

Balance365 Episode 230 Transcript

ANNIE BREES (INTRO)

Welcome to Balance365 Life Radio, a podcast that delivers honest conversations about food, fitness, weight, and wellness. I'm your host Annie Brees along with co-founder Jennifer Campbell. Together we have a team of personal trainers and nutritionists who coach 1000s of women daily and are on a mission to help women feel happy, healthy, and confident in their bodies on their own terms. Join us here every week as we discuss hot topics pertaining to our physical, mental, and emotional well-being with amazing guests. Enjoy.

ANNIE

Hello, everyone, today we're kicking off a three-part series on exercise, which happens to be one of my favorite topics. I get asked questions about exercise constantly and see that a lot of women are lost and confused when it comes to not just understanding exercise, but also setting and meeting exercise goals. How much exercise do you actually need for general health? Do this, not that. This is good exercise. This is bad exercise. This will flatten your belly, this will shrink your size. It's overwhelming how much information and misinformation is out there for women, when all they want to do is move their bodies. So over the next three weeks, we are going to do an overview of exercise, break down some of the most common myths, and tell you exactly what to do if your goal is to get stronger. Here's how this series will go down. Part one is Exercise 101. Part two is Myths and Truths. And part three is How to Build Muscle and Get Stronger. We're kicking that series off today with episode one, Exercise 101. We're going to give you some foundational knowledge about exercise that will make everything else we talk about in this series make so much more sense. We hope that you love this series and please share it with your friends. And if you're so inclined, we would really appreciate it if you leave us a five-star awesome review. We read each and every one of those reviews and it really helps us gain more visibility on podcast apps. Thank you so much, friends. Enjoy.

ANNIE

Jen, we have a guest on today's show. I heard she's nervous.

JEN

Yeah, but is she a guest? Or is she like family? Like, is she a guest? Or is she like always here? And we're just -

ANNIE

Well. When you're here, you're family. [Laughs] That's the Olive Garden slogan. [Laughs] Holea, welcome to the podcast. How you feeling?

HOLEA CHARLES

Feeling pretty good. I'm not gonna lie, I'm a little nervous.

ANNIE
[Laughs]

HOLEA
That's okay.

ANNIE
She had this impression that we were very professional and didn't make any edits or any mistakes on the podcast. And we had to remind her that that was just because she had only heard the finished product. And if you were to hear the raw audio of our podcast, you would know that we say silly things and have awkward pauses and exchanges.

JEN
We're goofy.

ANNIE
All the time.

JEN
Just like Holea.

HOLEA
[Laughs]

ANNIE
We just, we just edit them out. And we welcome your goofiness. So.

HOLEA
Well, I'm here to bring it.

ANNIE
And to clarify we have you on because you are incredibly knowledgeable and passionate about exercise.

JEN
She also happens to be a Balance365 Coach, I think we could open with that. And she is extremely passionate about exercise.

ANNIE
Would you...You agree, right, Holea? You use the word passionate to describe how you feel about movement?

HOLEA

Yeah, I would say that's quite accurate.

ANNIE

What is your favorite way to move?

HOLEA

My favorite way to move is walking, hands down is number one. Number two, it's my kettlebells or cattle balls or however you like to -

JEN

And Holea can be found on Instagram moving around her kettle balls @HoleaCharles. Yeah.

HOLEA

Yeah.

ANNIE

Usually with some toddlers in the back, some toddlers -

JEN

Tripping them. [Laughs]

ANNIE

- in the background.

HOLEA

Now that, like they're getting stronger, so they're actually joining me, but the...Yeah, in my early days, I would knock my children over with my exercises. [Laughs]

ANNIE

If you want to see some real-life content as to how someone who works full time, has children, and still sneaks in smart training. Holea -

JEN

She's your woman. Yeah.

ANNIE

- is the person to go follow. Okay, so we brought you on because you have a lot of information and experience on the topic of exercise. Today, this is like exercise 101, we're just covering the basics. Right, ladies?

JEN

Yeah, foundational. This is obviously a three-part series, we'll get into some more granular type details about exercise in the next two. But one thing that we notice, like with nutrition, people are trying to dive into these little nuanced specific areas with nutrition and fitness when they don't

even understand the foundations. So I thought, hey, part one, let's just do an exercise 101, a little crash course. So people know their foundations before they head into the next episodes.

ANNIE

Yeah, I think this is a good, I don't know if this is the right term, but level set, to the next two episodes. So we all are on the same page about how much we need the benefits, types of exercise, all that jazz. So let's get into it. How much exercise do I really need?

JEN

So basic exercise guidelines, which you can find from any reputable health organization, World Health Organization, CDC, American College of Sports Medicine, etc, etc.

ANNIE

The Balance365 Life Podcasts -

JEN

[Laughs]

ANNIE

- can also be a great reference for how much exercise you need. [Laughs]

JEN

Or this podcast. Basic exercise guidelines, a mixture of both aerobic and resistance training activity. So aerobic, people commonly call cardio, and resistance training, people commonly call working out, lifting weights. You need 150 minutes of moderate-intensity exercise per week. And moderate would be like a brisk walk, or 75 minutes of vigorous-intensity exercise, which would be like a run per week, or a combination of both. And full body muscle strengthening two days per week. And that could be done with body weight, with free weights, with weight machines, etc. Just full body muscle strength. But those are great guidelines. They're guidelines, not rules. And we know there's a whole lot of perfectionists who follow this podcast. And they really want to turn those guidelines into rules, like really, really badly. They're taking notes. And we want you to know that all movement has health benefits.

ANNIE

I don't know, I don't want to speak for Holly, I know the answer for Jen. I know Jen and I specifically are not following those guidelines to a tee. And we're okay.

JEN

Yeah, I, here's what I would say. I have seasons of life where I'm meeting these and seasons of life where I'm not. And...But I bet Holly meets them. Exceeds them.

HOLEA

Ummm. [Laughs]

JEN

Oh, tell us more.

HOLEA

Not in my current season of life. Having two young children, three and 10 months, like three months, or excuse me three years and 10 months, working from home with kids, my workouts often are 20 minutes or less and that happens three times a week. The main bulk of my movement comes from walking, or literally playing around on the playground at the park with my kids. Because my life does not allow for what the guidelines are right now. And being a fellow perfectionist, it is, you know, really embodying that all or something, like, and this is okay, because it is, like this is the season of life that I'm in.

JEN

Right, and it is about your whole life. Right? Not these, not trying to micromanage every single little season, and doing the best we can with the season that we're in.

ANNIE

Yeah, I think that's so important to keep in mind because I'm sure we have listeners that heard that and thought, "Oh crap, like I'm not anywhere close to that. I'm not, I cannot meet that, my life is too busy." Fill in the blank. And I just want to give you a reminder that, you're on this podcast with three fitness, wellness professionals who openly admit that we're not meeting that all the time. So.

JEN

Yeah.

ANNIE

It's okay.

JEN

Yeah, and I, you know, fitness professionals, here's, this is one of the problems of why people struggle with exercise, I think, struggle to exercise consistently is because the fitness industry is full of people who work in the fitness industry. Some of them have no children or any responsibility outside of their job and spend them, maybe even spend the majority of their day in the gym. And so, and kind of spouting about how, you know, it's just this easy, and I follow somebody, and I really respect the information that he puts out. And that's why I follow him. But I really have to filter through his, "It's just this easy to do X and meet these guidelines." And I think guidelines are fine. They're good. You know, we have nutrition guidelines, we have exercise guidelines, we have all kinds of different health and wellness, relationship, etc., guidelines. But it's just that second filter that often people miss of like, "Okay, but there's the guideline. Now what? What can I do? What am I ready, willing, and able to do with this guideline?" And maybe you're working towards meeting those guidelines. And maybe you're not, and that's okay.

ANNIE

Okay, great. Great tangent. [Laughs]

JEN

[Laughs] Great. Okay.

ANNIE

Let's talk about, you mentioned in there, in those guidelines...Guidelines, not rules. A couple of terms like moderate-intensity and vigorous-intensity, can we give a little bit more context into what each of those means?

JEN

Sure. So moderate intensity, it's 150 minutes of moderate-intensity exercise per week. Now, that is, to get very specific 64-76% of your maximum heart rate. We don't have to do anything with that information, I have more usable for you. It should feel challenging, but not overly uncomfortable. And you could maintain it for longer durations. And you can also use the talk test. So if you are doing moderate-intensity exercise, you are breathing hard, but you can still probably carry on a conversation.

ANNIE

So you don't need to wear a heart monitor -

JEN

No, you don't.

ANNIE

- to assess if your work, your intensity levels.

JEN

No. And I didn't even know that and I didn't even know that specific number until I was writing this outline. And I read it on the CDC website. I was like, "Oh, I'll just put that in." So examples of moderate-intensity exercise are brisk walk, riding a bike on a flat surface with you know, just some hills, some gentle rolling hills. Maybe mowing the grass, that could be moderate intensity. Gardening may feel like moderate intensity for some. How about you two? What do you have in your back pocket for moderate intensity?

HOLEA

Well, I feel like it's like subjective, right? Like moderate intensity for me is going to be different for someone else. But like, exactly what you're talking about, mowing the grass, like push mowing, or even doing any of that type of yard work of like, carrying buckets or you know, any of that type of stuff. Even, I mean, we could argue depending on how big of a grocery load you get each week, like that could be moderate intensity.

JEN

Yes. Yes. Yeah. How about you, Annie? What's your moderate-intensity go-tos?

ANNIE

Well my, currently my favorite forms of moderate-intensity, cardiovascular exercise is my Peloton. Sometimes I get into the vigorous-intensity, which we'll talk about, but there's certainly points of a ride or specific rides where it's more moderate to low. And then also I really like longer sled poles.

JEN

Oh yes, I saw that on Instagram. You started that. Yeah.

ANNIE

Yeah, it's difficult but not "I'm ready to tap out."

JEN

You live on the prairies of the US. So it's probably nice to add some resistance to those flat prairie roads that you walk.

ANNIE

Yes, although, my experience of walking up even a moderate incline is like [breathing heavily].

JEN

[Laughs] So, I live in the mountains in British Columbia, Canada. And hiking for me is very, like just the hikes. They're not too intense around my house. So that's my favorite moderate-intensity exercise.

ANNIE

And I want to just clarify, as Holea said, this is very person-specific. It's relational to your intensity. So what's intense for me might be more or less intense than someone else. And so walking at three miles an hour might be moderate intensity for some and it might be vigorous intensity for others, so...

JEN

Or low intensity for another.

ANNIE

Absolutely.

JEN

Yeah. So it's not about the activity necessarily. It's about the challenge to your body. So you are looking to moderately challenge your body for 150 minutes a week, if you can, but it's okay if it's less as we've talked about.

ANNIE

Okay, so let's talk about vigorous intensity. Tell me what that is.

JEN

So vigorous intensity is 77 to 93% of maximum heart rate and that should feel challenging and uncomfortable. It will be difficult/impossible to maintain for longer durations. And the talk test applied to vigorous-intensity is you're breathing hard and you can only get out like a sentence or a few words in between breaths. So examples might be jogging, running, cycling on hills, or with resistance on your Peloton. Swimming laps, playing a sport like soccer, basketball, jump rope might be vigorous. And again, as with moderate, it's not about the activity, it's about the challenge on your body. So an example of this is, Annie just described her Peloton as moderate intensity, and I would describe it as vigorous-intensity when I'm doing a Peloton ride.

ANNIE

Holea, I want to go, I want you to chime in with what your preference for vigorous intensity. But then I also want to circle back to how strength training might hit some of these as well. What do you do for vigorous-intensity work?

HOLEA

If anything, for vigorous intensity, it would be with my kettlebells. And it's doing swings or snatches more than ballistic movements.

ANNIE

That was what I was hoping you would say because I feel like that's an example of how there might be some overlap if you are using something like kettlebells or even circuit training, which could be pairing series of strength movements into a circuit where you move from one exercise to the next with little to no rest in between. You might get cardiovascular benefits, get huffy puffy, and also meet the strength training.

JEN

It's a two for one.

HOLEA

Mm-hm.

ANNIE

Yes. Which I think is kind of your preference. Right Holea?

HOLEA

Yeah, I'm -

ANNIE

That's where kettlebells would fall.

HOLEA

- all about efficiency when it comes to my exercise. And that's why kettlebells is my choice.

ANNIE

Yeah, so they don't always fall into like perfect categories.

HOLEA

No.

ANNIE

Okay, great.

JEN

Okay, so a recap of that is 150 minutes of moderate, 75 minutes, or 75 minutes of vigorous or a mixture of both. And that can be broken up throughout the day, you can go for a 10-minute walk in the morning, a 10-minute walk in the afternoon, and a 10-minute walk in the evening to get 30 minutes in a day. Or like don't worry about meeting it at all, as me and Annie and Holea have said over and over, you're not doing anyways. And then the next recommendation there was to do two full-body muscle-strengthening sessions, I guess a week, and I sometimes only do one or zero to be honest. So yeah, you two are our big lifters in Balance365. What do you have to say about that?

ANNIE

I would say my current routine is actually the inverse of what the guideline is. I have considerably more strength sessions or time doing strength training, and less doing cardiovascular training. So I might be, you know, going for a brisk walk or riding my Peloton a couple times a week, and then three to four times a week lifting in the garage. What about you, Holea?

HOLEA

Like right now, I mean, I'm probably nearish to those guidelines in that my like moderate activity walks, like that's a daily thing, that's a non-negotiable for my mental health, is to be outside walking. But when it comes to strength training, three times per week is generally like, that's what I'm, that's my ideal. However, it often will turn into five or six really small mini sessions because I'm trying to squeeze it in, not being able to do a full session.

JEN

Yeah, I think mini-sessions actually work for people better, whether it's more frequent, but shorter. Just, I mean, depending on what season of life you're in, but most women who listen to this podcast are, they're like busy women, whether they are at work, have kids, other priorities. So yeah, I like that. I like the guidelines, I think are realistic for me personally to shoot for at some point. And I do like working out twice a week. I don't feel a need to do anymore. [Laughs] Like Annie.

ANNIE

You mean strength training.

JEN

Strength training. I do like strength training twice a week, I feel like that's my sweet spot. I have worked out more than that and felt like this again, really. [Laughs] And I really like walking. So actually, ideally, I would like to build back up to walking, like half an hour a day, five days a week, that'd be lovely for me. I'm not there currently. But yeah, these guidelines work for me.

ANNIE

I also want to add, and I think it's a great segue into the second section of this episode, is that clearly personal preference might influence how interested you, or close you are, to meeting those guidelines. But then also the intention of exercise for you. I think all three of us have had a variety of intentions throughout our life. But we have kind of categorized them into three different types of exercise or levels of exercise, categories of exercise. And that is just basic movement or NEAT - Non Exercise Activity Thermogenesis, exercise, intentional exercise, and then training. So that would be something more intentional, progressive, probably with an intended outcome at the end of that training experience.

JEN

And I think this is, this is kind of getting into a little bit of myth-busting, because I think there's just a lot of confused and frustrated people out there, right? They start a new, they start exercising, and they have, you know, maybe an unrealistic expectation of what the result is going to be and in the timeline that they want it. And so I think defining these kinds of three different aspects of moving is important. And in Balance365, we say all movement is good movement. They all have health benefits, and they can all have a place in your life. It might be that you have all three in your life, you have good movement, you know, which is lower intensity. You have intentional exercise, and you train, or it might be that you have one or the other, depending on what season. But I, what I want to talk about, of why this is important and kind of the state of the world, is that the bottom line is not enough people in North America are moving their bodies, even the like baseline standards. And so even though we will primarily refer to Canada and the US here, probably any kind of westernized country has similar stats, I'm sure. But in Canada, only 16% of Canadian adults are meeting the recommended amount of physical activity, like so low. And in the USA, only 23% of Americans are meeting the recommended amount of physical activity. And so, you know, when I look at the Canadian one, I'm Canadian, 16%, I think, "Hey, we got a long way to go." So it's okay to like meet yourself where you're at. And for those listening, who are sedentary, it's okay to start with two 10-minute walks a week or whatever, like meet yourself where you're at. That is the most important thing with habit change. But physical activity rates are very, very low in North America. And there are health consequences to that, to be honest, and not just health consequences, but quality of life consequences to that. So why has physical activity reduced in North America over the last five decades, say? We are primarily transitioning to more sedentary occupations. So I think North America at one time was more agriculture, industrial, industrial nation, and now it has transitioned to, like many places, like desk jobs. And because we spend a large majority of our life at work, you know, eight hours a day, when you're going from moving during your workday to

sitting, that means sedentary lifestyles, and kids are also sitting at school all day. I know over time, you know, recess is getting shorter or less frequent, that type of thing. Commuting when you live in a, in a whether you live in a city or outside of a city where you have to commute to get into work, that's just more sitting in your car. Technology, higher use of TVs, phones, video games, etc. are all correlated with sedentary behavior. Poor urban planning, another reason we're more sedentary. So there's just a shortage of green spaces. Walking and biking spaces. Suburb living is not great for our health. Because when you, it leads to commuting, right? It means you have to get into a car to get anything you need. And the safety of neighborhoods is also a factor here, right? If you don't live in a safe neighborhood, then you're not going to be out and about. I would say for me, one time of my life when my movement was highest was when we lived in a, I guess it's called a self-contained neighborhood. So there was, everything you need was in your neighborhood there, it wasn't having to drive. Where now, it's different. Now I live in a suburb and if I want, if I need groceries, milk, anything, I basically have to get into my car to drive to get it. And -

ANNIE

And welcome to 2022 where you can just Instacart [laughs] or Doordash.

JEN

Or you can Instacart. That's another good point. Yeah, you don't even need to get in your car to get milk.

ANNIE

I don't often have to go into a grocery store. I don't, as I've said many times, I don't like it. So I'm not even getting the benefit of walking to my car, driving my car to the grocery store, walking into the store, walking around the store, picking my stuff up walking that back in.

JEN

And it all matters, right? So I do grocery delivery once a week, they deliver Monday mornings, all I'm doing is taking it from the front door to my kitchen. And so that's just one essentially intense movement session that I'm not getting in in a week anymore. So it all matters. And then the other thing was leisure time, just like family or personal leisure time, transitioning from physical leisure to sedentary leisure, probably related back to, you know, movie watching, Netflixing, rather than meeting for a game of golf or whatever.

ANNIE

Can I just add that I live, often at this season of life, what I would consider a pretty sedentary lifestyle. I think there's a lot of shame around admitting to having a sedentary lifestyle or being a sedentary person. I love exercise, I co-founded a women's health and nutrition program. And I'm currently living a sedentary lifestyle. Even though I work out three to four times a week or whatnot. Most of my day is spent sitting at my desk.

JEN

Mm-hm. Yeah, I would agree that I live a sedentary life as well. And yes, I just, it's hard. Look, like it's hard. And that's why these numbers are so low. If it was easy, these numbers would be higher. But it's just the way our society, culture is set up. It is. It makes it hard.

ANNIE

And I, yeah, I think it's important to note that because having the awareness that I live a sedentary lifestyle has incentivized me or highlighted the importance of taking any opportunity I can to stand versus sit, walk versus drive, whatever, we'll get into that. But.

JEN

Yeah, Holea, do you have any thoughts around that?

HOLEA

I was just gonna say like, especially over the past couple of years, how a lot of services have, you know, catered to being able to, like, for example, grocery delivery, like, did it out of necessity before, and now it became that thing of like, "Oh, wow, this is like super convenient. I don't have to bring my kids inside. Like, this is amazing." But it's like, you know, to that point of, you know, and again, this will probably go into like the myth-busting stuff as well, but we assume that we have to do these big grandiose things to improve our physical health, when really it is the small subtle changes, like, "Okay, I'm going to do delivery instead," or, not delivery, but like pickup instead of delivery like that is, you know, one small step forward, and it doesn't have to be this big thing, you know, in order to make those changes. It's just those small things done over and over that can be a big difference-maker.

JEN

Yeah, absolutely. I totally agree. And as a very busy person, like Annie was saying, that's something I look for all the time. I'm always kind of on the lookout for opportunities to increase my movement, and I'm just very aware of the amount of time I'm sitting so I just, it's like, you know, I've got three kids and they're all in sports. So it's when I take them to soccer practice I will do some laps around the soccer field while they're playing soccer. Even little things like you know, most parents are bringing chairs and setting up chairs. I think to myself, like, I sit in a chair all day, that is the last thing I want to do is go sit and watch my kids' soccer game. I bring a blanket and sit on the ground and just sitting on the ground and moving my body into different positions is better than sitting in a chair. So really embracing that all or something and knowing, you know, feeling hopeful and knowing that, "Oh, I can - I don't have to block out an hour a day five days a week to go exercise, I can find these little opportunities everywhere."

ANNIE

I think we're gonna dive a little bit more into that in just a minute. But let's talk about why it matters if your life is super active or sedentary.

JEN

Yeah, so sedentary behavior is sitting, reclining, or lying down. And to think about how much of your day, right? Like when if when you're sitting, reclining, or laying down, it increases people's

risk for chronic disease and premature death. It increases your risk for cardiovascular disease, diabetes, high blood pressure, cancer, it reduces muscle mass and reduces bone density. It's correlated with higher waist circumference. So if you've followed this podcast for any amount of time, or have seen any of our courses, you'll know that we try to stay away from like prescriptive, you know, this is your weight, and that makes you unhealthy type thing using BMI. But what we do know is that higher waist circumference means higher visceral fat, and that's the fat that is stored in your abdomen around your organs. And that's the fat, that's the body fat that causes health issues, namely metabolic syndrome. And so yes, sedentary behavior is also correlated with higher waist circumference. It is also correlated with depression and reduced cognitive function, which I found very interesting. So movement is good, it's very good. Being sedentary has a lot of risks. So let's get moving.

ANNIE

Let's get moving. Okay. So, a little bit ago, I mentioned that there were three different main types that we focus on Balance365 of exercise, the first one is movement, just general movement.

JEN

So that encompasses any movement you do in a day, whether you get sweaty from it or not. This is also referred to as NEAT, Non Exercise Activity Thermogenesis, which is any movement that you are doing outside of eating, sleeping, or structured exercise that you've set up for yourself. And we are big movement fans in Balance365. Any of our members listening will know that the word movement is everywhere in our community and program. And increasing your overall movement is a goal for many women in Balance365, whether they're doing that through NEAT, increasing their NEAT, or they're actually building in structured exercise. But we already covered kind of tips for increasing your movement. But do we have any more?

ANNIE

How much time do you have? [Laughs] I mean, I really think that it's limitless. But I want to say, I think one of the things that keep people from embracing NEAT or increasing their movement and maybe non-traditional exercise situations, it can look kind of odd, it might not be the social norm so to speak. So in Jen's case, to bring a blanket and stretch when all the other parents are sitting on the bleachers, or to walk around, take laps around the playground, instead of sit on the bench or helicopter over your kid. Leave soccer practice when your kids are safe and well attended under the coach's supervision to go pace back and forth in the parking lot.

JEN

Yeah.

ANNIE

Or I took a trip, I think I shared this on another episode. I took a trip with my girlfriends and I was stretching in the airport. And people are, my friends were like, "Really? Like what are you doing? You sit in the airport." [Laughs]

HOLEA

[Laughs]

JEN

Yeah, here's the deal. I have noticed in my time of prioritizing, you know, movement in my day-to-day when I otherwise would be sitting, people are interested in what I'm doing because they want to join me. And it tells me that people, they want to move, like they do. We all know, we all know how sedentary we are and it doesn't feel good. So this spring when my youngest was in soccer, he had a soccer practice right by a beautiful hiking trail. And I thought, "You know what? I'm going to go hiking for the first half of this practice and I'll come and watch the second half," and wasn't long before another mom was joining me asking if she could join me, like, good idea. Like, why are we all sitting here? And so, and then when my son asked me, "Why did you do that?" I said, "Hey buddy, like I gotta move my body, too, like it's healthy and I need it. And I love coming to soccer with you but I've gotta find ways to be healthy as well." And so what I did, what I think can be a good idea, is to just zoom out, look at your life and look at where you are sedentary, especially those long periods of time. If you have a highly physical job, then getting up and going for a walk during soccer practice might not be a priority for you, that's fine. But I have long periods of being sedentary. And I can really get into my work and I can sit, I can curl up for hours and not move, and just be typing away at something. And so I literally have to set a timer to get up and just take a lap around the house, like get up and stretch. So that would be my recommendation, look at where you're sedentary and really channel all or something and what could you do differently there. So set a timer, get up and move around every hour, every couple hours, do a lap around the office, lap around your house if you work from home. See if there are opportunities to walk or ride a bike to locations that you visit often. I challenged myself actually the other day, we don't actually live too far from a kind of little shopping area, it's straight down a hill and then straight back up though. And I think I have just a ruminating thought of, "I don't have time." And sometimes I don't. But this one day when I had that thought, I thought, "You have time, it's Sunday, I bet you do have time." And so I did it. Me and two of my kids, we did it, we walked down to the store and walked back. Park a block away or at the end of the parking lot. I also do this all the time, even when I don't want to, I'll park as far as I can from the Costco entrance and like, and it's just because I embody that this matters. I have pushed through that, this doesn't matter. I'm like no, this stuff does matter. Walk around the playground while your children are playing or be like Holea and get on the monkey bars and do some pull-ups if you are so inclined to do pull-ups. Do five squats every time you use the washroom. I see this one all the time in our community as like early goals. Using your bathroom break, which none of us can avoid, as their trigger to do something.

HOLEA

Yeah.

JEN

And I love it.

HOLEA

With that, the other thing that's come up before in the community is like this idea of like little NEAT things like this, pun intended, to use that time also adds like a productive time, meaning for some people just doing some squats doesn't feel productive. It feels like, "Oh, I'm just doing some squats. Why am I doing these?" Whereas people who are like, "Oh, I'm gonna go actually grab a load of laundry from downstairs and bring it upstairs," like that is NEAT. You know?

JEN

Yes, absolutely. Yeah. And you know, meet yourself where you're at, and challenge your thoughts that this doesn't matter, or it isn't productive, right? Do countertop push-ups while your coffee is in the microwave heating up for the third time [laughs] in the morning. Pace the sidelines at your kids' sporting events, take the stairs instead of the elevator or the escalator. It all matters, you will feel better.

ANNIE

And I think those are all great suggestions. But they're all very like individual focus. You might have opportunities, Jen and I have done this, where we've had meetings and instead of getting on Zoom, she calls me on my phone and we take a walk while we have the meeting. Or instead of meeting your friends for coffee or drink, could you meet at a park and -

JEN

Absolutely.

ANNIE

- go for a stroll. You might be surprised, if you're in an office environment, how many people as Jen said would be willing to join you or turn the meeting into some sort of meeting/walk, or even your meeting that you take outside and stand to discuss. And I would argue you might even have some more creative conversations.

JEN

I have found when I, you know, meeting a girlfriend, I suggest a walk over coffee or something it's always met with, "That is such a good idea." Like, it's, people want to move. So should we get into layer two?

ANNIE

Yes.

JEN

Tier two. So tier one in Balance365 is movement, just increasing your everyday movement. Tier two would be exercise, increasing your exercise. So do you want to cover this Holea? You haven't talked much. You cover exercise.

HOLEA

Sure. So exercise would be any type of intentional, planned movement sessions. So thinking about, like there may not be a rhyme or reason, you're not maybe training for a particular end

goal but you are intentionally carving out time in your day to move your body. So exercise is a physical activity requiring physical effort. So if we go back to those intensity levels that we talked about earlier, that you know, it would be with the goal to maybe put yourself into one of those intensity areas, and the goal is to improve overall health and fitness levels. So some examples would be like going for a run or a brisk walk, group fitness classes, following a workout video, lifting some weights, any of that where you are intentionally taking out time from your day to dedicate towards this structured exercise movement.

JEN

Zumba!

HOLEA

Yeah, Zumba. [Laughs]

JEN

Lots of Zumba members, going to play game a soccer, intentional, structured in your schedule, not just NEAT, little more than NEAT. Yeah. Then tier three is training. So I love this differentiator so much. And I don't think there's that, you know, general population, I don't think they typically understand the difference between exercise and training, which can be just like mind-blowing for some. So Holea, do you also want to cover how training is different from exercise? Tier three, training.

HOLEA

Yeah. So training, it's very intentional, meaning it's going beyond just setting out time in your day for that intentional exercise, but also having like a very particular goal behind what you're doing during that time. So you know, the other thing is looking at it is like progressive, for example, my kettlebell training is training, it is in the pursuit of, you know, being prepared for my next recertification. It is moving towards this, or, for example, like in powerlifting days, people who are training for their meet, or maybe a marathon or you know, that type of thing, right? So it's a very specific purpose or an end goal. It often involves programming and also progressive overload, meaning that it is building on itself each week. So it is increasing in intensity, or it's increasing in volume as the weeks go, and keeping in mind that increasing each week does not mean, like, these massive jumps, it is very intentional, purposeful, with a greater picture in mind. And often it is, you know, the programs are created by like personal trainers, you know, some type of a specialist in any of these areas where you have a particular training goal. So, touching back on this progressive overload piece, so like doing more over time, the goal is not to continue to do more and more and more and more and more, the goal is that you are progressing yourself over time, so that way, you are simply just putting new stimulus on your body so that way your muscles have to adapt, they have to get stronger, they get, you know, they build more endurance, depending on the type of training that you're doing. So some examples would be like a running program, a push-up program, like maybe you want to get your first push-up or your first pull-up. So you're doing exercises, specifically to build strength in areas of your body to be able to go ahead and do that end result, which is your first pushup, your first pull up, like I touched on before, like a powerlifting program, bodybuilding programs, any of that, where you

have a super specific goal. Oftentimes, it is like performance-based, meaning what you want to do with your body, not necessarily what you want your body to look like, which can be really confusing, because, you know, we see the type of body that particular training modalities lead to, but it's not just the training, there's a lot that goes into it. So it's, you know, keeping the, you know, kind of the focus on what that end result, that performance-based result is going to be from your training.

JEN

Yeah. And I think what can happen and why it's important to differentiate between exercise and training, which we're actually going to dive into in this series, is that we see women exercising, which has fantastic health benefits all the way, do it, keep doing it, but they're frustrated, they're not getting a specific result. So you could be going to, like a group fitness program at your local gym twice a week for, you know, six months, but you still haven't progressed to being able to do a full pushup, and you're not sure why. And sometimes it happens. Totally, I'm not saying that you don't get stronger or anything in these different group fitness classes. But you, but there are also programs out there that are very specific to getting your first push-up, or your first 10 push-ups. And they would be structured differently than just going to, you know, an exercise class. Do you have anything to add, Annie? You're doing, you have a training program going on right now, don't you?

ANNIE

Not as intentional as I maybe have had in the past. I do prefer following a training program because I have a very strong preference to someone else telling me what to do, when to do it, how often to do it. And for what weight. Because I know if left to my own devices, I tend to do things that I'm good at, things that I enjoy. I tend to not maybe work as hard.

JEN

Cut corners here and there. [Laughs]

ANNIE

Yeah. So, as a means to like hold myself accountable and stay well-rounded, so to speak, I tend to follow training programs that have that, as Holea said, progressive overload, or like various cycles worked into them. But I've certainly had periods of my life where I'm just doing exercise.

JEN

Yeah, absolutely. I'm just now, I'm in a transition point right now, where I am transitioning from exercise to training. So, did you guys know I broke my wrist two years ago? Did you guys hear that?

ANNIE

No idea.

ALL

[Laugh]

JEN

So anyways, after my devastating life event of breaking my wrist, I had been training before that. And so it kind of rocked my world. And then we went into the pandemic, et cetera, et cetera, et cetera. I talk about it every few podcasts. I essentially just accepted movement, as this is where I am at in this season. I remember talking to you about it, Annie, and being like, "Ugh." And also, even if I had been training, like I mean, I couldn't continue with the training program I was on, which, I did deadlifting and bench pressing and all of that. It was, I guess, I was on a training program in a way because I was on a rehab program. So with this very specific goal of regaining strength and mobility in that wrist. But I didn't feel able to return to training. And it's been over two years. And I'm just now returning to training the way I like to train. And so essentially, I just focused on movement during those kind of darker periods of the pandemic, just increasing my daily movement. And I remember talking with Annie about it, and it's not even that I wanted to return to training, it was even just exercising wasn't happening for me. And I remember you and I having a little friend/coaching session on it. And you, you know, we kind of worked through different things. And it ended up that it was causing me more stress to be thinking about it. And I was actually quite far from the action stage and you were like, "You need to just let this go." And I did, and probably better for it. But eventually, I did return to exercising when I felt able to, and I was just exercising, doing workouts that I knew. And just trying to try and be proud of myself for that, just showing up for myself. And now here I am, I feel ready to transition into training, like having a specific outcome for this program. So yeah, and that's how it could look for people in different seasons. I could be back in an exercise season at some point. I could be back in a movement season at some point.

ANNIE

I think you bring up an important point, because I think, I would imagine when a lot of people hear training, they might think that they don't, that sounds intimidating. They don't identify as like, someone who trains or an athletic type identity. And I would say as Jen noted, training could look like PT, it could look like, I just want to build some upper body strength. It doesn't have to be this "I'm going to be a powerlifter and compete in a powerlifting competition." It could just be, I have started an exercise habit. I have plateaued, I'm not getting any stronger on my own. So I'm going to start following a more specific, intentional program to get stronger.

JEN

Yes, specific, intentional, progressive would be the difference. Holea, 10 months postpartum, she started a training program at probably, what? Six weeks postpartum? For postpartum recovery. Would you say?

HOLEA

Yeah, absolutely. So I mean, like -

JEN

So it wasn't intense.

HOLEA

No.

JEN

But it had a purpose.

HOLEA

That's the thing, like the trainings have, to Annie's point, like often when we hear training or we see training from all of our, you know, lovelies on Instagram, it comes off as very intense, it comes off, it's very, like, you're all in or, you know, whatever, when really, it's just having a really intentional focus behind your movement. Like, you know, like we talked about, like the pushup or, you know, the PT or, you know, in my example, just recovering from birth, you know, like, there is that like, that in itself is training, you know?

JEN

Yeah, and exercise is more like, you might throw up a YouTube video, press play, move your body for a little while. You're not really training for something, but there are absolutely health benefits to it.

ANNIE

Absolutely. I want to just add that if you are, to Holea's, no looking at people on Instagram, and finding yourself discouraged, that you want to do what they're doing, and you're currently popping in some random exercise videos, or attending just haphazardly exercise classes, the difference between you and them might just simply be getting a little bit more specific on your training, because generally like, things like push-ups, pull-ups, kettlebell skills, increasing strength, they generally, they can, but they generally don't happen on accident. Right?

JEN

Yeah. Yeah.

ANNIE

And also, the training that we're all talking about, is over a, pretty often pretty extended period of time.

JEN

It's not a three-week transformation that we're talking about. [Laughs]

ANNIE

Yeah. So again, if you're finding yourself frustrated or desiring more from your workouts, maybe it's more specific and more time.

JEN

Yeah, and I think, too, lifters, one thing that we can see is that if you have a more mature professional eye...This is what I see happening is women, kind of following along to these

videos they might have found on YouTube, thinking if they just do these, follow this video, they will have this body. A lot wrong with that, which we will get into in further podcasts, like namely, like genetics being one. But also, you know, we know when we're watching a video that a woman trains, she showed up to do this exercise video. And it wasn't this exercise video that got her those enormous hamstrings, like we know it. And so there's just a lot of smoke and mirrors in the fitness industry that way, where it's like, hey, just show up for these 3 20-minute workouts a week and you too can have this body," and I'm like, "You're deadlifting 200 pounds in the gym outside of this workout video. We both know that." But it's just that the general population, you know, they don't have the eye for these things and you know, don't know. So that's the other reason I like to explain the difference between exercise and training.

ANNIE

Absolutely. Those are the three areas I guess.

JEN

Tiers?

ANNIE

Tiers, levels of exercise. Where should our listeners start?

JEN

Well, I think highest level, we say this in Balance365 all the time. It doesn't matter. But the benefits of exercise or movement come from what you'll do consistently. So it doesn't matter if it's Zumba or kettlebells, or just increasing your NEAT like, what can you realistically commit to right now?

ANNIE

And also, what do you enjoy?

JEN

Yes, absolutely.

ANNIE

Because we know if you enjoy it, you're more likely to be consistent and you might be listening and you think, "I don't enjoy any of it." [Laughs]

JEN

Yeah.

ANNIE

And I would argue that maybe in the moment you don't always enjoy it, but after the workout or when you've zoomed out, you can hopefully see like, "Okay, that was worth it. And that the results or the feeling I get when I'm done that I enjoy."

JEN

Yeah, absolutely. You have to meet yourself where you're at. That's such an important concept to remember with nutrition, exercise, anything really. Meet yourself where you're at and if that means if you are sedentary right now if you're listening to this and you're like, "Yeah, I am also very sedentary," then creating a movement goal might be a great place to start. But another concept that we use in Balance365 that can be so helpful here is creating good, better, best goals. So not going like full in, "Okay, that's it. I'm starting a training program four days a week, I'm in the gym." It's actually saying, giving yourself tiers to work up to. So good, better, best plans change people's lives in our program. Where you go, "Okay, here's level one good." And actually, mine is if I've done nothing during the day, I will do three sets of 10 squats and 10 countertop push-ups in my bathroom before I get ready for bed. And that's just my good, and there's a lot of weeks where I look back and think, "Holy cow, I did not make time to go and workout this week, but I did like you know, I did like 80 pushups this week with my good goal and 80 squats and you know I've done something." So, create good, better, best goals, which is like three tiers of goals for yourself.

HOLEA

And to that, then people often underestimate the power of little things like that. Because all of those reps, they add up, like ultimately, if you want to get stronger, it's a matter of doing more reps. It's not about doing them perfectly. It's not about doing them in this perfect structured exercise. It's literally practicing the thing that you want to be stronger or better at, even if it's very, very messy and imperfect. But the reps, they all count.

JEN

Yeah, on the weeks when I'm leaning heavily on my good goal, like I'll get sore, like I'll be sore from all the countertop push-ups I'm doing. I'm actually a little sore right now. [Laughs]

ANNIE

That is, that approach, Holea, is exactly how I got my first pull-up.

JEN

Just practicing.

ANNIE

Yeah, I want to disclose that I had been working hard on building strength, in general, overall body strength, and upper body strength. But what I started doing was, I, at the time, had a playground set in between my house and my garage, we had a detached garage. And every time I walked past that swing set, I got on the trapeze and I did either a negative pull up, or tried one pull up. And so I could, you can imagine, I could start a pull-up, I couldn't finish a pull-up, or I would start at the top and just let myself down slowly. And sure enough, about, I don't know, three, four months later, I was at a playground, I thought, just for funsies. I jumped up on the monkey bars, which Holea and I joke about that. But like, please make sure you have the grip strength and stability -

JEN

[Laughs]

ANNIE

- the shoulder stability. Like, if you haven't jumped up on the monkey bars or hung in a long time, like, please be careful. Ease into that. But I jumped up on the monkey bars. I was playing with my oldest, and I did one and I was shocked. I was like [gasps]. And so then I did another one a few months later. And I was like, "Oh my god." It's actually a concept that's used in training in general, but just this like frequent practice of the thing.

JEN

Yeah. Yeah.

ANNIE

Yeah.

JEN

So this is our exercise 101 episode. And we hope that gave everybody just some foundational knowledge of what we're talking about. And we're going to get into some myths and truths in part two. And then in part three, we're going to actually get into the details if you want to get stronger. And the fitness industry feels quite confusing in that regard. It can, we know. We're going to tell you exactly how you can go about getting stronger in part three, but to leave everybody with the health benefits of exercise, I would say for me, you know, we've got four habits that we work on in Balance365 I think sleep is like for me the number one healthiest thing someone can do if they have poor sleep habits. But number two, I think is movement. If you improve your sleep habits and improve your movement habit, you have changed the trajectory of your health without even touching your nutrition. You guys agree?

ANNIE

You're talking to two people who really enjoy exercise, Jen.

JEN

Yeah. [Laughs]

ANNIE

Of course we agree.

JEN

Yeah. And I know we obsess over nutrition, that's a thing. But I would say, like get your sleep and movement in line. And you haven't, you know, haven't touched your nutrition, how your weight hasn't changed, you have still changed your health trajectory for sure. So health benefits of exercise are innumerable. Is that a word? Innumerable? Numerable?

ANNIE

Numerous?

JEN

Measurable? Numerous. [Laughs] Leave that in!

ANNIE

[Laughs]

JEN

Don't take it out. Decreasing resting heart rate, which is just a sign of heart health efficiency, increase in strength, endurance, power, mobility, which ultimately improve your quality of life. Increase in bone, muscle, and connective tissue growth and durability, improve brain-muscle connection and communication. Blood glucose regulation, decreased pain, decreased risk of injury. Anything else you all?

ANNIE

I think exercise -

JEN

Mental health benefits.

ANNIE

Yeah, exercise regardless of what type you're doing, generally makes just about everything in life easier. Whether you're carrying in groceries, loads of laundry, cleaning out the garage, grabbing bags of dog food, like it just makes it all easier, and certainly not as taxing on the rest of your day.

JEN

That would be, you know, just that when we have women kinda ideating or vision casting we might call it, just thinking about their futures and what they want for themselves, rarely does living your best life in, not just you know, not in a month, but in a year, five years, 20 years down the line, rarely does being sedentary support that.

ANNIE

Yeah, they're all talking about energetic stamina, vivacious energy. Yeah.

JEN

Yeah. And for me, owning, everyone's heard this who listens to this podcast, that exercise is a slippery habit for me. It's not something I jump out of bed excited about. But there's just no way I'm going to live a big fulfilling life without accepting it as part of the process. So I found my minimum effective dose of what I need to do today to have that future and everybody's will look a little bit different. But I hope one day to be traveling with my husband when we're retired, I hope to be doing everything I can with my grandkids. Biking, hiking, throwing them up in the air, and that's going to require not being sedentary today. It starts now.

ANNIE

Holea, you survived.

HOLEA

I did.

JEN

You made it through your first podcast.

HOLEA

Yeah, my palms are still a little sweaty. But it's all good.

ANNIE

[Laughs] Well, will you come back for part two and part three?

HOLEA

Yeah, I think I can manage that.

ANNIE

Okay, because we're gonna need your experience, both your expertise and your personal experience on some of those topics.

HOLEA

Happy to share it.

ANNIE

So, thank you for joining us.

HOLEA

Yeah. Thanks for having me.

JEN

Thanks, Holea. Thanks, Annie.

ANNIE

All right, we'll see you soon.

ANNIE (OUTRO)

Hey, everyone, if your mind has been blown while listening to this podcast, just wait until you work with us. Let us help you level up your health and wellness habits and your life inside Balance365 coaching. Head on over to balance365.co to join coaching.

