



**Wake Up Eager Workforce Podcast, Episode 32  
Managing Your Body: Top Stress Management Strategies -- Produced By Suzie Price**

Transcript

[www.pricelessprofessional.com/body](http://www.pricelessprofessional.com/body)

[00:00:01] Chuang Tzu said the following, "The perfect man of old looked after himself before looking after others." That will give you a little bit of insight of what we're talking about today, we're talking about your self care. This is part 2 of a 3 part series around stress management strategies for professionals. It is around the managing your body piece. The first part was managing your mind, and the third part will be managing your spirit. Today's focus is on the top 3 tips for managing your body and self care. And it includes some of my top resources, things that I've done and I'm using and just some insights. And hopefully the goal is for some inspiration and just a reminder to take care of yourself first. I'm also gonna have 2 cool videos, one is very inspirational, and one is very funny. So I'm excited to share this area with you. As I mentioned, it's a bit of a hobby for me, and so I know that I'm going to enjoy sharing it and I can't wait to get to it. So let's get started. Hit it, Michael.

**Intro:** [00:01:08] Welcome to the Wake Up Eager Workforce Podcast, a show designed for leaders, trainers and consultants who are responsible for employee selection and professional development. Each episode is packed full with insider tips, best practices, expert interviews and inspiration. Please welcome the host who is helping leaders, trainers and consultants everywhere, Suzie Price.

[00:01:33] Welcome to the Wake Up Eager Workforce Podcast. My name is Suzie Price and I am your host for the Wake Up Eager Workforce Podcast, and I'm also a Professional Facilitator, Consultant and Author, and my business is Priceless Professional Development where we focus on building energy, commitment and communication in organizations. And I've been doing that for the past 13 years. Did you notice that I said, "Hit it, Michael," if you've been listening to this podcast you've not heard that before, have you? So Michael is my made up name for our jingle artist. He is an actor who was hired through a jingle company to create my jingle. And I figured I needed to give him a name. So we're going to call him Michael. So that's just a little bit of my silliness. So that's who Michael is, our made up name, for our friend who introduces us and closes us out.

[00:02:24] Hey, I wanted to let you know about where you can find additional episodes of the Wake Up Eager Workforce Podcast, you go to [wakeupeagerworkforce.com](http://wakeupeagerworkforce.com). If you go there, you'll see a list of episodes and you'll also see a free App, so you can download that on your iPhone or your iPad and that way episodes will show up immediately. You can also go there to look at our show notes. If you would like to subscribe to the podcast, you can do that. And I'm always eager for, if you are interested, I've not really encouraged this very much, but I should, and that is to leave us to review. If you enjoy the podcast, if you leave a review, it makes us a little bit more visible to other people who are looking for similar material. So you can also leave us a review.

[00:03:11] So I'm excited about today's podcast, it is all from a book that I wrote back in 2013, 120 Stress Management Strategies for Professionals, where what I did is I focused on 40 tips, a tip a day was the concept and it was every week it alternated between mind, body and spirit. So

every month what my goal was, was for people who were reading the book or getting the email tips that are optional with the book, that every month they were staying focused on their mind, you know, managing their focus and their time, staying focused on managing their body, and staying focused on managing their spirit around their personal and professional connections. So this is part 2, managing your body, to find the show notes for today, it's [pricelessprofessional.com/body](http://pricelessprofessional.com/body).

[00:04:02] Now, what is this about? Of course, obvious, physical well-being is feeling good in your body, and it's a reminder to spend time on a regular basis improving your physical well-being and in doing so, it'll also give you another level of confidence. So this is about eating well, being fit, getting enough sleep and just feeling comfortable in this vehicle that you'll walk around in every day. It makes sense to take care of it. It's easy, easy, easy to get pulled away from taking care of yourself. And it is just the reminder to recalibrate on a regular basis. And that is something I talked about in the Managing My Mind episode, which can be found at [pricelessprofessional.com/mind](http://pricelessprofessional.com/mind), M-I-N-D, all lowercase. And that is that make wake up eager, one of the wake up eager leader habits that I talk about, there are 5 of them, one of them is this whole idea of recalibrating daily, and that is to focus every day a little bit on yourself and so that you can catch it before things get off track, and it's called the 1% Exponential Growth Principle. It's a reminder that you can improve incrementally, and it also is a reminder that you can get away from what is important incrementally. So the positive end of that is, is a reminder to take small action steps every day so that you create exponential, not linear growth. And the idea is 15 minutes a day, which is 1% and in 70 days you're twice as good because you grow by leaps and bounds with consistent focus. And it doesn't take all day to do it, 15 minutes a day is the goal. And that's what each one of the tips is, is 15 minutes a day or less, you know, some type of action or some work you can do. So it's what I call compound magic. And so the idea around recalibrating daily is we can also get off track a little bit at a time, and, you know, 6 months down the road, you think, "Oh, how did this happen?" Well, it was happening a little bit at a time. There's a really great video that I'm going to put a link to in the show notes, and it demonstrates what 1% a day can do. And it actually, I watched it again, hadn't watched it in a while and it's a disabled veteran of the Gulf War, and he was a Vet, he was in the military for 15 years, he was a paratrooper and they told him he'd never walk again, right? So he read an article about doing yoga and he said, "Well, I'm going to try." And so the whole story about him trying, it's a very short montage, time lapse of him every day, trying something. And he starts out he's probably 100 pounds overweight and he's got braces, you know, a little arm braces, almost like a walker that he's using to move. And he takes action every day and you won't believe how he transforms. And in the end, it is quite inspirational, they've got the right music, they've got a yoga teacher that's saying, "Oh, my gosh," when his name is Arthur Borman was the, is the Veteran's name. And when Mr. Borman contacted the yoga teacher, the yoga teacher is like, "Holy cow, I don't know if I can help this guy," even he was having doubts, and Mr. Borman did not give up. And it is, any time you're thinking about not taking care of yourself or thinking about you don't have the stamina to go do a little something every day, boy, all you've gotta do is watch that video, and that'll move ya. So go to the show notes [pricelessprofessional.com/body](http://pricelessprofessional.com/body), B-O-D-Y , small letters and look for the video. You'll see it up at the top of the show notes.

[00:07:49] So I started with a quote, it's from a philosopher, Chuang Tzu, who said, "The perfect man of old looked after himself before looking after others." So that's our focus. We're going to recalibrate our body today. And there are 3 main tips, things you've heard about, so they're going to be nothing new there in regard to the tips. But maybe, I'm thinking, some of the

suggestions and a little bit of the science and the tips and what I'll call my own personal hacks that I have tried and have worked I'll share with you. But here's the tips, the 3, eat more real food and less processed food, number 2, rest, number 3, move your body every day.

[00:08:31] So like I said, nothing new. But let's look at the first one and go into a little bit of why this is important, a reminder. And then I'll share with you some of the tips on things that I've tried that are helping me and help me get back on track every day. And so first, eat more real food, less processed food, you know, feeling good in your body and weight loss is 80% the quality of the food you eat and 20% exercise. So I know in the past, I have really gotten on the exercise bandwagon and thought, "Well, if I exercise, then I can eat this whole bag of chips or a bunch of milkshakes every day in a row," or something crazy like that. But you can't really out exercise a bad diet. And so this has been evolution for me because I'm not very structured. So it's really been a learning around my what I can eat and what feels good on me. And the reminder, I mean, when I first saw that statistic, that weight loss, if we're trying to lose weight or just feeling good in your body is 80% about the food you eat and only 20% exercise, I was astounded because I would have thought it was flipped. So then I started over time, and this probably didn't happen to probably 10 or so years ago saying, "Ok, I'm going to focus on the food I eat and try to figure that equation out while I still do some exercise." So there are millions of diets out there because there's a millions of people and we all have different needs, we all have different bodies, we all have different backgrounds, but all of those diets and believe me, I've studied probably every single one of them, all the way from macrobiotics that I did in college, to being a vegetarian to trying the Atkins diet, all of it, I've tried it all because that's kind of my hobby, right? What they all have in common, though, is this, they have in common that you need to make your food nutritious, and the way you do that is you eat more foods that live in the wild and grow on trees and plants and less food that's manufactured or packaged. So where I have landed today, I'm very much into the paleo diet, which is kind of what they call a caveman diet. It's not even a diet to me anymore; it's just that, I'm eating more real food and less packaged food. And basically the whole idea is, eat all of the whole food and real food that you want until you're full. So that means I do less, almost no carbs, I try not to eat packaged baggies of chips, and I don't have those in the house very much. You probably, I don't want to convince you of any particular diet, but I do think try to eat more whole food and more real food and less of the junk, basically. And if you're grocery shopping, you, I'm sure you've heard this, the outer aisles have more nutrition value than the inner aisles and the inner aisles, though all that stuff's cheap and easy to make, and it's addictive, a lot of that stuff with the chemicals and the processed stuff. So it's cheap to make, so they advertise it quite a lot and we're hooked on it. So it's taken me a while to work through all that. But that bottom line is just try to do more of that and drink more water, drink more water. A lot of times we eat because we're thirsty, not because we're hungry. And I love the thought and I don't stick with this all the time, I'm not very rigid, but I am pretty focused these days, but I love this statement, "Every single thing you put in your mouth is going to make you healthier or less healthy." And so you just pay attention to that and what's going to work for you and is going to be different than what works for me and it can be different than what works for your spouse. I mean, what my husband does is different than what I do. And I don't try to convince him or take over his diet, I just try to do my thing and I pay attention to, you could say every single thing you put in your mouth makes you healthy or less healthy or you could say it, every single thing you put in your mouth makes you feel better or feel worse. And I just pay attention to what works for me, and so I think that that is the nutshell right there. And just, you know, we're busy and we get bombarded with easy to access, highly processed, no nutrient food that's cheap for manufacturers to produce. And a lot of times that stuff doesn't make us feel

good, and it hinders, you know, you get that brain fog thing. I almost never have brain fog anymore, but I have found the diet that works for me. So I'm paying attention to what I eat and how I feel when I eat it. And the thing is, is if we don't make this a focus and don't get into the habit of it, now I'm in the habit of it, so I don't want to focus on it so much, but if you don't make this eating better food a habit and a focus for a period of time, it's not going to happen, because there's so many options and we're all so busy, so and you're not going to feel your best. So oftentimes and I like said, I don't do it as much now, but in the past, I've always thought ahead, a little bit of what we talked about and managing your mind, which is prepave, think ahead, "What am I going to eat?" And I always, this something I do, do, is I think in the morning before I come down to my office, "What am I going to cook for dinner tonight?" Because that's kind of our deal here in my household, is we have dinner together. So I want to make sure I'm not coming up or coming in from being out with a client and not have, no idea what we're going to eat, even if it's we're going to go out to eat at Oh Charlie's, because I like their salmon, and I can get whole foods there, anyway, think ahead, if you don't focus on it, it is not going to change, it won't just happen for you. And that if you've been eating a lot of processed, sugary foods, you're going to crave them, and there's a bit of a detox, or a little bit of effort that has to take. And usually if it takes about 21 days, you can eliminate those fake food cravings. It will go, almost go away. But it is like any habit, you've got to work the muscle a bit, you've got to get that processed stuff out of your system.

[00:14:22] And it's interesting to me how I came by nutrition and fitness is being a little bit of a hobby, and it's funny, my Mom is an outside the box thinker. So she, 30 years ago, she was reading about and attending classes at the local university where I grew up at University of South Carolina, and that's where I ended up graduating from. But she would take nutrition classes and she was always trying something new. And even today, when I talk to my high school friends, which is many years ago, they all say, "Oh, I remember we would go to Suzie's house, we'd always eat weird stuff." So she was doing, you know, experimenting way back then. And so that's kind of stuck with me and has made it fun for me as a hobby. And it's something I always talk to my Mom about, "Hey, I've tried this, I've tried that." So I get it honest, my geeky, weirdness around all of this is honest. I grew up with it.

[00:15:21] So here are some tips or actions to help you stay on track, it's stuff I've done over the years to get back on track when I've gotten off track, and believe me, I have and I still do at times. So I don't have this 100% figured out, but I do find that these things help if I get off track or I'm not eating right or feel bad physically because of the food I've been eating or I've gained weight. Any time I get off track, I start journaling what I'm eating. So if I have to write down everything I put in my mouth, well, then it starts me getting conscious again about whatever I've been eating and, you know, Fitbit and all those tools help us with that these days. So track your water, track everything you eat and just track it. So that really works because that helps me just get, shake myself back up, I'm like, "Oh, no wonder you feel terrible, look what you've been eating." One thing that always helps is drinking water before your entree comes. You can always order, if you're eating out a lot for business, order a soup, a cup of soup or a salad before every entree, so then that'll help you eat less. Middle of the day, in fact, I have it sitting on my desk right now, I have hot tea, so I'm thinking, "Ok, it's January the 9th here in Atlanta, Georgia, it's five o'clock, at about four o'clock I'm feeling kind of hungry, but I don't really want to eat because in a couple hours I'm going to be cooking our dinner." So I went and made some hot tea and I use, I like peppermint tea, but there's green tea, it depends, I didn't want any extra caffeine today. And then I put some collagen protein in there, which is good for your skin and

nails and all of that, and I don't taste the collagen, it's neutral. I order collagen protein from Vital Proteins online; they have the most nutrient value in regard to protein. But I'm not hungry, I don't want to eat now and now, if I was really hungry after this, I would go up there and eat, I won't hold back. But I was just kind of, I think, bored and maybe I needed a little water and I just needed something that tastes good. So the hot tea and I like the peppermint tea, put a little collagen protein in there, don't taste it, and I'm going to be fine until dinner. I went through a phase around green smoothies, and I'll have a link to an article I did on my blog around green smoothies, is basically you get a nice blender, you can't use like a regular blender, you have to use a little bit tougher blender. And it's not juicing, because juicing is you just get the juice out. This is you put the whole, you know, the spinach in there, the whole thing, and you put some strawberries and maybe put some protein powder and you put a little lemon and you mix it all up and you drink that and that gives you more veggies. I still think that's an awesome thing to do, I just kind of burnt myself out on it, but for busy leaders and professionals, if you're saying, "Ok, I want to get more vegetables in my diet or more fruit in my diet," it actually sounds gross, but they taste really good and there's all kinds of stuff. And I got a couple of little eBooks, not things I created, but other people created on the post that I did. And so green smoothies, check those out. That's another little tip around, you know, getting more whole food.

[00:18:27] One thing that I do, and in fact, what we're having for dinner tonight, is I order food from Green Chef. You know, there's all these food companies now that do this, Green Chef, a friend of mine uses it and the others are probably good too, I have just gone with that one because they have the paleo option, they have paleo and gluten free and all this stuff. But basically, I order 3 meals, so I'll have, it'll be a Wednesday, Thursday, Friday meals kind of thing, and it's everything I need to cook those meals. It's the recipe plan. It shows up at my doorstep. It's always well preserved. Everything I need is there. And what happened for me is I've just been so busy that even though I like going to the grocery store, I love my grocery store, I have a great Publix near me and I like all the people that are there, they're long term employees, they know me, I know them, but I just haven't had, flat out, have not have time to get there and I have not had time to plan. And it was stressing me out. So that's why I tried Green Chef. But it's working. So it's, you know, we're having healthy meals, all I need to do is go up and pull the menu out, they are usually 30 minutes to make, you are still making it, but it's, and I like the idea too of it's all organic, which I don't think you have to do that, but of course the geek in me wanted to try it out and see if I would notice a difference and it's pretty darn good. So that's an option for you if you're running out of time. The only reason you would do that is if you thought that eating healthy food or having a solid meal matters and you make time for it, you know, so and there have been times in my life where I haven't made time to get the right food in me and I haven't felt my best. And that's what Wake Up Eager is all about, is feeling your best, you know, being all that you want to be.

[00:20:10] And then last tip I think I'll give on this area is my big thing right now; I'm geeking out on something called Bulletproof Executive. The guy who runs it is a guy named Dave Asprey, A-S-P-R-E-Y, and he was a Tech Executive who sold his business, very successful, he calls himself a Bio-Hacker. So that's right up my geek alley, right? And he lost 100 pounds, he wasn't feeling good, and so his search was on, you know, how do I do business in a way that I feel bulletproof, basically. And it's now evolved into his big thing is something called Bulletproof Coffee, which is something that I am really into, and I'm going to put a video link to Bulletproof Coffee in the show notes, a bunch of celebrities have been doing it. He's gotten a lot of press and he's actually now developed a Bulletproof Coffee Cafe and he's got all these cool tools, his



blog is amazing, his podcast is amazing. And I know you don't want to geek out on all of that, but Bulletproof Coffee, look at the video. That might be a good way to start the day and get high-powered nutrients in your body in the morning. And he's a big reason why no brain fog for me, and a lot more clarity and some leaning up that I have been doing. So I want to mention that his website and a video about Bulletproof Coffee that'll be in the show notes [pricelessprofessional.com/mind](http://pricelessprofessional.com/mind).

[00:21:39] So with each one of the tips, I have a little mantra, and this was a long one for eat more real food, but here it is, and it'll be in the show notes, and it's a reminder, here's what the mantra affirmation is, "I like to eat and drink foods that nourish me and help me feel my best, I do. Taking time to plan ahead so that I can often pick healthy foods is time well spent. No one else can do this for me. I do this so I can feel and be my best." Told you it was a long mantra. You'll see it in the show notes, but I think that sums it up. It's part of that, what we talked about, the repaving, thinking in advance, making this a priority. You don't have to rewire everything in a day just to, a little bit every day, and maybe some of these tips will be helpful to you, I hope so. So that is about eating more real food.

[00:22:26] Now, let's go to tip number 2, it's about rest and it's making sure you're getting enough sleep. And the mantra, I'll go ahead and give you the mantra for this one, which is, "I make sure I get quality sleep because when I'm rested, I think more clearly, I'm healthier and I'm better able to handle stress," and oh, my goodness, is that not true? I mean, there's nobody more grumpy than me if I have not slept. And my, with awareness, my inability to think clearly or to handle problems, a problem looks so different when I'm tired, then when I'm rest, right? So here's some interesting statistics, The National Sleep Foundation said that, "Bad sleep on a regular basis can lead to weight gain, illness and a lack of alertness, memory loss, lower job performance and a bad mood." Ain't that the truth? They also say that sleep deprivation can impair your thinking as much or more than alcohol. They say the effect of lost sleep is similar to being drunk. I had not heard that before, but boy, oh boy, when I first read that years ago when I was putting all this together, I got it and said, "That is so true." And also the American Psychological Association backs that up and says, "Hey, if we don't get enough sleep on a regular basis, we get slower brain function, weight gain, moodiness, stress and lower immune functions." And their recommendation is 7.5-9 hours of sleep a night. So that is, everybody's different, I know I have friends that sleep a lot less and I have friends who wish they could sleep more, but that's their recommendation.

[00:24:02] Let's talk about some tips from sleep experts, they talk about stick to a schedule, exercise, I know I always sleep better after I've exercised. And we're going to talk about exercise in a minute. Taking a hot shower or a bath before bed, making sure your bed bedroom is comfortable and pleasant, trying to give yourself at least 2 hours from the last food you've eaten before you fall asleep and then make a priority to say, just like you're going to eat more natural food and less processed food, make it a priority, "Hey, man, I'm going to do what I can to get sleep," because we don't want to feel like we're drunk. We don't want to feel like we have lower job performance. We don't want to move into a bad mood all because we haven't figured out how to sleep. And I have gone through this. I have my own business and I am, I don't know if I'm a perfectionist, but I do worry about the details in regard to, you know, wanting to deliver value and service. And I'm a lot less worried today than I was years ago because of experience and a little bit more confidence and all of that. But I have struggled with this sleep piece where once I wake up, I can't get back to sleep. And so the exercise helps me, that helps me just wear

my body out because my brain is running a lot. That's one that I use. Meditation during the day is helpful because that teaches me to calm myself and relax more. And my favorite meditation is during the day, and actually did a whole year of meditation. So I did, you know, 15 minutes a day, every day, and it really trained me to calm my thinking. And my favorite is by someone I listen to quite a lot, I'll give you a link to it, it's Abraham Hicks' materials and they have a meditation for, it's 4 different areas, it's relationships, it's money, it's health and it's in general. So they're 15 and the breathing, and anyway, I'll put a link to that. There's a ton of other things out there. When I have had trouble sleeping at night, there's an App and there's regular meditations on there, but during the day I like the Abraham Hicks meditation. But at night, if I can't get back to sleep, there's a Calm App, C-A-L-M App. They have a full body scan, which makes you just, if my mind is running and I just can not slow it down, you can do 5 minutes or 30 minutes and it's, you know, it just takes you through, I can't remember now, I think because, I haven't done it in a while, because I've been sleeping so well, but when I have had moments or you know, where I've had a little bit of worry or a lot on my plate, this helps where you strength and relax different all the way up your body. And before you know it, you're out like a light and you have to pay a fee for that App. And anyway, I just want you to know about that in case you're having trouble sleeping. Another kind of, I hate to admit this because I'm such a geek, but another thing that I did and I was on audible.com, and that is there's some hypnosis stuff on there. And I'm not a fan of hypnosis, but I am a fan of calming the mind. And so that's why I was thinking, "I'll try this." And there's a guy who has some books on audible.com, that I've listened to others, and his is the best. So I can also have that App on my phone. I have little sleep headphones and if for some reason I can't go to sleep, I will put one of his on and you can pick the topic, like I did one on confidence and presence when speaking, because that's what I'm always working on, is how do I get better at that? And so he just walks you through these conversational things and you're breathing and the next thing you know, I'm out like a light. And there's all this music that plays all night. But his name is Joel Thielke, T-H-I-E-L-K-E. He's got the best hypnosis stuff. And if you want to try it, if you do the audible.com affiliate link that I have, and I'll have it in the show notes, we get a little, tiny credit for referring you, you get a free book if you sign up for a 30 day trial. So there's that and there's a supplement that I have tried called Adrenal Night Formula. It has, it's all-natural, because I don't want to take any kind of drugs or anything, but it helps regulate more sound sleep. There are 120 reviews, a friend of mine told me about it. That is another little thing you could consider. And I have found it helpful and no impact because it's all-natural. But it has to do with your adrenal glands and stress and getting some different natural amino acids in your body that help, like kind of like, you know, they talk about tryptophan from Turkey, you know, when you eat turkey at Thanksgiving, you're always sleepy. Well, that's a little of tryptophan is in this, it helps you just relax. So I'll put a link to that in the show notes too in case you are working through not sleeping as well.

[00:28:56] And what, the other reminder I would say is, if you haven't had a good night's sleep and you're a leader, remember, the HALT, haven't said it here, but HALT is if you're hungry, angry, lonely or tired, hungry, angry, lonely or tired, H-A-L-T, do not have the conversation with the most annoying employee that you need to talk through or someone you're having a hard time, I shouldn't say annoying employee, someone you're having a hard time working with or a colleague who's hard to work with or an employee who's not performing, HALT if it's possible not to have that conversation on the day that you're exhausted, if you think about what we talked about to start with, about, you know, not sleeping well can lead to reduced performance, you won't be at your best. That's a little bit about sleep. And our mantra is, "I make sure I get

quality sleep because when I'm rested, I think more clearly, I'm healthier and I'm better able to handle stress."

[00:29:57] So let's go to tip number 3, and this is about moving your body every day. And here's the mantra or affirmation for this area, "I appreciate myself and my body. I like taking good care of me. I move my body every day." So this is just a reminder to move your body every day, right? I'm not an athlete. When I was growing up, I was not in any sports whatsoever. And my introduction to fitness was kind of a surprise, my parents are not athletic, nobody in my family is, but I have been over the years a bit of a gym rat. And so how did that come about? Well, I remember going away to college and I gained the first freshman ten or fifteen, and until that time that had never been a problem. And I kind of just stumbled into it because I was taking, I worked a lot in college to try to pay for everything. And so when I was home, I would usually take a summer school course to get ahead because of all the hours I was working while I was in school. And so my summer school course was in the morning, and then I had an internship in the afternoon, and so I had this window of time with nothing to do. And there was a Spa Lady, which is the name of the place that I would go workout because it was like something to go do, so funny how I would go do that. And I get, you know, this lifelong hobby around fitness. Anyway, so I'd go to the Spa Lady and I would just workout on my own, I didn't know what I was doing then that got me reading magazines and trying to figure out what all this equipment was and, you know, move your body. And I was there on a regular basis every day. And then I would leave there and I would go do my internship. And then I had a job at the mall, and so it was a long day. I started to like it, you know, because I was kind of I had nothing else to do during that time period, I started like it and I started to be a regular and the pounds started to melt off, which was a surprise to me. And then, wow, it was invigorating. And I remember the manager at Spa Lady at that time, her name was Susie Bayer, isn't that funny, all these years ago, I can remember that. And she, one day I was in there and she said, "You're in here all the time. I've got some ladies here for a class. Our instructor didn't show up. Can you just do a few things, you know, let them exercise with you?" I'm like, "Ok." And the next thing you know, I'm a Spa Lady fitness instructor. And it was amazing to me, I remember the awakening around what it feels like to be fit, what it felt like to be in front of a room. I evolved over time, you know, and got certified and all that stuff. But to be in front of a room of 50 or 60 women and to kick my leg up high and to be able to do it, I can remember a moment when that happened with the music and I was like, "Oh my gosh, I cannot believe this." And so it's a kind of an awakening. And I think that's the beauty of fitness, is that whole understanding of body awareness and feeling good in your body and saying, "Oh, ok, that's what this feels like," and there's some real world benefits to feeling good in your body for your career. I mean, they the Workplace Health Management Organization Research said that people who exercise on workdays are more productive, happier and suffer less stress than when they don't work out. So there's, they've noticed an impact there. 72% of the people who are exercising and find improvement in time management when they exercise compared to non-exercise days, so they're more productive. 79% said they had mental and interpersonal performance that improved on the days that they exercise, and that 74% said they manage the workload better. And focus groups said that people who built their exercise into their workday were energized, re-energized, calmer and more able to solve problems. So we know, you know, about fitness, "Ok, that's how we lean up," but boy here is all these mental and productive benefits. And so it's good to remind ourselves of that.

[00:34:13] Here are some of my hacks over the years. It's pretty much a habit for me now, but I definitely had to create the habit, even though I loved, you know, I remember that moment in



front of those women and it's like, "Oh, my God, I can't believe I can do this." Plus, it was also a little insight on, you know, what it feels like to facilitate a room full of people. But I get busy and I love my business and I'm a thinker and I love to learn, and there are times when I don't move my body. And so how do I get myself unstuck? It's back to that repaving that we talked about in managing your mind, so if I do get stuck, I journal and I try to prepaves what it feels like to move and why I like to move. And here are my little statements I put in my journal, and these are some prompts that are in the book, but, "I want to move my body more because I want, I want to feel good, I want to move my body more because it feels better to fit my clothes and not feel better in my clothes. I want to move my body more because it feels better to feel better. I want to move my body because I like moving my muscles and it feels, makes me feel more confident." And you just do that over and over and over again. And what happens is you just kind of start prepaving, getting momentum about, actually it's mentally working the activity before you actually go do the activity. And then, you know, then that will cause me if I've gotten out of the loop and pretty much nowadays, I can do it without doing this prompting in my journal. But there are many times where I sat and journal this kind of stuff to try to, because I understood what the difference of momentum is and prepaving. But then that would cause me to go lay out my clothes before I went to bed and think about, "k, what's my workout going to be, what am I going to do? Am I going to walk or am I going to do the spin bike? What am I going to do?" I might also have an article that I did a long time ago, 10 Cardio Motivation Workout Tips, and I'll put a link to that in the show notes at [pricelessprofessional.com/body](http://pricelessprofessional.com/body). The big tip, I mean, I have a home gym in my home office, but I still invest in good-looking workout clothes and shoes, things that feel good and look good. So when I look in the mirror, I think, "Ok, that feels nice," and doesn't have to be fancy or doesn't have to be formfitting. But it's something you feel good in, that you feel comfortable in. I think everybody will have a different value to them, but I swear it helps me, little things. And you know these things I'm just just sharing to remind you, you know, park further away, you know, when you go to the grocery or at the office, take the stairs, have a walking lunch meeting when it's nice outside, or walk around the office and talk with people, go for walks with your family after dinner, create a midday break and walk around your office building. I have done that before. When I worked full time in an office down in Abernathy, I would go upstairs; I'd run up down the stairs. I mean, you just have to do it. Once you start doing it, you'll feel so much better; you'll continue to do it. And just think of ways that you can add extra movement into your day because small efforts add up, it's that 1% a day, right? If you need some inspiration, watch that video that we talked about with Mr. Boreman who couldn't walk, and you watch the time lapse, and it's amazing what he ends up doing, I'm not going to spoil the surprise because I want you to go watch it, but it's amazing.

[00:37:33] I have some other tips, I have something that I have discovered here in the last couple of years is a spin bike. I don't know if you've ever done spin, but it's basically a bike that's upright and kind of the fun of spin in a fitness center as they turn the lights down dark and they kind of create a ride as though you're, you know, you're climbing a hill or a dogs chasing you or you're trying to beat your co-worker or whatever, and it's the way they do it with the intervals, it really works with my brain because it's like, "Ok, you're going to do a minute up and then a minute down and then you're going to sprint for a minute and then you're going to climb the hill for a minute." And before you know it's 20 minutes in and you're sweating from head to toe and it's no impact and it feels really good. So I'll put a link to the spin bike that I purchased, I bought it on Amazon. It is awesome. It was not inexpensive, but it feels good every time I ride it. And then what I have invested in lately, you see on TV some of those Peloton Apps or the Peloton bike, I didn't buy the Peloton bike, but you could, the Peloton bike came on after I'd

already bought my spin bike. But I use the Peloton App, which is basically spin classes, I attach my iPad to the bike and I have an instructor, I don't have to go anywhere. So if you have a big commute, you have a hard time with family and work, you know, getting in exercise, a spin bike, put it in a corner of a room, you don't need a gym, get the Peloton App or some other app that interests you, that's just one I know about, I don't know how much I pay a month, I think I might pay \$12 a month, and I put it in, and sometimes I get on there and I think, "Ok, if I just make it 10 minutes," that's usually my thing, if I don't feel like being there, and usually nowadays I do because I prepave, but if I don't, I'll say I'm just going to do 10 minutes. Well you know what happens, right? Do 10 minutes and the next thing you know, 40 minutes have passed and you feel awesome. And so the Peloton thing is, you know, it's on your iPad, it's an instructor and they're talking to you as though you're in the room with them and the music is good, and there's some real funky personalities. You know, there's the studious one and there's one who curses and there's the rapper and there's, you know, all these funky personalities. And there's one that's very spiritual and gives you blessings. And so there's a whole mix and just makes me smile to watch how different people can instruct. And meanwhile, I'm getting a good workout in, it burns a ton of calories, you work in your legs, you're not jumping around, you know, like a crazy person, you are just on a bike sweating like crazy.

[00:40:07] Another thing on the vein of working from home is [cathe.com](http://cathe.com), C-A-T-H-e, dot com. She is an awesome instructor. She's not annoying at all. I have every single one of her workout videos. It's weight training. You can just get a few hand weights and get a step. And she's got something for everybody. She's really solid. And you can do OnDemand. Like I said, I followed her for years and you could do 30 minute workout, hour-long workouts. I mean, she's got a little bit of everything and she got a pretty active online community. That's Cathe, C-A-T-H-E. dot com. That's been a nice thing that gets me going, it is like going to the gym and taking a class except I'm doing it down the hall from my home office and that helps me stay regular. I think if I had to go to a gym, everybody's got different motivations, but I don't think I would make it to the gym. Now, some people, if they go to the gym, it helps them workout. So you need to think about that as well. Do whatever works for you. These are just some things that have worked for me.

[00:41:09] Reading about fitness or listening to it on [audible.com](http://audible.com), I mentioned Bulletproof Executive, they have a great podcast that, you know, reading and listening to that there's a ton of other fitness people that you can find online, but that's one I like the most. They talk about food as well. But when I'm walking my dogs, oftentimes, if there's somebody I'm listening to around fitness, it gets me just thinking about it and prepaving and getting recommitted again to fitness and well-being and taking care of myself. So I recommend that.

[00:41:43] And here's my other little techie thing that I've gotten lately, I told you I was a nerd, is an inversion table, so I'll give, you I'll put a picture of this in the show notes. But it's basically something you hang upside down with. You put your feet in the boots and you turn over. Maybe I can even get a picture of me on there, I don't know if I will, but the one I bought is, Tetter, T-E-T-T-E-R. You hang upside down for 5 minutes and talk about feeling good in your body. I'd had a little bit of shoulder issue, I'm at my computer a lot, I'm at my desk a lot and that just stretches you out. My massage person recommended it and it's one of those fun things, and my husband thought I was crazy, I asked for it on my birthday so that he couldn't say, "Oh, you don't need that," because if you want it for your birthday, you gotta, he kind of needs to let me get it. Not that he wouldn't let me get it, but, you know, he had an opinion. And I do like a lot of things, so I



can see why he might, would question me a little bit. But anyway, it's very cool and it's just, you hang upside down for, you know, 5, 10 minutes a day. And I can feel the tension in the shoulders; it pulls me out, makes me a little bit like a maybe a yoga effect or something. Yoga is another thing you could do.

[00:42:57] And then last but not least, talking about, feeling good in your body. I am talking to you now, standing up, so I have they're actually advertising them on TV now, but I got it years ago, something called the Vari Desk, V-A-R-I desk, Vari Desk, and it's my, computer sits on it and I can stand up or I can do the little latches and put it down. It sits on my, I have a teak desk and it sits on top of the teak desk. So I didn't have to move any furniture out, though I have my eye on another full time stand up type desk. But for now the Vira Desk really works. And maybe that's something you could get in your office. I mean, it's 100, 150 bucks, and it gets you standing more and keeps you from the sitting disease of, I'm just not moving my body, you fidget much more when you're standing and it uses more energy. So the whole idea is just to move some more. So our mantra for moving your body every day is, "I appreciate myself and my body. I like taking good care of me. I move my body every day."

[00:44:06] So there's our focus, eat more real foods, less fake stuff, get some rest, move your body. And we started with the quote from the Dallas that said, "The perfect man of old looked after himself before looking after others." So you're an important person to everybody in your life, your family, the people who work for and with you, so let's take care of yourself, gotta put it on on your calendar. I actually, first thing I have on my list of 6 every day, one is tune in time, that's my quiet time where I'm going to sit and write and number 2 is workout. So sometimes that workout is I'm walking my dogs, sometimes that workout is I'm doing a Cathe workout or spin bike and sometimes all I'm going to do when I workout is to use my stand up desk, but I do something. And those are the first 2 things on my list of 6 every day. If I put it on there every day, maybe I'll do it most days and that's the goal. So I want to close with a funny video. I am a bit of a nerd, as I've said about all this stuff, and I've got a great compliment from a friend of mine one day, she, it was my 50th birthday and she had done 50 reasons why I love Suzie Price. She's a great friend and really like a sister to me and so it was very meaningful And she's listing all these things, and one of the things she said, and I just remember it because of what we're talking about today, she said in there one, I don't remember what number it was and I didn't look it up, so I'm going to have to do it from memory, but it was something like, "She's always into fitness and she's not annoying about it," or something like that, you know, "She's somebody who loves health and fitness, but it's a good, good thing, she doesn't like try to put it in your face," or, you know, I can't remember, that's not what she said. But basically the intent was, you know, she's not annoying about it. So I don't want to be annoying about it. I just find it fun and interesting. And so it's fun to share with you some of these ideas and tips. And on that note, I've got a funny video. If you go to my Facebook page, [facebook.com/wakeupeager](https://www.facebook.com/wakeupeager), like it, by the way, if you join, so that you can get little updates and posts because I do more kind of motivational, inspirational stuff there on that bit of social media But anyway, you'll see a funny video, and you look for, depending on when you're listening to this look for January 2017, and it's an Adele video. You know the song Adele's famous for, "Hello, it's me," you know, I can't sing, but anyway, it's that one. Well they do it on coming back from Christmas, and it's this funny couple who's talking about, "Hello, my doughnuts," and they're using all of her music and then, you know, making up their own lyrics about having a hard time getting into fitness. So I shared that about what my friend Kate said to me on my 50th birthday, one of the 50 things, because, you know, we just don't need to take this stuff so seriously. We have an intelligent body that will



help us out if we just kind of helped along. And we don't need to be rigid and we don't need to get everybody else to do what we're doing. But just give it a little bit of focus every day and then don't be hard on yourself and watch this funny Adele video, it's like coming back from Christmas break, I hope you enjoy it and I hope it makes you laugh.

[00:47:25] So all for now, find the show notes at [pricelessprofessional.com/body](http://pricelessprofessional.com/body) and then also [pricelessprofessional.com/mind](http://pricelessprofessional.com/mind). Take care, all the best and we'll get you on that part 3, which is going to be [pricelessprofessional.com/spirit](http://pricelessprofessional.com/spirit), all the best.

**Outro:** [00:47:47] This episode of the Wakeup Eager Workforce Podcast was brought to you by Priceless Professional Development. Thank you for tuning in. If you enjoyed today's show, head over to [pricelessprofessional.com](http://pricelessprofessional.com) to gain access to more professional development resources.