Introduction to the Menopause Summit

Hello, ladies. Welcome to Mastering the Menopause 4.0. Our fourth menopause summit. But bringing you the latest, the greatest, and also the fan favorites.

I've got Tracy Steen in the house with me from Move Daily Fitness. She is a rock star. She is like the queen of telling you what you need to know for exercising, for bone density, for getting your belly fat away.

We're going to talk about belly fat, ladies. So this is going to be a good one. You know, I always say that not all medicine comes in a pill bottle. And Tracy's got the good.

She's got the medicine. It's not in the pill bottle. It's in what you can do in moving your body. And by the way, I'm your host, Sharon Stills. I think I forgot to say that.

So, we're just going to jump in. Tracy is, you know, helping women. Like I said, moon daily. She's transforming so many lives. She is huge all over on YouTube, and she has over 180,000 subscribers.

And, you know, she really puts her heart and her soul. I follow her on Instagram. She's everywhere, she's on Facebook and she's got a huge audience. And the reason for that is because she's she's sharing good stuff and and it's working and women are benefiting.

And so I wanted to bring her back again, for a new conversation. For those of you that are repeats, you know how awesome she is. And for those of you that are new here, you're in for a treat.

So welcome, Tracy to the summit. So happy to be back. Thank you. Yeah. So, gosh, I guess how did you, you know, how did menopause and helping women move daily become, become your thing?

Because was it always or is it just like as you were going through different stages, you decided to help women where you were at or how did that happen?

Yeah, that's exactly how it happened. And isn't that funny? How life goes like that?

How Tracy Built Her Fitness Community

You know, sometimes you you just kind of camp where you're at and you can help people because you are in the middle of experiencing those things. And, you know, it's funny because if you look at the growth of the online platform in terms of, who, you know, when it happened, we saw a huge influx right around the pandemic, didn't we, like everyone, sort of had to go online.

We were forced to do that. Lucky for me, I was already like 49 when that happened. So I was I was already online in a smaller space. And and then the pandemic happened and we had to go fully online.

And so the, the people that I was resonating with was, of course, everyone who had to stay home and then who were my age. A lot of other people in this space were younger, right?

There was not a lot of people who were in their 50s who had an online platform that were were showing, you know, follow along home workouts. And everyone had couldn't go to the gym anymore.

So we had to stay home and workout. And I think that's exactly where it started. And people started going, okay, we have to do these home workouts. There's a lady that looks to be my age and look at her go, so that's how it sort of started.

And now, of course, five, six years later, it is this flourishing online community where people like us do things like this. And that's one of our catchphrases.

I love it because it it helps. It helps us feel like a community. You know, but we are sort of in this age together, right? And if you can feel like you're on the journey with other women your age and they're succeeding or moving forward, at least in the middle of life at this age, then you think, maybe I can do it too.

So yeah, it's a it's, a great place to be right now. I love that people like us. Yeah. And I mean, just you're an inspiration because you're obviously the living, walking embodiment of of what you preach.

And so it is, it can, you know, anyone can have it. And I think it's so important that we are changing the conversation, changing the expectations, and that aging doesn't mean you have to slow down or get weak.

It does mean you have to do some things differently and you have to do those things. But it doesn't mean you have to, you know, suffer. So let's talk belly fat because we noticed when we send an email and it has the word belly fat in it.

Yeah, you get a lot more opens. Like the women are interested in getting rid of their belly fat. I hear it all the time in my practice. So what do you have to say?

Why does the belly fat, you know, the men belly, the minnow pod? Why is it coming? And more importantly, what can we do to get rid of it? Yeah, I hear this a lot too.

You know, this has always been the case as a personal trainer. That's what people wanted to come. But as I have seen women in menopause, it is predominantly.

Yes, the belly fat. And someone just messaged me today this exact question. So I'm going to share with you what how I answered her.

Why Menopause Belly Fat Happens

So one of the things that is really important to note is that when we carry a larger percentage of muscle on our bodies, our bodies are more metabolic.

Okay. So what happens as we age? As we often stop moving, we stop lifting where we're not. We're more sedentary. We're not as active, right? We're not even out in the fields maybe doing things or picking up, you know, just we're just not as active as we were.

And so we begin to lose lean muscle tissue. This is known as sarcopenia. It's actually translated the loss of flesh in the Greek. So we are losing muscle.

And if you're not doing anything actively to mitigate that loss, you're going to your body's not going to be working for you like it could if you had more lean muscle.

So when we carry a greater percentage of muscle tissue on the body, that the body actually uses more energy to build, repair, all of that muscle, right?

So think about how muscle is built when we lift something heavy, or even if we lift something that's a bit lighter, but we push the system toward that failure point, we create these little microscopic tears within our muscle, and those tears need to repair.

So how do they repair? Well, they look for fuel within the body, for glucose, for protein, and they begin that reparation process. And that process is anabolic.

So we are actually building muscle in that moment. But we are also using energy from within our body. So ergo, we

burn more calories when we have a higher percentage of muscle, right?

We burn more calories even at rest because the body, the muscle is in that reparation mode. So if you don't lift weights, if you're not focused on increasing lean muscle tissue as you age, you don't have that going for you.

Right? So so when we consume calories, that was one that's one benefit that the people who lift, they're burning more of those calories. So we have to keep that in mind.

Another thing I think that happens too is that we we don't prioritize, certain macronutrients and micronutrients within our nutrition. And these can really help to, again, make our body that more metabolic so that we're burning more calories even at rest.

And and protein is one of those macronutrients that does that. Right. So we have protein carbohydrates and fat all are great. All our healthy and necessary for good workouts and for good functioning in your daily life.

But protein is the building block of muscle. So it's the one that is necessary in order for us to build that muscle that makes our body more metabolic.

And we have what's called the thermic effect of food. And so protein has the highest percentage of that for every hundred calories of protein that you consume.

We burn, on average between 25 and 30% of that just in metabolism. In transport, in breaking that protein down. So you're actually burning calories while you consume protein so that, you know, that's a little sort of tip that is nice to know that you're actually burning calories when you're eating calories and carbohydrates and fat.

It's not as high in those macronutrients. So already we have two little tips that we can begin to implement in order to make our bodies run like that fine tuned machine that is continually on.

Okay, think of a treadmill that's just kind of slowly spinning on its on its tracks, right? Continuously burning. And that's kind of what we want to do with our bodies, especially again, as we age, as things start to slow down, if we can keep the the track running, then we're going to be burning more energy and more calories.

Another another thing that's really important to add into that too, is we do slow down. Lots of studies have shown that we have this decrease in movement and inactivity.

And so adding in things like a daily walk or intermittent daily movements can be so, so beneficial to burning that sort of additional calories. But also just just that movement of the body.

So we like to refer to this as non exercise activity thermogenesis. And again it's that rate at which your body is burning additional calories. So as you do slow down it's benefiting you on that other side of things.

A lot of people don't even consider this, but you could really add up the amount that you burn, which could again, help with that belly fat. If you did things like took a standing call instead of a seated call, if you had a walking pad underneath your desk, if you did a standing desk versus a seated desk.

I took a walk in meeting right. Run up the stairs instead of walk up the stairs, vigorously walk from the grocery store to your car instead of lollygagging.

So there's there's different ways that we can really bump up our movement as well. I love that because I think that's so important. There's like these little I was like jotting down questions to ask you.

And I think that was one of like, what can we be doing throughout the day? And you just gave us some great ideas like, you know, even doing like awesome, like at the bathroom mirror, I like this and squats or some toe raises or do some push ups on the on the counter, like, how can we be moving?

Like I wear an aura ring and you know, there are days where I'm like at my desk and I have a set stand desk, but sometimes I forget to stand it up, right?

Because I'm human too. And my aura ring will be like, move your butt, move your butt. It starts like this.

Daily Movement and Non-Exercise Activity

I'm like, yeah, oh, all right, let me, let me walk around the house. Let me. So we just got to keep moving and we have to. I love what you said. Like there's so many opportunities. Right?

Running up the stairs or doing a little brisk, like in just in our day to day when you're going to get the mail, when you're taking out the garbage, whatever it is you're doing.

Like if we're I think if we're thinking differently, right, than we're behaving differently. I yeah, I think that is a really important point. It's just that mindset and, and thinking, what have I done daily?

What did I do to day to move daily? And we talk about moving daily in your fitness, in your wellness and your nutrition, right where we're wanting to think, how am I taking a step forward or how am I improving upon who I was yesterday?

Right. And this is where we we don't want to compare ourselves to others. They'll be inspired by others. I think that's great. But you want to compare yourself to who you were yesterday.

So making those, incremental improvements day after day, I think is really important. And, you've probably heard me say this before, but Ovid has my favorite quote of all time that says, dripping water on the stone hollows it out not through force but through persistence.

And it really is that continual drip, drip, drip of showing up again for yourself in all of these microprocessors. I just got so inspired. So I did, because it really is.

It's like, you know, thinking like, what can I do better? Right? What can I do better? What can we can all we can always, all improve upon ourselves. And it's not a it's not a beating yourself up.

It's just a real curiosity and inquiry to like, yeah, how can I move better? I could have, I could have hustled when I brought in my garbage can today instead of lollygagging.

So I'll remember that for next week's trash trash experience. So there you go. Do you want to I do want to circle back because you talked about a few things, and I know it comes up a lot.

And I'd really just like you to set the record straight because you mentioned protein, fats and carbs and the importance of eating protein, which I think hopefully if you're here at the summit, you've heard that before, right?

Like, you know, protein is protein is a thousand bucks, right? It is it is gold. It is important for the aging process. I want to throw in just one clinical tidbit.

And then I'm going to ask you some questions. I just want to say that I see a lot of patients who do meet their protein goals, but when I check their blood, they're protein deficient.

They have a low globulin, they might have a low total protein. And it's because they don't have enough stomach acid. And so I just want to like say like if you're getting your protein goals, you are what you eat.

But the second part of that is you are what you absorb. So check with your doctor. You can do you know, Biotin Challenge test is fairly easy to do and check and see if you need to be taking hydrochloric acid.

So the protein you're eating, the traces telling you is so important. You're actually utilizing. Because I see that a lot.

And it makes me sad. Like oh she did so good.

You know, can be challenging to get your protein in. But what I would like you to do is really discuss like carbs because, you know, you said carbs are good.

And I think a lot of women listening are like afraid of carbs and they don't want to eat carbs. And we we've kind of been taught, you know, carbs are the enemy.

And so I'd love to hear how you guide your community about the intake of carbohydrates. So one of the things that I mean, I have been diving deep into this last probably 2 or 3 years is fiber.

And I think I feel like right now it's like fiber and protein are more buzzwords.

Protein, Carbs, and Fueling Workouts

We are hearing a lot more about that. I've interviewed a lot of, dietitians and doctors and who specialize in fiber and just the crucial ness of this micronutrient in our diet, which is found in carbohydrates like our fruits are.

Vegetables are grains, are whole grains, legumes. And and just how important that is for our microbiome and the health of our microbiome. So, it of course can also help fuel your workouts and make you feel fuller longer.

And when you're thinking about I always tell my, my women who are in our membership, like, we always want to think about what our top targets are, right?

So when you're when you're set, when you're setting out and you're thinking, okay, what am I doing with my life here? What am I targets? Do I want to increase muscle?

Do I want to go for longevity? Am I looking to work on balance or stability? Do I want to lose body fat? Like, what are the top targets? And once we decide what those are, we begin to reverse engineer all of these micro processes that will help us that we need to drip the water on the stone day in, day out in order to achieve that, and for building muscle and for longevity, longevity.

We want to have that fiber component there just for all of the reasons I said. And there are a lot of books on fiber. You know, Fiber Fueled is a great book.

The good gut, gut, oh, I can't remember the other one. Anyway, there's lots you can you can YouTube them or Google them. And and just so having the fiber is just so crucial.

So we find that of course in our carbohydrates. But like I said, it also is something that can definitely fuel our workouts. So we have people will come to their workouts not fueled.

They'll might do some intermittent fasting. And this is something actually as an eating protocol that has gotten more talk about in the last year for certain.

And and maybe I'll jump into that here as well, just as I'm talking about carbs here, because, again, if one of your top goals is to improve your fitness level is to increase lean muscle, then when you come to your workout, you want to bring it all every bit of energy that you can toward that workout in order for you to push the hardest, lift the heaviest, right?

Have the most intensity. Like you want to make that workout count. Of course, not every workout you're going to bring your A game, and that's okay. But to the ones that you can, you've had a good sleep.

You wake up in the morning and if you go into that fasted, you're not you're not going to have the workout that you could have versus if you go into it fueled.

Right? I mean, lots of studies have showed this where just where you're not going to have as much energy in the cells. You can still have a really great workout.

And I understand for a lot of people that you're getting up at five in the morning to workout, you're not going to get up at three to fuel the body, in which case I always say have a good complex carbohydrate in your evening meal the night before so that you have that glycogen in your cells in order to help you fuel.

But so a lot of people, you know, we've, we've had a lot of people that do this intermittent fasting and they find that that can be very helpful for fat loss or weight loss.

And it is so for a lot of people, based on the virtue that you're constricting your time, that you're eating, and that aids you in consuming less calories, ergo, you're in a calorie deficit.

So that's what causes the weight loss. And of course, we can pick any strategy and still be in a calorie deficit and have this adaptation of weight loss.

But if your goal is to build muscle, then, as I said before, one of the primary drivers of that is to make sure that you're fueling those workouts so that you get the best workout that you could have, to give you the greatest adaptation to give you, you know, the the most muscle growth that you could have.

So what I tell a lot of women in menopause is that maybe intermittent fasting was an option for you before, but if a top target is to build muscle, then you certainly want to ensure that you're getting that adequate fuel, before the workout if you can.

But as close to the workout as you can and throughout the day. Right? So for a lot intermittent fasting, you might do a single meal like there's one, one meal a day type of fasting.

And you the problem with that, if a top goal is to build muscle, is that you're not going to be able to get your adequate amount of protein, muscle building protein in one meal a day.

Some people could get it in three meals a day in that eight hour block, but they'd have to be very intentional about consuming that adequate amount within that eight hours.

So what I recommend is extending that maybe a little further. I still really like the concept of not eating three hours before bed, so that we can ensure that we have a really good sleep.

Digestion is not in process, right? All of that is already done. But extending that to say, 9 or 10 hours instead. So you broaden the window. This is actually referred to as time restricted eating.

Instead of intermittent fasting, you broaden the window a bit so that you can get that adequate amount of protein in. You can split it evenly up throughout your day, right?

And then get anywhere between that 1.6 and 2.2g/kg of body weight, or 0.8 to 1.0 grams per pound if you're working 2 pounds. So I said a lot there. But oh, but hopefully people can go back and just listen to that again because, I it really comes down to what's the top target?

And then you reverse engineer those necessary steps in order to get you there. And for not everyone is going to want to build muscle as a top target. A lot of people are going to want longevity and to feel good.

Right? And so for a lot of those people, we're working on different things, like including micronutrient dense foods, again, high fiber, good protein, but we're working on balance and stability and flexibility and mobility.

So there's lots of there's lots of ways to move about and get fit. You just got to determine what it is for you that you want. And to me I'm like, they're all they all sound important, I know.

And what do you think about like if you were intermittent fasting, like flipping it, not skipping breakfast, but skipping more your dinner, I think again, if you.

Here's the thing. Actually, I interviewed this heart healthy dietitian and she she was talking about this intermittent fasting as well. And again, if people have a short window, like a four hour window or a six hour window even, she said, you just you do not have the capacity to get enough heart healthy anti-inflammatory foods for a lot of people.

They wouldn't have the capacity to get it in that short window. Right. So it's the same with protein. You just don't have the capacity to get that adequate amount in because it's it's hard to eat that amount in one sitting.

But if you extend extend the window, then of course you can you can get it in. So I think that's I like what you said about yes. What if you just didn't eat so close to bedtime or skipped the evening meal?

I think if you can get your adequate amount of macro and micronutrients in whatever window you choose, then that is what you want. That is that is the key.

But if you can't, you might consider extending the window. I do really like not eating at least three hours before bed for myself and giving my body that rest and digest time, right.

I think that when we consume our food, right, our we have that insulin response and that can often tell melatonin to back off and, and but and then also we could have items in our food like caffeine which could also stimulate our, our wakefulness when we don't want that.

So I think that's a really great rule of thumb, is to stop eating at least that three hours before bed. It is. I mean, it's just it's manna for your nervous system to help you sleep.

I mean, I've had patients just by doing that. They lose some weight. But I was just as you were talking, I was thinking, yeah, I think the intermittent fasting thing got a little carried away and I.

Yeah, I don't recommend, like a four hour feeding window. It's just it's not sustainable. And if you can't get just what you were saying, it's like, how are you going to get all your nutrients that you need?

And I was thinking about like when I started practicing 23 years ago, I started this handout that said, you know, eat breakfast like a queen, that like a princess and eat dinner like like a pauper pot.

That's I guess there's a queen.

Intermittent Fasting and Meal Timing

And like, I, we've kind of come back to that because I find women especially menopausal who are skipping that breakfast. They're messing up their thyroid, their adrenals.

It's doing more harm than good. Yeah. And so what? So when you said fuel before the workout, what does that look like? Is that a protein shake as you're walking out the door to the gym.

Or is that some steak and eggs an hour before or what does that look like to you, or what are some ideas it could look like? Sure. I think it could be either of those things for sure.

As I said, if you're someone who works out at five in the morning or six in the morning, I don't I would. I never expected my clients to get up at three in the morning to fuel the workouts.

Here's the thing you have to remember we're not athletes, right? Like most of us listening are not athletes. And there is, you know, this this, some data that talks about how important it is to, have a post-workout meal.

Have your pre-workout meal. What we've discovered is that that could mean, make it or break it for an athlete.

Absolutely. Right. Like you're talking about margins of, like, one millisecond.

So if you can do anything to enhance your, your performance, you're going to do that. But we're not that. And so I always tell my ladies just to relax about that a little bit.

Here's the top things that you want to remember. You want to think about having your adequate amount of protein. You want to divide that evenly throughout your day in combination with your complex carbohydrates and healthy fat, where you're prioritizing that fiber.

And if you can get one of those meals close to your workout, then do that. But if you can't, it's okay. Just follow those first two rules. And I really like that.

As a rule of thumb, it it lessens the stress on really having to, you know, get something ready, pre-workout, post-workout. And you're still getting that adequate protein in throughout the day that's going to help with muscle building.

But if you did have some time for a pre-workout meal, what would you eat and a post-workout meal then? Yes, by all means, you could certainly do a whey protein supplement or a vegan supplement as well.

I like to when I'm making my shakes, think about all of my macronutrients. So I like to have the protein source, which is the way or the, pea protein or whatever you're using, a healthy fact, which could be like even taking your omega threes or putting in a little flaxseed, having, a little bit of our natural nut butter in there and then, having some complex carbohydrates or high fiber, carbohydrates, like your fruit.

So I love berries because they are super high in fiber and low in calories. So blackberries, raspberries, blueberries and then blending that up. But having a meal is great as well.

You don't have to have a protein supplement. You know, I think that there's always like people saying, oh, I have my protein shake. You don't need to do that.

You honestly don't like. If you can make the food great. The problem is, if your top target is to build muscle, then getting the adequate protein in means you need to prepare a lot of food, right?

You need to have a lot of things prepared. And, protein supplements can make it easier to get that in. And, and so we do that and then post-workout, yes, it's looking at having something that can replace those lost glycogen stores, having protein that can go quickly into the bloodstream to help with muscle preparation.

And so having something that has, again, your lean protein or protein source complex carbohydrates and healthy fat is a great post-workout as well. Perfect.

Yeah. I think that, we shouldn't be so hard on ourselves and I, you know, there are like food prep. I just found this food prep company that's local. It's all grass fed and finished and wild caught fish and like sometimes you just need to, like, have someone else cook something for you and drop it off at your house.

So I, I just got this thing of, like, grass fed and finished steak that I can just, like, munch on and, you know, so there's lots of ways you could, you know, meal prep for the week and do it yourself.

You know, there's lots of ways to be, to be creative where we can figure out a way that we can get what we need and not have to rely on, just doing a shake.

Oh, that was shake. Could be I find that I like my patients to do shakes. Like I like them to get real food in the morning. Yeah, I just think it it just lands better in the body.

And then, you know, a nice to say like, I'll have a shake later this afternoon and, you know, it's a nice snack. Right. Yeah. Yeah, yeah. I actually don't drink many shakes personally.

But I do really frontload that that breakfast. You know, I've recently been into making breakfast casseroles, which I'm finding so delightful.

Breakfast Ideas and Meal Prep Strategies

It's super simple. I'll just give you a quick, like, a verbal recipe here. Do a pound of ground turkey, or you can do ground chicken, has six eggs, a bag of broccoli slaw, some cauliflower rice.

So you're getting all those fibrous micronutrients in your, in your food that you can do seasonings. And, and then you just bake it and it's wonderful because you can cut it up into slices and then it's an easy prepared grab and go breakfast.

I do or I'll do Greek yogurt with chia pudding and berries, and I add a little bit of protein powder into that and mix that all up. So I get my 30 to 35g of protein.

I've got my high fiber with the raspberries and the chia seeds and yeah, so really thinking when you're looking at your plate, you know, those three main meals and your snack, what's my protein source?

What's my fibrous source? What's my healthy fat. And you can begin to build your plate that way. If you do that, you're probably going to get your adequate amount of protein in.

I think when we rely on a lot of processed foods or packaged foods, we just, you know, unless you're really reading the labels, you're just probably not getting the adequate amounts of those macronutrients that are necessary for for optimizing health.

Yeah, we have to be so careful in our, in our food, source. Right. And microplastics and pesticides and yeah, I'm like I'm like, ooh, I want to make a breakfast casserole.

That's you know, that sounds delicious. And they're easy. They're they're nice. I know you could just like, make it Mediterranean and mix up the flavors.

Yeah, that sounds great. You know, usually I would just, like, stir fry, something like that. But I love the idea of. And baking it off and then cutting it into cutting into little slices.

So very, very helpful. Any last, you know, what do you want to say to the women who are are listening about how you feel about menopause and how you hope, hope they will feel about it?

Like, what's the conversation, you know, what's the conversation you would like to be hearing women saying? What are women saying in your community? Yeah, we are talking so much about a see you later skinny.

Like we just are going to focus on strong now. Like literally don't even talk to me about skinny. You know, like I, I just don't want to hear it anymore and I don't want to hear, oh, you look good.

Now that you've lost weight. I don't want to hear any of that. Like that. All I hate that conversation. What I do love, what fires me up and what I just literally get goosebumps about when I see people in our membership or in our public Facebook group.

Sharing is that they're stronger now, and it just makes me so proud that they lift their the big water bottle that, you know, however, the the water bottle that goes into the big container in the, in the office and they can do that themselves or they can put their suitcase into the overhead bin, you know, they had to move a couch in.

Their husband normally has to do it all or help them and they don't need help anymore. Like that is amazing. And when we can become stronger, like we create independence for ourselves and that breeds confidence and it makes us feel so good and so capable.

And that is just like the best place to be.

Strong Over Skinny in Menopause

Like, who wouldn't want to just feel like a million bucks and feel like they're on top of the world because they've taken care of their health. They've they're doing what they can in their fitness, wellness and nutrition, and they're thriving because of it.

I just I love it, and I love seeing women in that space. And it just makes me want to be their biggest cheerleader and say, keep drippin water on the stone.

Oh my God, I love that. I love that move. I'm going to go move my couch. So just tell us where. Where they can learn more, where they can hang out with you and be involved in your communities that are so sure.

So as I was saying, we do have a public Facebook group. I think there's about 30,000 women and there's men on there too. Actually, my son Stratton works for us.

He's our one of our trainers. That is does stuff on the male sides, which is nice. So it's called move Daily Hustle. It's a free group. You can follow us there on Facebook, move Daily Fitness on Instagram and TikTok and Pinterest.

Of course, our YouTube channel is Move Daily Fitness or Tracy Stein Move Daily. So we have, yeah, over 1700 free workouts over there that you can you can grab.

We also have our membership. So this is a group of about 600 women so far. Women only in this one. But we are focused on weekly workout schedules, weekly coaching and, coaching and your fitness, wellness and nutrition to optimize health, especially in menopause.

So join us. Follow us. We'd love to say hi to you all. See you later skinny. Hello strong I love yeah that's right. I get to the cure. Yeah. Thank you so much.

I mean, you just you're just changing lives. And thank you for being a part of the summit and helping to change lives here. You're just a total rock star and, you know, just a force of good in the world for women. And.

Yeah, let's let's be 100 and moving couches right now. Amen. Amen. All right, well, thank you, everyone, for being here. And, for go follow Tracy. I I'm, I usually just hang out on Instagram, so that's where I follow you.

I'm like, I didn't even know you had a Pinterest, but I don't even know if I haven't Pinterest account. But go follow her because she just puts out just a men's prolific amounts of free information.

And, you know, you can just tap in and get moving and, you know, let us know. Like, how are you moving daily? What, like I love the ideas of like, you know, what you could be doing in your day.

Like I'm going to go I'm going to go move, get out of this chair. So yeah, well that was another conversation. Thank you for being here. We'll see you soon.