

Reduce Stress. Live Healthier. Part 1

This is the TD Fitness podcast episode number 101.

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

Hey guys, welcome back to the TD Fitness podcast. This is Coach T and episode number 101 is here. And in this episode I am going through some of the Fit Vids that I've published over the past month or so. And this one is kind of a reset. So you may know that I've developed or come up with 12 healthy living principles. And the principles themselves I can't say are new, but I do try to take a different look, a different approach, and a different ordering with those principles in order to try to get you to a healthier living state. So of these 12 principles, over the past month what I've done is basically taken one principle per week. And really taken three themes within that principle or three topics I should say within that principle. And then kind of dive deep into each one of those.

So that's kind of what we were doing over the past month. The very first principle in the topic or the principle that we hit during the first week of September, was really this belief that you can. Because whatever you do whether it's health and fitness related or otherwise, it has to start with a belief that you can. And within that topic or that principle of believing in yourself, I approached that from a lowering stress point of view. And that is really you'll find that that is a topic that I want to come back to over the next couple of months actually, for the rest of the year. Because it is so important that we lower our stress levels for our health. So that first topic of lowering stress to live a happier life so that you can live a healthier life, is the very first one that we talked about.

And then also under the belief that you can, we talked about squashing negative self talk, and getting rid of all of those things that we tell ourselves that we can't do. And focusing more so on the things that we can do. And then the final topic under believing that you can, was ignoring outside judgment. So while we sometimes tell ourselves that we can't do things, we also listen to others tell us that we can't do things. And that is something that we have to get away from in order to move forward. So that was week one, believing that you can. Week two we tackled our second principle of healthier living. And that is letting go of the past. And I started that one with really talking about the purpose of the past. A lot of times we let the

past define us. We let it affect us and shape our views and how we can move forward, or in what we can do. But we can't do that. We have to let the past go. Okay.

So that was the first topic in that second principle of letting go of the past. Next we talked about where you actually should be. And really what I was getting at with this one was, understanding that our past is there to help us learn what does or does not work, or what has or has not worked. But the past does not. It does not shape your future. Okay. Right now in your healthy living journey or whatever other journey you're on, I want you to understand that you are exactly where you are supposed to be. And that is because your past experiences have given you more insight than anyone else into your situation. And with that you can move forward, you can live healthier, you can be better and you can do more. Okay.

And then finally under letting the past go we talked about cutting some of those anchors. Letting some of those anchors [inaudible 00:04:40] those things that hold us back, just letting those go so that we can again move forward. And then in week three we talked about the third healthy living principle, which is knowing when to act. Because you have to choose the right time to move forward. If you try to move forward or try to better yourself when you're not ready to do that, then the outcome is not going to be positive. So I talked a little bit about that. You'll hear about that here in the podcast. Also addressed how external stressors affect our success. And it's important to recognize that because a lot of times we don't understand that things that are going on around us, can affect how we feel and what we do, and how much success we're going to have in our healthy living journey.

And then the final topic under knowing when to act was really this concept or the balance of finding the right mix of knowing when to leap versus knowing when you're ready. Okay. So I addressed that a little bit here. So again the overall theme for this podcast is really the first in a number of podcasts that I'm going to do on reducing stress so that we can live healthier. And again in this particular episode I addressed that through principles number one, two, and three of my healthier living paradigm. So I hope you enjoy it. Love to hear your feedback on it, but without further delay I'll get right into the podcast. Thanks for listening.

Hey, what's up guys. Coach T here, back with another series of Fit Vids. So the theme for the next couple of months actually is going to be lowering stress, primarily from our target audience of those who have busy lifestyles and who are trying to live healthier. And this week the topic is centered around principle number one of my healthy living principles. And that is belief in yourself and believing that you can. So believing that you can make a positive change for example, and lowering stress are super related. Okay. I just released

podcast number 100. And the topic of that podcast... This one was very important to me. They all are but this one was extremely important because it was somewhat of a milestone. The hundredth podcast. So I was deliberate about the topic that I chose for that. But the topic was this concept of have, do, be. Which is the way we tend to think about things, unless we realize it and we're intentional about changing it.

We think these are the resources that I have, or the ability, or the time, the amount of time that I have right now. So this is what I can do, and therefore this is all that I can be. But we need to think, be, do, have. Meaning, "This is what I want to be, so this is what I need to do. So let me reprioritize or rework what I have." So you can check out that episode of the TD Fitness podcast at tdfitness.net. It's episode number 100. But that entire concept is a great example of how our mindset can and does affect us. And it can determine or limit the level of our success because it determines our outlook on things. So today's message really highlights that very same point. Our outlook can cause us to be less healthy. In fact it can limit how healthy we can be.

So I'm a father, and there's a lot that I learned through that role of being a father. My daughter had the opportunity to have a small speaking role in a class presentation a few months back. And her single line in that presentation was, "Positive people are much more likely to be happy." So this is so profound because it really speaks to our attitudes. When we are unhappy we're more stressed. And added stress causes unhealthiness. That's the takeaway here for you today. So two things to point out with that. One is that we can control our state of happiness. We can do that by changing our outlook, by being positive. And as my daughter says, "Positive people are much more likely to be happy." Right?

And number two, we actually have more control over the causes of stress than we realize. Certainly there are some things that we just can't control, but there are times when we can control stressors in our lives simply by removing them. So sometimes we try to do too much, or we sign ourselves up for things that we don't have time for, or that we don't have the bandwidth for, or we shift our focus constantly from one thing to another. And for those with already busy lifestyles, these things can cause added stress. So added stress again is unhealthy. And it's unhealthy because it limits our belief about what we can or can't do. And it's unhealthy because literally it causes metabolic changes in our body, and changes that tend to cause weight retention.

So my message to you again is to realize these things, to point them out and to control those things that you can control, to limit the excess stress in your life. Notice that I didn't

say eliminate all stress from your life, but we can't do that. But limit the excess stress. It'll make you happier. It'll make you healthier. And as my daughter said, "Positive people are much more likely to be happy." Coach T, out.

All right. Still sticking with this theme of lowering stress particularly for those of us with busy lifestyles. And we're on principle number one of my healthy living principles, which is believing in yourself and believing that you can. So earlier this week we talked a little bit about how we need to maintain a positive attitude, and how that can affect our stress levels. Well, something that I want to point out too, is one thing you should watch out for. And that is negative self-talk. Because negative self-talk takes away all of the things that are required for you to believe in yourself. Confidence for example. Confidence is both contagious to others but it also spreads within our own lives. As we have successes in one area, those absolutely give us confidence in other areas of our lives. So confidence is something that's extremely important and negative self-talk can quell your confidence. And it creates an opposite effect. It really brings us down. And that downward spiral is outright dangerous. Okay. So stay away from negative self-talk.

It also keeps us from leaping. And the leap is what I described when we overcome that initial fear or the thing that's holding us back from even starting, right? That fear is usually at the very beginning when we start something new. And when we can overcome this fear, then honestly just about anything is possible. Self-talk works against that. Negative self-talk works against that. It creates limiting beliefs. So ask yourself, "What type of person do you want to be?" All right. And as you think about that, understand that when you decide to be the type of person that you want to be, you've taken the first step. And sometimes that's the hardest step. You absolutely can change who you are and how you interact with the world immediately, simply through a mindset shift. And negative self-talk is something that you want to stay away from, so that you can allow yourself to grow, to change, and to be healthier.

Okay. The final Fit Vid of the week, again the theme is lowering stress for busy individuals, busy lifestyles. And we're talking about the very first of my 12 principles for healthy living, and that is believing that you can. So just want to point out another thing to watch out for. And that is what I'll call outside judgment. I talked about negative self-talk in the last post, but what about negative peer talk or judgment from others. Or even those so-called accepted norms that society tends to promote. Allowing what others think or judging and comparing ourselves to the world's definition of progress, can serve to deflate our

motivations and prevent us from making true progress. And I define that true progress simply as being better today than you were yesterday. Okay. It's not based on anybody else's measurement or metric, it's based on your own measurement or metrics.

So believing in yourself or belief in yourself is the most powerful weapon that we have in our corner. But for many of us no matter how strong we are, we're susceptible to allowing what others think, determine what we think of ourselves. It's human nature, right? So you shouldn't feel guilty because of that. But we should point it out. We should recognize it. And we should understand that it is unhealthy. Believing in yourself means not believing in the negativity of others. So always remember that the answer is, "Yes, I can," when it comes to the question of progress.

Hey guys, Coach T here from TD Fitness. So the theme again over the next several weeks is lowering or managing stress, particularly if you're someone with a busy lifestyle and you're trying to live healthier. Okay? So this week the topic is really looking through the lens of the second of my healthy living principles, which is letting go of the past. So last week we talked about the topic of belief. Belief in yourself. Believing that you can, which is the first of my healthy living principles. And that's because belief is the most powerful and the most important thing that you have in your corner. So this week I want to focus on the past. Because realizing how the past is important and how it's not important, is a perspective that we need to have. So sticking with this theme of managing stress in our already busy lifestyles, my experience in working with those who are looking to live healthier, has shown me that all too often we let the past affect us. We let the past define us and we let the past determine our futures. And when we do this it causes stress.

And just as a reminder, added stress is bad for your healthy living efforts, because it causes metabolic changes and causes it... It makes it harder for us to lose weight. So many people don't take the deliberate step in disconnecting the past experiences from future potential. We think, "I've tried to diet before and I just can't do it," or, "I just can't stick with the diet," or, "I've tried to be more consistent with exercise but I just can't stick with it." If you let those past experiences define you, then they will define you. But you don't have to let that happen. And notice that I didn't refer to those past experiences as failures. And that's because again, you define how you view them. View those past attempts as learning experiences, not as failures that define who you are, because they don't. Okay? The past does not determine your future. It should inform how you move forward, but it should not

determine what your next outcome will be. The biggest factor in your moving forward is your mindset. More on that in the next post. Thanks for listening.

All right guys. Hey, Coach T here from TD Fitness. If you're a parent you can probably relate to the let's make lemonade when life hands you lemons analogy. And I say that especially because a lot of times we have to turn our kids' mindsets around. We have to flip it on them so that they have a positive outlook over something that perhaps they might view as negative. So a small but recent example is one of our daughters being a little upset recently and disappointed when she broke a crayon. And this was one of the crayons that they give kids at many of the restaurants you might go to as part of a small coloring kit, just to keep kids entertained while we wait for our food order.

Well, our youngest daughter inadvertently broke the blue crayon. Okay? And she was sad because she had a crayon and she broke it. Right? So she was a little upset. Until my wife and I pointed out to her that her sister didn't have a blue crayon, but now they both did because she broke it in half. And the facial expression that she had suddenly changed, and it was one of satisfaction and pride then, because now she was able to do something for her older sister. So that small example that we used for our kids is something that we can actually apply on a broader scale. Because it shows how a simple mindset shift can mean everything to your demeanor, your outlook, your impression of your ability. So here's one for you and perhaps the most powerful mindset shift that you can make.

Think about where you are right now in your healthy living journey. Think about your past experiences. Think about the things that you're proud of. Think about the things that you wish you had done better. Now think about the here and now. And I want you to believe this statement. The statement is, "You are exactly where you are supposed to be." Exactly. Because those past wins are an example of what you can do. And those past missteps served to point out what didn't work before. You just have to ask, "Why?" And now that you know, you can adjust and move forward. You are more prepared to define your own future than anyone else is. Because those past experiences are yours and you know them intimately.

You are the best person to do that. You're in the best position and you are exactly where you are supposed to be right now. There's no judgment. No judgment from me at least. And I hope there isn't any judgment from you. So let go of your judgment of yourself, and let that stress go along with it. I believe that you can move forward. I believe that you can improve. I believe you can make progress. So join me in my belief of you.

Hey guys, it's September 11th. Before getting into the message here, I'd like to just take a quick moment to remember those who gave the ultimate sacrifice on September 11, 2001, and all who have sacrificed since then in defense of our nation's freedom.

All right. Thanks guys. Hey, so today's message, I'd like to talk really quickly about things that hold us back. Things like anchors, like a ball and chain, a leash. These are all things that prevent us or an individual, or anything from moving forward. It ties them down. And there are two parts here. There's the prevent piece, which is the job of the anchor or the ball and chain or the leash, and then there's the moving forward piece. You were meant to move forward. Okay? You were created to move forward. We all live to move forward in one way or another. There are things that get in our way and prevent us from moving forward, or at least slow us down from time to time. And some of these things we have no control over. We have to either work through them or go around them. But some of the things we can actually control and we can break away.

So don't let the past anchor you. Don't let the past be your leash. Don't let the past be your ball and chain. Because when you let it go you quite literally free yourself from it. And this freedom alleviates stress. That same stress that serves to derail our healthy living efforts. So let the past go. Let it go and move forward. Happy Patriots' Day.

Many times I work with individuals who want and need to change some of their practices or habits to make them healthier. But for one reason or another they feel that it's never quite the right time to start the change process. And in these instances, I typically try to stress that the process of change that so many of us think about, is really more of a gradual shift that grows over time than it is a holistic change that occurs overnight. But there are also those who understand the need for change and really can't wait to get started right away, no matter what else is going on in their lives. So my message to you is that starting before you're ready or before your circumstances allow, can be just as bad as continuing to put off healthy living strategies. And the reason why starting prematurely can be detrimental to your overall efforts, is because we tend to blame ourselves when we miss the mark or fail to meet our goal.

We think, "Well so-and-so was able to have access or success but I didn't. I guess I just don't have the motivation or the willpower, or the ability to do this." And it starts and perpetuates this negative spiral of thinking that you can't, or that you're not capable of change. The fact is that self motivation is not endless. Attention isn't endless either. If you want the motivation, the strength, the willpower to make change, the focus has got to be on

that thing. It can't be spread amongst a bunch of other things. Despite popular belief humans are horrible multitaskers. So if this is a particularly trying time at work for example, because of a seasonal project or something else, then wait for it to be done before starting your personal project for better [inaudible 00:23:17]. And if you're in the middle of a job change or a family move, focus on that and then revisit your desire for healthier living maybe in a couple of weeks. In the meantime avoid making your current habits healthier. But then over time focus on improving once you have the attention to devote to a healthier lifestyle.

It's not always a lack of motivation or focus that's the issue. It could be other things like choosing to move forward at the wrong time. You can choose a better time. You do have that power. It is certainly within your control. So don't put it off indefinitely, but don't leap prematurely either.

As busy individuals we attempt to juggle a lot of things. Sometimes too many things. In the last post I talked about choosing the right time to take your step toward healthier living. But what if the right time never quite comes? What if that busy time at work turns into a busy year? Or what about when you're a new parent? That's not something that's going away anytime soon, right? It's an obligation that you have to fulfill. Well, then you have to get some things off your plate when you have the ability to do that. And this involves prioritizing and determining what you're not going to do. But in those instances where you truly can't get anything else off your plate of busyness, you have to start where you are. And sometimes this means starting super small. So when you can offload external stressors, definitely do that. And when you can, start small with your healthier living changes. You'll find that the other stressful stuff gets a little bit easier over time. And that your ability to add to your healthier living goals increases. Thanks for listening.

Did you feel 100% ready and prepared when you started the current job you're in? The one that you're probably pretty comfortable in right now. Or how about when you got married? Were you completely ready for that? Or when you had kids, did you feel like you were 100% ready to tackle the demands of parenthood? Probably not. Right? The truth is that we rarely, if ever feel 100% completely ready for change. I mean that's what makes change difficult. But we often put off healthier living because we feel like we're not quite ready. We feel the need to be better prepared or wait until the next week, or the next month, or the next year, before we start. So I want you to let go of that belief that you have to be 100% ready, to make your life a little bit healthier. A level of readiness is certainly required, but you won't ever be 100% ready. So why not start right now?

All right. There you have it. Those were the recaps from the Fit Vids from the previous months. The previous month again, the theme this month being reducing stress. Because the more stressed we are particularly with our busy lifestyles, the less healthier we are. Okay. So we hit that through the first three principles of healthier living. As always I appreciate you guys listening to the podcast. I appreciate you listening to and watching the Fit Vids. You could do me a favor, leave me a review. Let me know what you think of this episode. You can subscribe. You can also share. So I'd ask that you please do that. And then whenever you're ready, I do have a couple of ways that you can take action toward a healthier you. And the first is simply by downloading your free copy of my 25 Healthy Habit Ideas For Busy lifestyles. You can find that at tdfitness.net, and it is full of small actionable steps that you can take, and that you can use to create a long-term healthy change in your life.

The second thing that I offer is my Action-Taker Academy. And you can learn more about that at tdfitness.net/takeaction. And basically that's my affordable monthly member program that provides the tools and support that you need to take actionable steps towards healthier living. All of this again is towards getting you to take action and to move forward. And then finally you can check out my individual online coaching option, which is Pro Coach. It's got everything you need to change your mindset and improve your habits from personalized nutrition to exercise plans. This is the more personalized version. So you can find more information on that at tdfitness.net/procoach. That is all that I have for you. Again I appreciate your time. I appreciate your attention. Until the next time, take care. God bless.

Coach T, out!