

Episode 056: What Really Matters in Living Healthy

This is the TD Fitness Podcast with Coach T, episode number 56.

Welcome to the TD Fitness podcast, giving you healthy living insights for your physical, mental, social and spiritual wellbeing. And now, your host, certified health coach and personal trainer, Coach T.

Hey, guys. Welcome back to TD Fitness. I'm Coach T. This is episode number 56 and we are talking about what really matters in healthy living.

So let me share a quick story, my wife and I have been married now for just over 12 years, and we've actually known each other for 19 years, and I still remember ... I can think back and remember our wedding day and all the events that surrounded that wedding day, the planning, all the events of the weekend, it was a great time, some fun memories, but one thing that kind of stands out from that weekend ... So, we had a pretty big wedding, we both come from rather large families and we had a big wedding party. I think we had eight bridesmaids and eight groomsmen. And the night before our wedding I actually had a disagreement with one of my groomsmen so I dismissed him. I asked him to leave because I really thought the weekend should be about one thing, and that thing was to make sure that the weekend was positive and that my wife was happy with the events that went on throughout the weekend and had a happy wedding day.

So I remember talk to my wife the next morning and I mentioned, hey, we're going to be one groomsmen short, I released my buddy ... He's a good friend of mine and actually we're still very good friends despite that. But I explained and we were talking about it, that we could have groomsmen number seven escort two of her bridesmaids down the aisle and really, we focused on what was important about that day, the important things being the fact that only three people were required to be there, myself, my wife and the efficient, the person marrying us.

So that is an example of what I would like to talk about tonight when you think about the things that really matter in any scenario, any event with your health and fitness goals, those things that you have to prioritize and have to focus on that is the take away. It's important to understand that there are times when we have to focus on the things that really matter and strip away the things that don't matter. We stop doing the things that don't matter, we stop doing things that are ineffective, and this is how we can get things done quicker and more efficiently, and it's how we protect our time which is one of our most valuable resources.

If you listened to my last episode, should you seek help in your health and fitness goals, that's episode number 55, that's one of the things that I talk about, that's primarily what I talk about, and I know it's easier said than done. It's easier to get rid of, or reduce, or strip away the things that don't matter ... That's not necessarily easy. And it's even harder sometimes to recognize what it is that doesn't matter, what we need to get rid of, what we need to cut, and it's especially hard with all of the information, the different people, the different experts, all of those inputs telling you what you need to do and everybody saying different TDFit056 (Completed 10/24/18)

things, and that is frustrating. And that's why often times we try so many different things to get results, but when we don't do that we waste time. Sometimes we waste money, we get frustrated, we become more and more stressed and, even worst of all, we remain in an unhealthy state and sometimes we even become more and more unhealthy.

But what if we were better at identifying the things that really mattered, the things that really mattered in different aspects of our lives? A good first step in doing this is to think about the things that are truly required in those four major health domains, or areas, that I like to talk about, a healthy body, mental wellness, healthy relationships, and your spiritual awareness. So that's what we're going to do in this episode, we're talking about what really matters in living healthy.

I'll start by saying that we expend effort according to the time, the resources, the bandwidth that we have available. If you're familiar with Parkinson's law, it states that work expands so as to fit the time available for its completion. So what that means in simple terms is that if you have a paper due in two weeks, you're going to take two weeks to do your paper, and if you have a paper due in three hours, then you're going to figure out a way to get your paper done in three hours. And there are a couple other ways to state this too, if you go to Parkinson's law just on Wikipedia you'll see things that say if you wait until the last minute, it only takes a minute to do, or work contracts to fit in the time we give it. And stated another way is my favorite interpretation, in 10 hours a day you have time to fall twice as far behind your commitments as in five hours a day.

So what this brings to mind is that we utilize the time we have available, no matter how much or how little that amount of time is, but you know what many of us also try ... We tend to try everything available to us to solve the problems in our lives and to try to reach our goals for, in this case, healthier living. We'll throw the proverbial kitchen sink at weight loss, for example, I have to go low carb, I have to exercise daily, I should avoid fat, I should start fasting for 12 hours a day, I'll just eat this fat burner vitamin, and the list goes on and on. And again, I can't even blame you, the consumer, for this approach because for every so-called technique or approach to weight loss, there are dozens, if not hundreds or more, of people trying to sell that their way is the best way.

So let's think about what's really required, and we'll start with a healthy body. Basically, fitness and nutrition. One of the more popular pages on tdfitness.net is one that provides a minimalist workout. I think I created this post back in 2012, and it's called a minimalist guide to fitness. I'll link to it in the show notes so you can check it out. But this page is popular because we are all either strapped for time, we are maybe lacking access to fitness facilities, or we just want a basic approach, and when you're talking about general fitness, basic bodyweight training can be more than enough to get you there. You can get caught up in complex exercise plans, or expensive gym memberships, or running for miles on end, or lifting heavy weights, but the truth of the matter is push-ups, pull-ups, planks, bodyweight squats, lunges, and things like that are adequate, especially for general fitness.

A fundamental concept in personal training is that you can create resistance or make exercise more difficult, if you will, by increasing either frequency, intensity or duration. That means you can exercise more often, you can exercise harder, or you can exercise for a longer period of time. Note that that doesn't say that you have to lift heavier or move weights.

Now, before I move on I have to state that there are certainly times when heavy lifting, or running for miles after miles, or biking for a long distance, there are times when that's appropriate if you're training for something specific for example, but that's not what I'm talking about here. When you're talking about the basics and incorporating the things that you

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need to get you to a healthier state, nature has provided us all that we need in our limbs and the ability to move.

Now, a quick word on diet and nutrition. Sometimes our two young daughters can be picky eaters, they're ages six and three, and we often tell them you get what you get, you don't throw a fit and you give thanks for it. We feel that that's an important point to drive home, especially in a world where we've become more and more accustomed to having infinite options and being able to choose whatever we want. I'll tell you as a military member I've been in a number of situations where frankly there just weren't any options on what to eat so I ate what was available. I think these types of experiences and other experiences have made me realize the true importance of variety, but really of diet and nutrition and the whole point of it.

You see, we as a society have become more and more accustomed to eating for taste and for satisfaction and not for nutrition, not for fuel. Now, there's nothing wrong with having your food taste good, don't get me wrong, but if that's our only metric of judging satisfaction, then we missed the point. Remember that the word satisfaction and, in fact, the word satiety, which means the state of being full, they both stem from a Latin word, satis, which means enough. So simply put it, eat to feed your body, not always your appetite, and you'll hit the mark on what's truly required for healthy nutrition.

In episode number 54, that one was called put your mask on first, that was the last episode, I talked about taking care of yourself first. Because the truth of the matter is that unless you are in a good place yourself then you won't be of any use to other people. The leadoff example from that episode was on airline announcement directing you to put your own mask on if there's a loss in cabin pressurization so that you can then help your child, or help the person next to you. And then in episode number 52 I presented five steps to deal with stress. If you recall, step three and number four, they were prioritize what's really important and let the other stuff go. Those were the two steps, number three and number four. You can see these theme of prioritizing and getting down to basics, getting to what's really important, and that's a recurring theme and it's because I think it's important and it's because I want you to avoid the countless numbers of distractions that you're bombarded with because those extra things create stress, and too much stress works against your goal for healthy living.

But there's another aspect of stress that many times we don't even realize we're dealing with. When we try so many different things to get results, when we grasp for so many different things and we're uncertain whether our efforts are even going to work, whether they're even worth it, because nothing is a guaranteed right, but there's tension there. The stress comes from the tension that exists between our efforts and the uncertainty of getting results, and many times that is what holds us back. It keeps us from even trying it. That's what causes an action, that's what causes us to stay in place and not even try to improve.

So, how do we comfortably make the leap in that case? How do we trust that the program, the system, or the person that we're following is going to get us to the goal line?

Amy Porterfield is an online marketing guru, she's a top-rated podcaster, an entrepreneur, she stated that you should start small and pursue fancy later, and that's one of the fundamentals of my fit life program and it speaks to the importance of focusing on the basics, of setting your priorities and then expanding as your bandwidth, your motivation and your capacity allows.

So let's talk relationships, and I'm going to lump in spiritual awareness here too, because in my life it's hard to separate the two. So if someone were to ask me how I prioritize things in

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my life I can answer pretty quickly because I'm crystal clear on that, first is my faith, my relationship with God, and that's because that sets the foundation for all other relationships, all other endeavors, my outlook, my stance, everything I do has to be grounded and coming from a positive and proper mindset. For me that comes about through my faith so that's number one.

Next is my family, and I think of this in several concentric circles, if you will, when it comes to family. For example, my wife and I have learned through experience and through mentoring other couples in marriage, and as they lead up to marriage, we've learned that although it's easy to put your kids first, that approach does not work unless mom and dad are solid as a couple. So my relationship with my wife is of the utmost priority in my family and then our loved and our duty to protect and educate and raise our children. So my core family, the nuclear family, is number two on my list.

And then third for me is serving others, and this for me takes a number of different forms. As a military member that obviously is a form of service, but also what I'm doing right now which is hopefully providing insight and direction and advice on healthy living, that's something that I'm passionate about and I love to serve in this capacity.

The point through all this is that you have to start with the relationships in your life that are truly important to you and then work outward from there. So my faith provides the foundation that my family is built on, which in turn provides a solid core for us to help others outside of our immediate family. If you go about it in any other way, then you don't have the strong core to build on, you don't have that foundation. It's no different than strengthening your core in the fitness aspect, that's where your power and your ability to move, that's where it generates from, from your core. So when it comes to social interaction and to relationships and to family and spiritual wellness, get clear on your top priority and then go from there, you'll find that the other priorities on your list, number two through whatever, those things will flourish as well.

All right, as we wrap up this episode on what really matters in healthy living I'd like to remind you before I go that the show notes are available at tdfitness.net/056. Also, if you like this episode or the content, be sure to show some love on wherever you're listening or watching from, whether it's social media, likes, shares, comments on YouTube, comments or ratings in iTunes or Google Play, or just drop me a line via e-mail at tdfitness.net/contact. Also, continue to hit me with your questions again via email or through the question line, 888 TD fit 01. That's 888-833-4801. You can choose option three and it'll take you right to the voicemail so that you can leave a question, and I will be sure to answer.

As always, thank you all so much for tuning in. You all have a blessed one. Coach T out.