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How do you recommend someone should start to find a training routine?

0:06

A lot of times it's paralysis by analysis, we assume that I don't have the equipment to do that, or I can't afford it, or I don't have the time or we make a list of, of excuses for ourselves, when in fact, the best advice I can give anyone is start where you are with what you have, how you are, and figuring out a way to make do

How can someone create a sustainable training routine?

0:29

If you can find what your triggers are, that helped motivate you toward those positive health behaviors, you're much more likely to stick with it, it's a lifestyle instead of just oh, I've got to do this for seven days, or 30 days, or whatever that challenge is. Not interested in that, because that's not sustainable. Dieting is the same way. I teach a nutrition class. And I always tell our students, we don't talk about diet and exercise, we talk about fuel and training. And if I view it like that, then it's a long term, it's a lifestyle, it's not just a short term solution that I'm going to abandon as soon as I've checked the box.

Why should someone try to find a training routine?

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So exercise to me is kind of the magic bullet it is the universal prescription that's going to help me be better in my work in my life in everything that I do.

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And so a lot of times we think about medications as a solution to a problem, but they're really symptom management more often than not, whereas exercise is treating the source. And so a lot of people can be really disciplined in taking pills, and you look at they have like a tackle box full of medications that they have to take. And they'll take them, you know, on the hour by the moment and that to me tells me that that person has discipline they they've got the ability within them to stick to a schedule, well, can we can we divert that discipline into movement?

How much exercise should someone do and how often?

2:05

Well, our bodies are resilient things. And so if you're, if you're literally starting from zero, then five minutes a day is better than zero. My mantra is always better every day, it may be in a huge leap, it may be in a you know, measurable by a microscope, but better every day means a little bit better than it was before. So for most people, it can boil down to how much time do I have, and you can kind of reverse engineer it from there. It may be, again, five minutes is better than zero, it more often, it's going to take the shape of a half an hour, or maybe I've got 15 minutes early and 15 minutes later. Like I leave that to the person to decide what's sustainable for you.

If you set a goal, and I'm going to exercise for two hours a day, and you can do that for two or three weeks. That's great, but what is sustainable, if it's not sustainable, then it's really just a short term solution.

Why is it important to find an enjoyable exercise routine?
3:00

If it's something that I love to do, it doesn't feel like an assignment, it feels like a reward that I've cultivated for myself, you know, I can't wait to get home and put up some buckets in the evening. Exercise should not feel like a chore, it should not feel like something that I am. It's not have to do it to get to do. And so figuring out what that is for you. Maybe you'd love to push weight around, that's great. Get in the gym and lift. Maybe you just love the solace of being out on the road alone do that. So I'm not one that's going to prescribe, like a one size fits all, it really is about finding and cultivating how our bodies love to move.

How important is finding motivation?
3:46

For a lot of people that comes in in a lot of different directions, it could be aesthetic, it could be performance based it could be you know, I've struggled with illness or you know a step slower than I used to be and I want some endurance around the house, whatever that happens to be. I think remembering your why is important for any goal that you said. And if I'm doing it for myself, I know this about me and this may not be true of everyone. But if I'm doing it for myself, that's kind of part of the way to discipline if I'm doing it so that I can be more physically fit and be a better dad and hopefully someday a granddad then that is a more powerful tool for me.

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Physical activity can be certainly something that makes us feel better and look better make our clothes fit and all those things that if I'm really honest about it somewhat vain, but they can also help us be more productive members of our communities that we live in.

When might someone notice the results of exercise?
4:52

In this day and age, we're so data driven whether it's an Apple Watch, a link showing me steps or digital scales, there are now AI enabled scales that can show you what your body would look like at certain weights. And those are all great if those are motivators for you stupendous. But at the same time, there's just a feeling like, every time I walk up the stairs here on the third floor, I can tell whether or not I've been training or not. And there are seasons this this time of year, notoriously, I haven't been as diligent about getting out and doing some cardio. When I get to third floor, I'm a little huffed. So those types of kind of qualitative data are really important too. But the quantitative matters as well, for some people, it's the number on the scale, I try not to super fixate on that. I really rely on how my clothes are fitting as a tale of, you know, how I did over Thanksgiving or how active I've been.

Should people have a physical exam before beginning training?
5:51
Yeah, certainly, if they've had some physical issues, whether they've had surgeries, or they're on prescription medications, I think anything like that would be a valuable signal that I need a physician's approval. But more often than not, the physician is going to be really happy that that that that you've chosen to address your health conditions in this way, the younger and healthier you are, I'd say the less necessary that is, but it couldn't hurt. I mean, hopefully, we're gonna get that that stamp of approval that says we're okay to begin.

How can people avoid injuries when starting a new exercise routine?
6:23
It really boils down to just being sensible, and not assuming that I'm just as capable as I was, you know, before when I was in high school, or whatever, and easing in, because I always say success begets success, and failure begets failure. If I've structured my workouts in such a way that I can complete them and feel like I have done something, then that becomes infectious. I want that I crave that that tomorrow, I get to do that again. Whereas if I fail, or I'm sore, I can't get out of bed in the morning, like, do I want to do this to myself again. So unless you're an elite athlete, which I am not, I'm not training for the Olympics, or trying to make it into a league. It's about longevity. It's about what can I do today that I can keep doing for the rest of my days.

What advice do you have for someone who is struggling to maintiain a new training routine?
7:13
When people tell me Oh, I set my New Year's resolution and you know, it's January 20. And I've already, you know, messed it up? Well, what's your February resolution? You know, there's nothing magical about January one that says, we can only set goals at that time. And you know, it's not like the enrollment period for health insurance, we can set that new goal anytime that comes around.

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Many times the failure will teach me as much about myself as success would have. And if I'm not able to carry out that new year's resolution, what has it taught me? Okay, well, I overestimated how much time I'm gonna have, I gotta roll that back a little bit, not to zero, but I can't do two hours a day. Okay, that's lesson learned. That's using data to drive my next set of goals. Maybe it was location based, like I don't have space in my apartment complex or my house to do this, well, maybe resistance training isn't the goal I want to set maybe it is walking around the mall. Or maybe I don't do well on my own. And I needed the accountability of a friend or workout partner recraft your goal at that point, you're using your failure, just like we

do in research. If every failure led to a complete cessation of forward progress, we never solve any problems. So use that failure to leverage you to your next success.

What if someone is struggling to complete a specific exercise?

8:38

If I know I can't do a push up, a lot of people will just be like, Oh, I can't do that. So they just kind of scrap that as an alternative. I always try to teach whether it's my students or my patients to think about every exercise in terms of a plus two plus two, or a minus two. If it's not something I can do, how can I regress that and make it a little easier. So if I can't do a push up, I'll do a kneeling pushup. I can't do a kneeling push up, I'll do a wall pushup. If I can do a wall push up, I could go beyond that. But the idea is for every exercise, I've got a couple of ways to make it easier. And then if it's too easy, I've got a couple of ways to make it harder. So I can do some push up variants where maybe I'm doing one arm or maybe I'm doing like a spider man push up where I'm pulling the legs while I'm also trying to hold that push up position. So the idea is I find what works for me, and then that's where I start and then I just kind of zero in on it and then hopefully I can build from there.