A 40 Minute a Week Habit Can Prevent the Muscle Loss Everyone Assumes Is Just Aging Transcript

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Introduction and adaptation vs age

Hi everyone, and welcome back to the Future of Menopause Medicine Summit. Same summit, fifth year. We just changed the name. I'm still your host doctor Sharon Stills.

I'm excited to be here with you all. I've got a fan favorite in the house, certainly a doctor stills favorite. I've got Yoni Whitten in the house who has been studying wellness and human performance for over two decades.

He is a chiropractor. He specializes in kinesiology, nutrition, health and what I love about him is we always have these real, humbling, practical conversations.

And so I said to him before we came live, what are we going to talk about? And he said, how about like adaptation versus age? And I was like, game on.

This is such a great conversation for all of us to hear, myself included. So welcome back to the summit. Thank you so much. I appreciate the wonderful introduction.

Yeah. So I think, you know, as women going through menopause or post-menopausal, like there's aches and pains and we've been taught, well, this is just aging.

This is how it happens. And I was saying before we hit record, like, even me, I practice this stuff, I preach this stuff. But it's so ingrained in us that I even sometimes hearing myself saying, well, you know, I'm, I'm only a year and a half away from 60, so maybe this is aching.

And so today we're going to like myth bust that because we need to fight back. That is like societal BS programing and it is not true. So take it away.

My favorite thing was when I preached it. You go, yeah, it's such BS and I'm not sure if we're allowed to swear, but you actually said the real word and I was like, that amped me up.

So I love this stuff. And it's so funny, doctor stills, because I was at the gym this morning with my wife and these two women who I am familiar with, their friends of my wife, they came over to use a machine next to me, and they were loading it up with plates, and they put this very light weight on there.

And I kind of looked at them and they go, oh, we have bad backs. They are both in their 40s. And I was like, this is like one of them is like a professional dancer.

And I'm like, you can't, you can't do that. Like I wasn't looking at them like judge mentally. I was like, I don't think that that is going to do anything for you.

I think it's going to be boring. Like you're going to be on your phone texting while you're doing it. And, and they kind of looked at me and, and we had a laugh about it.

But that's kind of what I want to jump into, because one of the things that really gets people nowadays is they participate in certain things, or they fail to participate in certain things that lead to outcomes that are not surprising.

Muscle loss, frailty, and resistance training

Like, we know what's going to happen. We know for a fact that every person is losing as much as 8% of their

muscle mass every decade, beginning at age 30.

When that goes on unabated, meaning you're not doing anything to preserve your strength and preserve your muscle mass, which means you're not moving, you're not lifting things.

You're not participating in the struggle against gravity. Bad things tend to happen that leads to frailty. When that goes on decade after decade unabated.

And then it becomes, whoa, I can't get up out of a chair easily. I can't get myself into and out of my vehicle easily. I can't go up that flight of stairs.

I can't carry my groceries. It becomes really debilitating, and it's kind of this slow march that gets us there and people don't realize it. And I'm not going to use the phrase until it's too late, because as long as you're living and breathing, the research is very clear that everybody can improve.

And the coolest thing about it is it doesn't even take very much like there's some amazing research out there now, like research that will really blow your mind if you absorb it.

That shows that the amount of work that it takes to preserve your muscle mass is so small. It's like it's like in 40 minutes to an hour of resistance training a week, not even three times a week, just once a week.

No. Well, so you can break it up however you want. But most people, you know, it's it's 40 to 60 minutes of cumulative resistance training per week. So you could say I'm going to do ten minutes a day for five days or however you want to break it up.

The idea is that's how much the bar and you can maintain like up to 80 something. It's like low 80s. The percentage of of of strength that you can maintain with just that.

So a lot of people there's kind of like this all or nothing mentality especially baked into us as Americans. Like we look at like, well, if I'm not going to do 1,000% of everything, that I might as well do nothing.

Like if I have one French fry, I might as well tank the entire meal type of thing. Right? And it's a lot more productive and I think empowering to think about it in terms of, hey, if I just do this little thing, it can make an enormous difference a few decades from now, like when I go to my next high school reunion and I see people who are struggling to get out of their chairs and they're going to be like, oh my God, like, how are you moving around so easily?

How is this stuff that is so difficult for such a large portion of the population? How is it so easy for you? And it doesn't even take that much. That's the coolest thing about it.

That is super cool. So what? So if someone's listening right now and there are like your friends at the gym, I can't really do much because I have back pain or I have neck pain.

How do we know? Like, did you really enjoy yourself or like you were saying, this is just adaptation or lack of use or the wrong mindset? What are some things women can know and then ultimately do?

So number one, I want to just piggyback a couple of things onto what you just said. Number one, to those women's credit who I saw at the gym today, they were at the gym and they were working so awesome.

Huge thumbs up. They didn't say I have a bad back, so I'm not going, which is what a lot of people do. They said, I have a bad back, so I'm going to start very light and I'm going to use in this case, they were using a reclined leg press machine.

So for any of your audience who's familiar with weight training, the back is fully supported against a pad and you have handles to stabilize yourself.

And the spine is not involved in lifting that weight. So they were making a smart exercise selection. So those are both huge thumbs up for those things.

They didn't stop exercising and they made modifications to work with the situation that they were dealing with. I'm by no means suggesting that injuries don't happen or that people don't have serious physical problems.

If those people were my clients and they came to me and they said, I have a bad back. So and I have a goal to improve my fitness, I would say, okay, let's figure out what the problem is with your back.

Let's address that problem and let's work towards a correction as we modify what you're doing in the fitness realm. And then bring those two roads till they meet.

So that would be my ideal for your question, which is how do they know. So history of injury would would be a very thorough history. As you know, as a practitioner, number one rule especially I need to add this because it's for anybody who's been in practice for a long time.

When a child comes in, the best information that you're ever going to get is from the mom. So women are really good at picking this stuff up, and a lot of times their solid gold that comes out of their mouths when you ask the right questions.

So thorough history and then an accurate diagnosis. And it has to be an empowering diagnosis, not a disempowering diagnosis. I'm going to make a quick distinction for you because all too often people get a disempowering diagnosis.

And so let me explain how that works, how my back hurts. I go to see a perfectly qualified practitioner. I get I go through my full history, I give them, they do the full examination, and I get a diagnosis of sciatica.

Well, that doesn't help me because now in my mind I have sciatica.

Back pain, sciatica, and posture myths

It finds me if a person comes to see me and they have sciatica, the true definition, the true diagnosis of what's going on might be okay. I have one or multiple discs that are bulging in a certain direction that are pushing directly onto a nerve root, and so the answer becomes you're having pressure on the nerve root at this level and this level, which is causing the radiation in this very specific pattern.

And the solution to this situation is to get the pressure off of the nerve roots at those levels, and then build up your foundational strength to keep the pressure off of those nerves you do not have. Yes.

So that's the that's the difference between so much more like that speaks to what we were talking about with like societal beliefs. Right. Because when you now you don't own I have sciatica and that means I'm going to be in pain and have sharpshooting pain down my leg for the rest of my life.

Like the way you explained it, it's like, okay, that's what's going on. And this can be reversed. And then there's no label. Exactly. Right. And that's that's you hit it and that's the key.

And that's in my mind, our role as practitioners is to guide the patient through this difficult situation. And we need to remove the fear, not enhance the fear.

Like my sister in law called me yesterday, she was having sciatica. We did this is this is terrible because it's going to encourage people to do it. But I have to tell the story.

So she tells me if she goes, I can't stand up. And I go, what's going on? She explained to me what happened. What did you do yesterday? What did you do the day before?

She had spent some time sitting on a soft couch, sinking into it over an extended period of time. And I should say, you know, we're talking about age versus adaptation.

She's not an old person. She's in her 40s, but you're sitting on a soft couch and we've got research, hard data that was done prima post MRIs on the exact same people that shows that these physical tissues, the ligaments, the discs, they start at adapting to the positions that you're in, in as little as 15 minutes, you spend 15 minutes continuously.

And that's the key word. You stay in that position for an extended period of time, and your tissues kind of start molding into it. So we have certain tissues in our body that are elastic in nature, like muscles and tendons.

And they react like, do I have one here. Yeah. Look at this. Like a rubber band. Can you pull it apart briefly and it comes back together. But if you have plastic tissues and plastic is a term that we use in biomechanics, tissues that don't have that elastic component in them like ligaments.

And you hold it into a position long enough, it deforms exactly like a piece of plastic wood. And I apologize, Norma, I didn't realize that I was going to do this example, but normally I have a piece of plastic here, like an old pen, and I bend it into a position and you hold it there for 30s or so, and it'll stay with that curve in it.

And that's exactly what happens to our backs. That's exactly what happened to her back. And so it was putting pressure on those nerves. The disc started pushing pressure on the nerves.

She was having radiation down the leg. We changed the position, reduced the discs, and her pain goes away. And she calls me up like ecstatic, like later in the day.

And so, like, this is it's all like pretty predictable. So you start seeing things, like you mentioned earlier, neck pain. Well guess what? We have studies that show that roughly 70% of the population today has a forward head position, 70%.

This is across all age groups. It's wild. It's like it's like diabetes was when I was a kid. So I remember my friend's dad had type two diabetes when I was a little kid.

And it was called adult onset diabetes because people in their 50s and 60s and 70s got it. And then they changed it because younger people started getting it.

And so it was no longer adult onset diabetes. It's now type two diabetes. And so we see the exact same thing, what used to be called Scholars Neck, because it took a lifetime of having your head in the books to get it is now called Text Neck because it's a little time in their devices.

So this is a wild thing, but we have reliable research that shows that people that have the worst forward head position, the most severe forward head position, have the highest amount of neck pain, which we would expect because it puts a lot more strain on the muscles that are required to hold the head up.

The had basically becomes heavier to hold the further it gets out away from the gravity line. In the same way that if I was holding a dumbbell here and my arm went forward here, it becomes harder to hold the further it gets away from my body.

Does that make sense? So that same thing. And what do we do about that? Like well I have so like so many like so you talk about like being in a position for 15 minutes.

So what kind of couches should we be on. What should we be doing at our desks? How should we be sleeping. Because you could sleep trade hours in one position is like, yeah, yeah, yeah.

So let me give you let me give you two things based on what you said, because you hit on the right thing, which is the 15 minute time time frame. So there was a study that they did where they gave people what? I'm you can't see

it, but I'm on it right now which is set to stand workstation.

So the key thing is understanding that that 15 minute time frame exists. And what the body really likes is to move around. And it doesn't like to stay in one position for an extended period of time.

And so the first thing is understanding what the time frame is for those tissues, and then understanding that the body really, really likes breaks. And this might not even come down to purchasing any equipment.

Maybe you don't even need to buy it. This is one of those inexpensive ones that just goes on top of a desk, and then it allows me to use it in a sitting position, or I can pull it up.

You don't have to get a full sit to stand desk if you want to spend a little bit less money, this is a good way to do it. Another good way to do it, where you don't have to spend any money, is to put a timer on your desk, or set a timer on your phone and go take a walk.

Go take a three minute walk. Walk down the hall and walk back. Go to the bathroom and come back. Go walk up a flight of stairs and come back. This is easy stuff to modify, but it begins with the understanding of what happens when we stay in a position for too long.

So 70% of the population has that forward head posture. Working to correct that is admirable, but one of the other things that goes into chronic neck pain is people who spend the most amount of time on their phones.

This is like it's exactly what we were talking about at the beginning, which is the research is all there on this stuff. We're not charting on unknown territory here.

This is all like well-worn territory. Like if you have your head buried in your phone, you, the person who does it the most, is going to have the most neck pain.

If we're going to Las Vegas and making bets, if you make that bet a hundred times, you're going to be right way more often than you're wrong. So is the answer.

Get off your phone. Or is the answer. Have better ergonomics when you're on your phone or somewhere in between? I'll take both. I'll take whatever I can get.

The answer is, yeah, it's really nice for me to say like, yes, I would prefer it if, you know, say I was working with somebody and they were suffering with chronic neck pain.

I would say, stop using your phone. That would be great in a real world that you, as you know, as a practitioner, that is not going to happen. So we need to find we need to find strategies.

The main thing is don't stay in a position where you're glued to your phone, making a forward head position even worse for 15 minutes. The other thing that ties into what we started with that ideal of frailty and atrophy, which is reduction in in size of a tissue for people who aren't aren't familiar with the term.

As we lose muscle mass, we lose the ability to counteract the pull of gravity. So maintaining your strength is absolutely crucial. Maintaining or rebuilding.

Yeah. So if there's research out there that shows that even for people who have lost a significant amount of muscle mass, when they start resistance training, they improve and they improve rapidly.

It works. It works. Whether you've done a good job maintaining or whether you've neglected it for a while and you're getting back to it, it works equally well.

So two questions. One for the phone question like, should you be like this with your phone and like just holding it straight ahead? Is that the which is then you're holding up like this, then you've got to build muscle so you can.

But is that the way to do it? Like that's a way to do it. So you're you're right in what you're saying that the further the head comes forward, the more strain there is on the muscles.

The second part of that rule is the more you angle the head downward, the more strain there is on the muscles.

Movement breaks, ergonomics, and active rest

And the cool thing here is again, like we were talking about, it doesn't have to be all or nothing because the more severe the angle, the worse it is.

So a 60 degree down angle, which is about as far as you can bend your neck, if you're looking like straight down at your belly button, is the most strain on the neck.

If you bring it up 15 degrees, there's significantly less strain on the neck. So the idea here is to reduce the strain and stress on the body as much as possible, wherever it's convenient to do so.

So if it's a matter of instead of being 60 degrees down, you're 20 degrees down, that's a huge improvement. And that person needs to be added on the back for making that change.

I think that we would be looking straight. It's really having this awareness of like when you're doing it like, oh, I can't do that. I need to change what I'm doing and not be the 15 minutes.

That's I don't know that I've ever heard that 15 minutes. So that that's often right. Like I see a patient for an hour and a half. Yeah. And I'm sitting.

So now I gotta be like, it's time to party. Yeah. Well, as a, as a practitioner, one of the things that we have at, at our disposal is to get up and move around like, okay, I'm going to take a history, then I'm going to get up and do some examination.

I'm going to be leaning, I'm going to be bending, I'm going to be doing all these different things. And so the constant movement is really like one of the best possible things that a person can do.

I'm going to choreograph my intakes differently now. Right. Like yeah, yeah. Mean it's all it's all in your power. If you wanted to do like part of the history and part of the exam and like exactly.

Yeah. And then for like when you're, when you're not seeing patients, there's other things that you can do. Like I get off camera here, I've got a rebounder.

And so like I'll get up from my chair and I'll do some rebounding. The other thing that I really like is the concept of active rest. What does that mean versus passive rest.

So passive rest that classic example is like a zero gravity chair or like a La-Z-Boy or the perfect. Think about the perfect ergonomic chair that's molded to your back, that has a headrest, that has armrests, and you sit in it and your muscles do nothing.

This is a huge problem. The chair that I have is a kneeling chair. It rocks forward. If I don't engage my muscles, I will quite literally fall on my face.

So I'm sitting, but my muscles are still working. Active rest. Another active rest position is what is very common in the Far East, which is a resting squat where there you'll see them in that part of the world in that position to say do yard work the same way that you would see a little kid in our society play with their toys in a full squat position, their muscles are still engaged, their tissues are working, and they're struggling against gravity, but they're resting.

So it's it's an active risk. We all got to start squatting, ladies. Well, that's something that if you haven't done it in a long time, this is something that has to be eased into.

The cool thing about Annealing Chair is that it's very easy to weave into your life. The kneeling chair. The brands that I recommend. They have a rocker bottom which allows you to rock forward, which intensifies the pull of gravity.

You can imagine if I'm tilting like that, or you can sit back on it as like a normal chair, but it doesn't have a backrest, so you're still required to maintain your stabilizer muscles to hold yourself up because you're not leaning back against the backrest.

And there's no armrests, there's no neck rest. So the idea is that your body was made to be, and we're kind of debunking myths here. And one of the other things that gets inside of our heads here is this idea that we're wearing our body out by doing stuff, and it's BS in exactly the same way that age equals dysfunction and pain is BS.

The truth of the matter is, and this is so cool, and it's sinking in deeper and deeper into my mind as time goes on. Because I was had fallen prey to the idea that I'm wearing my body out.

If you took a poll of your audience members, this would be a very interesting thing. And you asked them, how many of you personally know somebody who has had one hip or one knee replaced?

We would get. I have no idea what the answer is to that, but probably everyone, right? Or pretty close off a lot. And the follow up to it, doctor stills, would be how many of those people were high level athletes that wore out their joints, or marathon runners or this kind of thing, or suffered some kind of severe trauma to the joint?

Or how many of them were just regular folks? Yeah, that's a good that's a good point, right? Most of them are regular folks. That's the thing. And so the BS component of we're wearing our bodies out is that joints, all of the synovial joints in your body, every joint that has a capsule, the movable joints, the ones that give us all this ability to dance.

Yeah, all of those rely on movement, strain, compression and gravity and stretching in order to be healthy and maintain themselves. Number one way to wear out your joints.

Number one, go up into space, remove all of the strain. Remove all of the gravity. Remove all of the pressure on that joint the joints dry out. Dehydrate and die.

If we're looking for a less extreme example, we would say put the joint into a cast where it can't be used and everybody knows what happens to a joint that's been in a cast.

It shrinks up, it shrivels up 40 to 60% of the muscle mass is gone in six weeks. The cartilage you see actual changes on x ray in the cartilage that look just like osteoarthritis changes within two weeks.

So you gotta you gotta move it. Gotta move it. Gotta move it. There's an amazing study that was done where they compared age matched peers in China and the United States, and the incidence of hip osteoarthritis was 90% lower in the Chinese age match.

Same age in the two groups. And one of the things that the researchers in that study put forward as an idea was that the fact that they use a resting squat every day in that culture, if for no other reason than to go to the bathroom on an eastern toilet, what it does is it puts the hip into its deepest position, which circulates the synovial fluid, which is the lifeblood of your joints.

Through its full range of motion. So this really interesting idea is if you only move your elbow through this range of motion, that is the only range of motion that will be maintained.

That's the only portion of the cartilage that will be preserved by your body. Because body is all about use it or lose it. It runs on an efficiency model.

And anything that you are demonstrating to your body that you're not using your body is saying, well, there's no point in me putting resources towards this thing that's not being used.

So I have a question. I have so many questions. So I bought these really annoying but fun 32nd dance party buttons. Awesome. So is it enough every 15 minutes to dance for 30s?

Or do you really need to do it for a couple of minutes? No, no, it's awesome what you just said, and I love that you put that together.

Joint health, squatting, and daily movement

And the coolest thing about what you just said, Doctor Stills, is that it's something that's fun, that puts a smile on your face. Absolutely. That's one of the things where rebounding is a huge winner for people over time, because it's fun.

People enjoy it and you can build strength on a rebounder. Your muscles are really working against gravity. They're awesome. I bought one for my parents.

They're fantastic. All right. And when you're on the rebounder, do you jump up and down or are you just moving your body and keeping your feet on the trampoline?

Such a good question. The answer is there are huge benefits to both. Okay, so there is no I want to. If we could do one thing today, my biggest hope would be that we throw out this idea of right and wrong.

When it comes to exercise, the main thing is to move your body. And the body really loves movement. One of the best things, one of the best ways to exercise is just to go for a walk.

Go for. So when when you said resistant training, like for someone who's listening, who's like, I'm not going to the gym right now. Like what could they do around the house?

Yeah. Great question. Great question. So my two young children exercised with me this morning at home. So what did it mean? It meant we took turns jumping on the rebounder.

And to answer your question, yes, this is where your feet stay in contact with the mat. I've actually got multiple YouTube videos where I demonstrate entire routines where your feet never lose contact with the surface.

Okay, of anybody in your audience is saying, hey, I want a fun way to work out that's low impact, that has massive benefits in terms of circulation, in terms of building strength, in terms of improving balance and coordination and body awareness.

And you don't want to go to a gym. Great rebounder with my kids. We also did some push ups. We also did some bodyweight exercises just using the stairs at home, like so.

That's the kind of stuff that I do with my own children. And I said a minute ago that I got a rebounder from my parents as well. And the coolest thing about the rebounder is it works just like those dance buttons that so like, my number one piece of advice for the rebounder.

Number one is get a bungee style rebounder, not a spring one. But my my number two piece of advice is to put it in your living room or put it somewhere like where it's like right next to you, because the idea is like, I'll get up from my chair and I'll just do 30s or I'll do a minute and then I'll go right back to working.

But I'll do like several one minute bouts throughout the day. And it's fun. And it actually helps me to think better in my work. Well, I love, I think, one of the big take home messages of what you're saying that's so powerful is, you know, you kind of talked about in the beginning like one French fry and then you eat, you know, French fries to the rest of the week because you're going to start again on Monday.

Is that like movement needs to be in your life? It's not something you go and do. And I think we see that with the blue zones, right where these people live to 100, they're walking there, you know, they're moving there active.

And we I think one of our myths is right. The only way to be active is to go to the gym. But we have this I love the rebounder in the living room. Right.

So I hope everyone listening is really taking this in and digesting it. Like we can move and I do. I do this in my office like I mix my own herbs and our office is large and the shipping is far away.

And every time I mix an herb, I walk it over to the shipping department instead of waiting till I have them all done because I'm like, I just want to get this extra movement in or I'll take an extra lap after I go pee or something.

But I think that's such an important thing for everyone listening. Like, it doesn't have to be all or nothing. You don't have to sign up for the gym tomorrow.

Yeah, just start moving. And every 15 minutes, that's like, I have to check myself. Do I actually move every 15 minutes? Because that's that's frequent.

So we've got a homework assignment. It is. But at the same time I would I would stress that we want to apply that same all or nothing principle to that practice.

So if if currently you're sitting for an hour straight before taking a break and you start breaking it up every half hour, that's already a huge improvement.

So we want to celebrate the small victories and make sure that we're giving people credit for the things that they're doing and make sure that they feel good about it.

Because even if they didn't get to ideal, but they improved their situation, that's fantastic. And the longer that goes on in terms of months and years, the greater the impact that it's going to have on improving their health.

Well, I love your attitude because so many women like to beat themselves up. They like to shame themselves. And so your attitude of take the wins where you get them, and it doesn't have to be all, you know, don't beat yourself up.

If you only moved every 45 minutes and not every 15 minutes, right? Like and that's what a lot of women are prone to doing. So like I'm always like, be kind and graceful, you know, to yourself, like, treat yourself.

I asked a patient the other day because she likes to beat herself up. And I said, who do you love? You know, who do you love most in the world? And she said, her grandchildren.

And I said, well, start talking. Would you ever beat your grandchildren? No, no. You know, grandchildren can do no wrong. Right? So I'm like, start pretending you're your own grandchild and be kind and loving to yourself, too.

So what a great thing to say. One of the things that I see in practice, I'm sure you see it as well, is what I call supermom syndrome. And it's that same idea where these really fantastic, nurturing mothers or grandmothers take better care of the people around them than they do of themselves.

And I'm like, hey, you're kind of the glue that holds these families together. And if you don't take good care of yourself, you can't do as good of a job doing the thing that you do.

So I like to use the airplane analogy, which. Yeah. You know. Yeah. You're not too. Yeah. Because if you pass out, you're no good to anybody. Exactly. Yeah. And, you know, it's too like your loved ones see, like, even when they're little, they notice that, you know, whether you take care of yourself or not or whether you take time or.

I mean, I used to always tell my kids when they were little, like, you know, I got you, but I need to go meditate. So, like, for the next 30 minutes, you're on your own.

Yeah, yeah, yeah, yeah, it's really powerful. One of my favorite quotes is the best thing that you can do for the people that you love is be healthy and happy yourself.

Oh what a perfect way to because I could talk to you all day because I could just keep ramming, you know, because what you talk about is so practical and doable.

And it's just like looking around your environment and where are you sitting and all these things and your phone.

Practical home exercise and closing takeaways

I mean, we've done interviews where we've just talked about the whole phone issue for 30, 40 minutes with me and you because it's epidemic and it's it's sad and it's scary, but yet it's real.

And we're not giving away our phones. Right. So there's like this finding the middle ground. So where can women follow you learn more. You mentioned YouTube because you're just, you know, like go follow him.

He's just such a wealth of knowledge. And this is really important stuff. And your body is your vessel. Like you need it to be healthy. So you can step into what I call this sacred second act and really be rocking your world and participating and contributing and all the things.

Yeah, yeah, yeah, I agree with you 100%. I've got a YouTube channel where I've got videos on every subject, from pelvic floor to improving balance to improving strength.

A lot of this stuff is simple stuff that you can do at home. Almost nothing that I put out is you have to go to a gym to do this stuff. So I think hopefully that's something that resonates with your audience.

It's also something that they like. What you just said is absolutely what I'm trying to do, which is give people as many opportunities as possible to improve themselves and to improve their situation.

And being able to spot those opportunities is really, really empowering. And that's what my YouTube channel is 100% dedicated to. The other thing is, I've got a brand new webinar out that talks about how to improve the health and longevity of your spine from home, and so we can make sure that we send over the link for that.

It's a really powerful webinar, and it's packed with the exact type of information that we just spoke about. Awesome. Yeah. You cannot go wrong by following Doctor Whitten because I always learn something when I talk to you and I'm always like, oh, sit up a little straight.

You know, I'm not perfect either. So there's always room for improvement. And this is really valuable stuff. So thank you for coming and sharing with us again.

You're always a pleasure. One of my favorite talks. So and for YouTube do they just Google your name or how do they. It's under my full name Doctor Yonatan Whitten okay YONATAN perfect.

And then W H I T T E N that's it. Yeah. The YouTube channel is something that's been an absolute labor of love. And so I really hope they enjoy it. Yeah.

Go find him there. Okay. Well thank you again. Thank you everyone for being here. I'm going to go hit my 32nd dance party before I see my next patient.

So go. Move your body a little and you know we're in it together. And we can do this and we can be viable. You know what I always say is, I don't want the 90 year old woman who's dancing or hiking a mountain to be like, this viral thing on Instagram because we're all like, oh my God, she's 90 and she's still hiking.

Like, I want that to be the norm. Yeah. So the work that he does will enable us to all be the norm, and then we can go viral for something else. Well said.

Okay, we'll see you soon. We'll be back. Thank you Dr. Stills