and I'd get up I'd get up regularly go to the back of the plane do the mobility sequence open my hips up do some shoulder Mobility squat you know I saw that on Instagram and I hope you had an aisle seat and then I'd go back to the seat no I managed to get an extra leg room and I had a window seat oh you did so did you have to climb over somebody every time you wanted to get up every 20 minutes yeah and I was like explaining earlier the lady next to me is really demonstrating the you know the behavior that has encouraged me even

(1:30:43) more I was like oh wow she's so um yeah I would I would again just look at what you're doing within the environment and try and make small changes within it rather than add too much to your day and I think that's where a lot of things fall down is we think oh where am I going to find the time to do that so it's very simple to be able to slide a chair away hold the edge of the desk do a few squats lifting your chest up and use the desk as an anterior support a lot of people I see don't just don't have the ankle function

(1:31:11) ankle Mobility to perform a squat so allow the heel to come up and just keep the shape and just drop onto your launches so it's almost like a straight body your butt will be resting on your heel and your knees will be forward you just do a few Rhythm little bounces in that position then stand again and then you're ready to walk um other disciplines that we're gonna we will cover just go through a few kneeling positions that you can do on the ground and a little Mobility sequence that you can play with within

(1:31:36) that and again they're just rest positions like long sits or straddle sits and things like that the other thing for the upper body is I recommend for everyone to do is is put a bar up to hang off so um hanging is even more ancient if you think than running right so it goes back into what would be our primate foundation so if we go right down climb down that phylogenetic

tree we get to the brachiating Apes to how to restore and open up the rib cage and open up the lungs would be to basically just hang simple hanging systems so so you go (1:32:07) through different hanging positions and we have in the wrist the elbow the shoulder and your scapula your shoulder blade we have all the same braking brachiating abilities as all the other Apes um and and I find people just some people have trouble changing light bulbs now so it's really important to just keep nourishing that 80 shoulder injuries I'd say is through the lack of brachiation and then we try and do things like dips in the gym but the scapular is internally rotated and raised then again it's just blowing up (1:32:34) the shoulder so hanging will help reset all straight arm strength forget about bent arm strength forget about pulling patterns just get used to being completely straight in the arm then you'll posture hang from it again that will help mobilize the shoulder but it will also open up the tendons the ligaments everything and even the arteries through that pathway you'll lift your rib cage which will then make your breathing clearer and then you can play once you're in that position you can start to go through active hangs so trying to (1:33:02) keep your arms straight whilst lifting your chest up into your hands so there's no Bend in the elbow and that starts to strengthen the lower trapezius which is in the mid back a lot of the disciplines that we see are about mobilization and flexibility and you can do all the flexibility training you like you can do amazing work for the mid back but if you don't have the strength to hold it there through the lower trapezius gravity is going to take over what about doing pull-ups and chin-ups and those are pulling but great but on a (1:33:32) um straight arm strength to begin with so there's Edo portals work yeah so here's a here's like a hanging tutorial thing um and I would I would suggest that you basically set a timer so you can have a time I work with clients they start might start with 10 minutes hanging um 10 seconds hanging and then they're off the bar and then I give them 30 seconds rest then they go back up and then that goes to then that will turn to 20 seconds 30 seconds and a minute and the way this this then starts to (1:33:59) unravel is you start to build a relationship it becomes a new habit so I'll give you an example of someone who I coach who's 78 is a old guy called you hoodie um he rocked up at my gym door when he was 72 so six years ago and he was completely stooped scrunched up old posture um he brought natural birthing into the UK wrote a book called birth and Beyond real manual for childbirth amazing guy um but gravity and age were taking over them and so where you want to learn how to walk and I was like okay so it's a (1:34:36) good place let's get you off on the treadmill and so at the age of 72 you want to learn how to walk so I interest him right so a lot of people up he went on the treadmill I just recorded him showed him as possible oh my God I can't believe I looked like that you know like oh bent over and these are these boxes that I was introduced by a coach called Lee and basically like the it's the conscious competency model so I show them the video and up until sorry I've recorded them up until that point (1:35:00) they're unconsciously incompetent and I showed in the video and now they're consciously incompetent and then I go through the drills they need and then they become consciously competent and then over time doing the same drills and the same method which we're going what you're wanting to break down what would I do that then becomes unconsciously um competent and that's how you learn the skill but remembering the next time you get recorded you'll still be unconsciously incompetent so you keep (1:35:27) feeding that so he he basically just wanted to learn how to walk we go through walking go through that model with him um and I prescribe footwork for rewilding the feet how to get the feet in the foot shape rather than the shoe shape so his feet were compromised by 72 years of inappropriate Footwear that were compromising the shape of

the foot get that back then ground rest positions so we then went through the various different ground positions what I would prescribe for him and then hanging and that was it and then he had a hanging

(1:35:57) bar in his home so this guy now since then has climbed Everest Base Camp Bhutan Mount Kenya Atlas Mountains um and and basically this is his morning routine so he wakes up now in an air purified room trots downstairs gets to the office on the second floor hangs on the bar goes into the office gets on the map does his Mobility sequence has a standing desk answers his emails go downstairs prep his smoothie prebiotics probiotic symbiotics puts his vivos on walks down to the tube gets to the tube it doors open he gets on people usually say

(1:36:36) because he's 78 would you like to see he's like nah I'm okay and up he goes He hangs on the bar so he hangs on the bars while the tube's moving feet off the floor tube stops doors open right next one next time the doors closed any squats any squats and then he does breath work so he does between breath work hanging squatting and a bit of Surfing so surfing you don't hold on to anything you just try and get your support on the train and that's at the age of 78 and he just made small changes all the way along and

(1:37:01) is using his commute he's incredible shape now Wow and his spine straightened out straight to now it's completely upright wow but looks like the difference is it's hell yeah how he looks now so he doesn't look like the 72 year old he looks you know he looks great he looks in amazing shape and he's a newfound confidence within it it's kind of a beautiful Act of humility to walk into your gym and say teach me how to walk too I think that that takes courage most people wouldn't do that

(1:37:32) and it's interesting to think about walking as something that we might have to learn or relearn like we were talking about this in the context of running like Born to Run we're all born Runners we don't think that we need any instruction it's all instinctual and intuitive and I suppose on some level it is but through the means by which we live our lives in this Western industrialized Society we've reshaped our bodies that have now created a situation in which we probably do need to formally learn how to run and

(1:38:06) you just pointed out to me when we were on the trail like all these things that I'm not doing correctly that I could be doing better because I'm unconsciously incompetent in certain aspects of what I do even though I've been doing it for a long time and I've done it at a decent level yeah man a really decent level but there's still so much to learn you know and I know and I know I know that I'm not you know working at my capacity because I've never had anybody formally instruct me in anything

(1:38:40) okay so if you're in an office and you your HR department won't allow you to have a standing desk again you slide your chair away you do some squats I have a whole squat tutorial that we can we can send out to the listeners as well yeah it's great like uh I'll put a link in the show so we can do that and then that gives you some tips as well with what you can be doing behind the desk um 10 000 steps everyone loved banging on about 10 000 steps but for me if you have 10 000 poor steps that might lead

(1:39:10) you to an injury it's probably not the best model um if you're wearing compromised Footwear with a dodgy heel and a pointed toe box it's not the best model so I would go most people are wearing those kind of shoes yeah I would cut back and just say okay what's the more natural environment for a foot it's nature it's creating a foot-shaped shoe so go to minimal Footwear there's some amazing Brands out there vivo's one but there's others there's some Primal um office wear that's come through and it's

(1:39:37) trying to basically even get into the feeling that it's not about running in those shoes it's about living in those shoes and that will give you a great amazing foundation so if you're

into all your disciplines it could be Pilates yoga it could be running what we're talking about and it will only enhance that those disciplines will just get better because you'll be moving in the appropriate systems and creating the right muscle action tendon actions for them which means the next day you can

(1:40:01) get up and do the same thing without the tension all right everybody that's it we did it this master class was packed with uh just an absolute battery of resources to spark to sustain and and to fully adopt movement and Mobility practices that are useful and most importantly meaningful to you but the biggest lesson I took away from compiling this very special episode is that physically embodying a dream a vision a belief or a purpose through movement is really the only way that you can and will ever make a change

(1:40:38) because as I say relentlessly on this show mood follows action you cannot think your way into anything you can only do something about it I truly believe movement isn't just a physical practice that benefits the body it's actually a means of evolution because when we Embrace movement even in the smallest ways we open the door to a world of possibilities in my case a walk led to a run which led to ultra endurance racing and ultimately to this entirely New Life altogether so my hope is that this master class gives you the

(1:41:18) education and the inspiration and the tools that you need to adopt a form of movement that brings you Joy a Mobility routine that nourishes your body and that you discover something new about yourself your purpose and your meaning along the way quick reminder that links to the full episodes for each of the individuals excerpted today can be found in the show notes at ritual.

(1:41:46) com and in closing keep moving more exploring more joy and of course always more plants but namaste [Music]