

November 2019 Fit Tips

This is the TD Fitness Podcast with Coach T, episode number 90.

Welcome to the TD Fitness Podcast, giving you ways to live a healthy lifestyle without giving up the things that make life worth living. Now your host, certified health coach and personal trainer, Coach T.

Hey, guys. Welcome back to the TD Fitness Podcast. This is episode number 90, and this episode is a little bit different. So if you've been following me on social media, you're probably aware that I've recently started producing some very short video clips with thoughts for the day, if you will, that relate to how we can implement healthy habits in our lives and how we can be healthier, some very practical advice. As I think about how people consume the content that I produce, I understand that not everyone is on social media. However, if you are, I encourage you to follow me on Facebook, on Twitter, and on Instagram. TD Fitness has a presence on all of those platforms. But if you aren't and you're the type of person that likes to consume things through podcasts, what I've done is compiled those short clips to create this podcast episode, so I hope you enjoy. I'll see how this goes because if it's successful, then maybe I'll do this every month, kind of take all of the short clips that I've posted on social media and bring them together as kind of a monthly collection of things that I feel can help you in your health and fitness journey. So here it is. Enjoy episode number 90, the compilation of the past months, short clips from social media.

What's up, guys? Coach T here from TD Fitness trying to help you, the busy individual that you are, put some action behind your intentions for healthy living. The thought for the day is that change requires effort and you can't really expend that effort if you don't have the effort to give. You typically have more of it early in the day. You typically have more when there's breathing room in your life. You typically have more when you're less stressed and when you're well rested. So if you want to make that positive change in your life, then start by freeing up some time, freeing up some space.

Sometimes deciding what you're going to do is more of an exercise in saying what you won't do. So that's all I have for you. Hope you have a good one. Coach T out.

Hey, folks. Coach T here. Hey, a quick thought for the day, and it's about healthy lifestyles versus ... I'll call them healthy tasks. The difference between the two being an approach where most of what you do is geared toward a desired end state, and it's put together in an effective and thoughtful manner. That's a lifestyle. The other approach of healthy tasks is really akin to taking healthy actions when you feel like it, possibly inconsistently or maybe sometimes sporadically.

The thing is that either approach can work, but it's a different mindset and it's a different outlook between the two. So, who do you want to be? Really, that's the question. Can you make time to live and practice the healthy lifestyle that you seek or will you just do some of those things for the time being? Those healthy tasks are good for you and they can work in your favor, but they aren't necessarily put together in the most cohesive or efficient manner. You can eat a salad every day and it's better than not eating veggies, but that alone won't necessarily get you the end result that you're looking for. The alternative is to practice a healthy lifestyle that includes healthier nutrition options, for example. With that, the tasks are important, but you also have an overarching goal. And with that lifestyle outlook, you're likely focusing on other things, too, like your fitness, your sleep habits, your nutrition, and

other things that all go into the lifestyle. It's not just the nutrition piece. So, a healthy lifestyle or healthy tasks, yes, both can work, but you should probably choose and determine if what you're doing is right for you.

Hey, hey. What's up, guys? Coach T from TD Fitness, and I have a little bit of a Wednesday wisdom for you. You've heard the phrase go big or go home, or shoot for the moon, or strive to be the big fish. Well, each of these creates the impression of it being a binary decision. If I don't go big, then I guess I shouldn't try it all. Or if I shoot for the moon, then either I'll succeed or I'll fail. If I'm not the big fish, then I guess I should try something else, another career or a different topic, another business.

But, I'm here to tell you that few things in these types of decisions are binary. The choice doesn't have to be to go home if I don't go big. There are a million other places I could go, right? And it's fine to shoot for the moon. Because as the rest of the saying goes, if you don't make it to the moon, then at least you'll fall amongst the stars. And while that's not scientifically accurate, per se, the concept is encouraging. And as for being the big fish, well, what if we change our viewpoint and look for a small pond instead?

So here's the point, large sweeping, large scale sweeping change, swaying for the fence or setting an enormous goal, those are certainly options, but a more prudent approach for those of us who weren't LeBron James, or Tom Cruise, or Neil Armstrong, for example, is to just pick a moderately challenging goal and work to get better at accomplishing it. And as your capacity and your ability grows and you get better at that, then so can the difficulty of your goal. And oh, by the way, that's what James, Cruise, and Armstrong did as well.

Hey, what's up, guys? Coach T here with a little Friday motivation for you. I recently read something that said our narrative defeats our surroundings every time. I think this is true in just about everything. It speaks to the power of self-thought. I've spoken, written about the importance of our surroundings before and how you can influence it to help you with positive health and fitness goals. If you want to stay away from junk food, for example, then then don't keep it in the house, right?

And I've talked about the immense power of self-belief as well, and about seeing yourself as the person you want to be. It's the difference between saying, "I have to eat healthy today," and in saying something like, "I'm a healthy person, and healthy people do things like this." Yes, both your surrounding and your narrative are important, and what you tell yourself and how you view yourself is ultimately more powerful than anything else. But the greatest strides are made when you can combine the two, a solid environment, which could include a number of different facets, and powerful thought, powerful thought from within. That's when you start to see the real magic take place.

Hey, Coach T here. TD Fitness Monday motivation. Let's do it. You are not average. The world's reality isn't necessarily your reality. In fact, it's likely not your reality. That's because the world's reality is an amalgamation of hundreds or thousands, millions of people. But, you are unique. You're unique. I'm not surprised when when someone tells me that the most popular diet, for example, didn't quite work for them or that they lost only six pounds with it. But the infomercial, the advertisement, or their friend, they had a much different experience, right? I'm not surprised when I hear about people who try but couldn't you stick to an exercise plan that they downloaded off the internet or one that their trainer developed for them.

And why don't these things surprise me? Well, it's because true personalization comes from within. Everything else is just a catalyst, a reminder, a nudge, or some type of support. The perfect plan for you is one that helps you to live a little bit healthier tomorrow than you did today. It's one that gets you moving a little bit more or gets more nutrients in your diet today

than you had yesterday. And those decisions are yours. They have to be because nothing else is truly personalized to you. Everything else is just average.

Hey, what's up? It's Coach T here with some Wednesday words of wisdom. The question is, what do you measure? I find that when it comes to many things in life, we measure things that don't matter or we measure them just because we can. Sometimes we ignore the things that are harder to measure. Healthy living metrics are no different. The go-to is, how many pounds did I lose? But we know that the number on the scale hardly even tells a small part of that story. It's harder to measure the number of years that you're adding to your life. It's harder to measure, or quantify at least, how much better you feel. It's harder to measure how much easier it is to move around or how much more energy you have to play with your kids when you make some small changes to your nutrition or fitness habits.

Don't get caught up measuring something just because it's convenient, or just because you can, or just because everyone else is doing it. Just as you control what actions you take, you also have the power to define how you measure progress. Measuring the steps you take toward your goal, toward your actions, measuring your consistency, those are great places to start.

Hey, what's up, guys? Coach T here. Hey, I recently posted in my Action Taker private Facebook group. They're the folks, the monthly members for TD Fitness. I recently posted something about challenges, and I thought it'd be appropriate for you all, too, so I'm just going to go through a couple of things here real quick.

Recently, I read something by Seth Godin. He wrote that the challenge is to set up systems that are likely to create habit, not sprints that lead to failure. I think there's a lot in that single statement. I've talked about systems and I've talked about habits through the podcast, through the FitLife program, and, as I said, in my monthly member program, the Action Taker Academy. I want to focus on a key word in that quote for a minute. So again, the quote is, "The challenge is to set up systems that are likely to create habits, not sprints that lead to failure." So those first two words, the challenge.

For those of you who aren't familiar, part of what the Action Takers do, my monthly members do, is each month that they set personal goals and they run those goals through, or we won those goals through a monthly challenge. So each month, everyone is working toward their own individual goal through a challenge, their own personalized challenge. They participate in those every month. So why are these challenges effective and why can challenges be effective for you? The first is that they're short, which allow for periodic and planned sprints. Challenges push us to do better because we know that there's an end in sight. There's going to be a break. It's not something you're signing up for for the rest of your life, so that's why they are effective.

Secondly, these challenges are usually group efforts. So although the Action Takers are working toward their own personal challenges, they're doing it as a group. So each one is on their own personalized challenge program every single month, but you're in that group together, okay?

Also, challenges are focused. So there aren't six or seven things to worry about. There's only one or two things to worry about, typically. That's what makes a challenge effective.

And finally, your consistent performance is tracked. It's not the outcome that's tracked. But, we talk about performance-based goals, and that's the way to instill healthy habits, is by tracking how well you do and working towards those goals, okay?

So those are the key components to any sprint or challenge that you do with the ultimate goal being to get that to become part of a system. That's how you create habits. That's what the Action Takers are doing every single month, and they're doing a great job at it.

Hey, guys. Coach T here from TD Fitness. As I kick off this IGTV, I just want to take a moment to first hit, what is your ultimate purpose? We talk about this question a lot with respect to living life, but I'm going to keep it simple here and narrow it down to your ultimate purpose for your health. Simply put, it could be stated as your goal.

There are benefits when you're actually driving to a destination. You have clarity. You have purpose. The ability to see if what you're doing is actually helping you to reach your destination, or your goal, or your purpose or not. So whether your goal is to lose weight, live longer, have better heart health, be better able to move so that you can play with your kids, or if it's to walk a mile or run a marathon, that purpose should drive everything that you do because everything that you do either helps with that goal or it hinders it. There's seldom and in between. So, strive to be purposeful, not perfect, but purposeful, and you'll find that your goals are more likely to be achieved.

Hey, what's up, guys? Coach T here. I was recently reading a leadership devotional by Craig Groeschel, and he pointed out something that I've heard before and I've actually podcasts about this myself before. But, he talked about being a who leader versus a do leader. I think this concept applies to a number of different goals. Whether you want to be a better leader or improve your health, focusing on the type of person you want to be is generally a better approach than focusing on what you should do. So when you focus on who you want to be, you inevitably fill in a lot of the blanks that you'd have to think about otherwise. The question "Should I exercise today?" Becomes, "What would a healthy person that I strive to be, what would they do?" Or, "Should I eat this or should I eat that?" generally becomes, "What would someone who generally eat healthy foods do in this situation?"

You may have heard me talk about saying that Seth Godin uses a lot. He points it out from time to time, and he says, "People like us do things like this." So think about who you want to be, and you'll find that deciding what you need to do is so much easier then.

When I was younger, I can remember TV commercials and lessons in school that talked about just saying no, just say no to drugs. It seemed easy enough for me. I mean, fortunately, I didn't grow up in an environment nor was I ever really pushed to do something that would be so harmful to my health. And today as I think about healthy and unhealthy habits, I realize more and more that setting priorities and deciding what you'll do is just as much, if not more, about deciding what you won't do.

What will you say no to? Will you say no to that extra sugary drink today, or how about that extra cookie? Will you say no to sitting down at your desk all morning or will you stand up and stretch and walk around a bit? Will you say no to staying up late and snacking one night this week as you say yes to going to bed early and getting more rest? Or maybe you'll say no to a distraction that takes time away from your family?

As you set out to change your habits for the better one step at a time, be cognizant of what needs to stop. We only have a set amount of time in the day, and really a set amount of motivational capacity to say yes to different things, so don't clog it up by saying yes to everything. It's okay to say no.

A couple of weeks ago, I tended to church service and the pastor talked about cleanliness. He preached from the book of Luke chapter eight verses 40 through 53. What I took away from that was that in ancient times people believed that things were either clean or unclean. It

was a very binary decision. In many ways, I feel like we think that same way today. The example that pastor used was that if a fly lands in your bowl of soup, for example, the soup is then viewed as being contaminated or unclean. We don't look at the fly as now being clean or cleansed. So when we strive for days of perfection, whether it's in nutrition, or exercise, or stress, or sleep, we tend to chalk it up as a loss when we don't meet each and every one of our goals for that day.

My point to you is this, it's that we should instead look at the progress that we've made and how we've done better today than yesterday perhaps, or how today was better than when we even started with that goal. One of my favorite quotes, I say it all the time, don't strive for perfection all the time, but instead shoot for consistency over time.

Not too long ago, I was reading a leadership devotional and it talked about how as leaders sometimes we tend to blame the people downstream for our problems when the real problem lies in the system upstream. I think this is true in our own lives as well. We tend to place emphasis on our actions or our bad habits, which are things that happen downstream, when it's really the system, or lack of a system, that's the real issue.

Do you lack willpower or do you need a better system? Are you too busy to exercise or do you need a time management plan maybe that makes time for exercise? Is it hard for you include healthy eating options in your diet or do you lack a system that provides healthy alternatives? Do you find it hard to get enough sleep each night or do you need to systematize and be disciplined with your nighttime routine? See, whether you know it or not, you already have systems in place, but they may not be serving you all that well. Improve your systems to improve your actions that our health will follow.

It's been said that if you want to get a good idea of who you are or you will become, then just take a look around you. Who are the five closest people around you on a regular basis? The influence of our environment and our friends on things that we do and how we act, it is real, from cultural expectations, to regional habits, to local health practices, even to family beliefs, all the way down to our tribe, or our crew, or our friends. We are influenced by all of it. So if you want to change some of your habits to be more health conscious, for example, then it stands to reason that you should surround yourself with like-minded individuals. I use this quote from Seth Godin often, and he says that people like us do things like this. Who is in your support system?

All right, guys. That's it. Those are some of my thoughts and collections from the past month or so. I hope it's been beneficial for you. I hope that you've enjoyed it. But most importantly, I hope that some of this helps you put into action some of the things that have maybe been preventing you from taking action or have been barriers to a more healthy life for you. That's all I have for now. This is Coach T signing out.