Beyond Age: Becca Tebon's 17-Minute Path to Strength, Vitality & Longevity Transcript

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Introduction and Guest Welcome

I just want to say that there's a client of mine who was in a bad state for years and years and years, always punished herself, couldn't stay with stuff.

And what I saw happen after her husband passed was a life changing. She suddenly said, I need to take care of myself. I need to feel better. She transformed into a bodybuilder and in her in her late 60s.

It's never too late. The only thing that's too late is its decision that you don't make a decision. Today is a great day to be your first day to reset, to renew your vows and who you are, what you want, recommit and receive all that life has to offer.

This is Doctor Talks, real talk from real doctors on the issues that matter to you most. Hello, everybody. Once again, welcome to Double Down with Dr.

D. I'm Dr. Daleman, triple board certified physician, and this is my Menopause series, because menopause is not a decline, neither a midlife crisis. It's a transformation.

So let's discover and celebrate the summit of our next half century. where we redefine strength, vitality, and health. And for that, I have this amazing guest today, Rebecca Tebon, who she is the perfect example of vitality, strength, and resilience.

She has a very inspiring story that she will share with you. Rebecca Tevon has more than 20 years of experience training women and men. She actually is the innovator of a 17 minutes workout, which is all resistance, which is what we all looking at this stage in our lives.

And she features some of her bands. She called them the. Power Her Bands, love the name Rebecca and she can train women and men obviously from across the world virtually with those bands to improve our muscle health because remember muscle is the organ of longevity.

So please let me introduce you, Rebecca Thibault. Thank you, thank you, thank you. And I am so excited to be here with you, Dr. Paula, because muscle is our longevity.

I always say it's not about weight loss. It's about fat loss and muscle retention. And Power Bands was created as a result of my own personal need for resistance training after I had experienced massive traumas.

So I want to just step back for a second, kind of introduce and how I got to be one of Dr. Bala's amazing guests because her shows are just filled with ignitement and excitement and so much information.

I have trained people for 40 years. And as a result, I've also been a bodybuilder. I was born with three chronic health challenges. So that means that congenitally, I was born very, very, very ill with pulmonary, digestive and skeletal problems.

These led me to missing 20% of my youth in hospitals and missing school. Instead of laying down on my back and taking that as my circumstance, I decided at 19 to change how my health was going to project for the rest of my life.

Rebecca's Health Journey and Power Bands

So I made the decision to get off of all the meds and to work in more of a holistic facet, which back then I didn't know anything about holistic, idiopathic, but as a result of years and years and years, stretch it over 20 years, I was

able to get off of all of my pulmonary, digestive and skeletal medications to help me get out of chronic pain and to breathe.

Fast forward a couple of hits by cars on bikes. I got massive pulmonary challenges, neck challenges and worsened my my spine where so I could not even lift weights anymore and I knew that bands were my tool.

I couldn't find any bands that were out there. All those latex ones, they snap, they hurt, they pinch, and they don't last. And they didn't give me what I needed.

So in turn, I created the power bands training system with a glute band that torques 90 pounds and doesn't pinch your skin. And these bands are so comfortable.

They're not made out of latex. They're made out of a special rubber. And even for people with arthritis, They can now work out without even having to grip or hold their weights anymore.

Resistance bands have the faux kind of feel that they're just made for rehab. If you've ever been to a rehab center, you use resistance bands to start with.

These bands defy all that, although they are fabulous for rehabilitation, but they're not just for building, they're also for stability and assistance while doing certain exercises.

So I am very excited about this. We are now heading into our fifth year online. We've created, I've created, I always have a mouse in my pocket. I've created over 1,617 minute workouts and It's, it's made for anybody from the beginner.

I call it, you know, the couch potato, somebody who's not active to my active weekend warriors, because we are able to change the exercises slightly so that somebody who has less ability and flexibility, mobility is able to gain more.

And somebody who is an athlete. can add progressive exercises and stretches and stuff for their exercises as well. I love your story. We'll talk about resistance bands because I think this is the most simplest way, practical way for you to reach out to those at least twice a week resistance for 30 minutes that I ask everybody.

who doesn't want to lose any muscle mass. But I want just to do a little bit of recap on your life and your story, how all these setbacks really spring you forward and you created this new way, not only of being healthier, but you are the perfect.

You guys have to Google Reka Tebon and you understand who the person that I'm talking to right now, she is the perfect model for mentality, strength and beauty.

And hello everybody. She is 61. So Rebecca, you're an inspiration for many of us. So obviously you are the type of person that we want to be following and want to know, want to do everything that you do, right?

This, you're the kind of person who's the kind of client who's like, okay, tell me what you do and I'll follow. So tell me one thing, since you are the one breaking all these stereotypes about aging and about fitness, because I can feel it.

You can make it a practical, affordable, easier. And obviously looking at you, I can almost deduct that it works. Tell us what's the biggest myth about getting older and staying in peak condition.

I think first of all, something that you do as well. We're very similar and people do come to me and they say, what do you eat? What do you do? It is more than what I do and what I say because we're all bio individual.

There's no cookie cutter approach that is going to give everybody a one size fits all. That's the biggest myth. So these programs that are out there that just have everybody doing the exact same thing, you're ultimately not going

to gain what you personally need.

Now there are some specific things that I think are cookie cutter, right? Of course, like lowering our inflammation, making sure we get enough sleep, making sure we get enough water, making sure we do get the exercise.

One of the things that I really love about this system is the simplicity. that is definitely one thing that is something that you need to find for yourself that works in your lifestyle simplicity for you something that can be longevity not just a little three month thing that you're going to do not just a 21 day habit that you're going to work on.

You want to work on something that is sustainable, sustainable. I love that sustainable. You can be consistent and it's more than just your body. That's going to be the benefits of it.

It's your mental stability. It's your mental love and awareness for yourself because When we stay on track for ourselves, when we take care of ourselves, we fall in love with ourselves.

We fall in love with the ability of what we're doing for ourselves. This program is more than just body. In each segment that I do, we end the workout with a one minute unstuck sticky note message that I have people write down on their sticky note.

The thing that they are going to become aware of, receive or release, I generally read a card or I read a book passage. There's some kind of message that I bring and then I deliver it down.

Some people call me a rabbi or a priest because I deliver a quick little sermon at the end of each workout so that we can focus in on the thing that is of most importance for ourselves.

But again, I believe in testing, not guessing. And so to wrap this back up into the cookie cutter myth or the biggest myth out there. Everybody is going after this blue drink or this green drink or taking the vitamin D or saying they need the zinc or I'm not denying that those are all important.

Magnesium, right? What kind of magnesium? Oh, you're taking this magnesium. It is so important that we know what our bodies need and then we give it that because so many people are actually adding toxicity to their bodies by putting things in that their bodies do not want and cannot process.

And the other thing that I just want to bring into focus here is when you come into my program, you're most likely going to hear from me about starting with a fresh campus, not just forgetting about what you passed, you didn't do well or your past failures that you may think.

because you didn't stay consistent because they didn't work with your lifestyle but we're talking about gut health right we're talking about cleaning out the system so that we can progress with a new canvas you wouldn't take a painting from a curved side and start painting on top of it no you would go and buy a clean canvas and then you start painting on it well the same thing goes true with any regimen that you're wanting to do.

You have to kind of throw out all the old bad stuff that habits that you did and start reaping in simple good habits one at a time. That's why I'm really called the resetter because I help people become more aware of what their bad habits are or habits that are defeating what they want to achieve in their life.

And then I build on them one at a time, stacking them up as I drink my coffee, but starting with our water. Like until you have enough water, don't go to the next thing.

Make it simple, make it easy, make it doable. I love that you already gave that hint to our audience about how expert you are not only in fitness, but that you are a coach.

you understood that the mental part plays an important role right from the beginning you have to prepare the person it's not about achieving the objective of increasing my muscle mass it's about how to arrive there and why it wasn't there in the first place and the reset so hello everybody she's known as the reset her because she does

reset habits and that's something so important on everything that is holistic.

So you're a fitness coach where you're a holistic fitness coach who you approach the people in a very individualized way because as medicine, as nutrition, as I'm talking about the cookie cutter, Yes, many things are going to apply to many people at the same time.

How eating antioxidants and eating berries is going to, of course, help you. But then if we go into the individual, so how is this individual perceiving itself, himself, herself in a world of fitness?

Myths About Aging, Muscle, and Consistency

And with all this past experience that they are carrying like a big heavy load and you prepare the canvas and start showing them the path and the next step in a practical way.

because the next big obstacle is how am I going to do this? Once you either, I won't have access to you anymore. You disappear from my life or I get bored of being doing this for X amount of time.

So, and, and, and, you know, like atomic habits, for example, book explains to you very well how you little steps, you divide that big problem or that big objective, you divide it in little steps, little chapters.

And like this, with patience, we will arrive to that objective. That requires a coach and that concept is applied today to many fields. And it's part of the well-being, the holistic well-being of the person.

medical or fitness or the nutrition part, or my objective is to lose 200 pounds. Of course, we will be there, but it's taking that specific objective and dividing little pieces and full steps that are sustainable and that they are realistic and easy to achieve.

So you did create something that has many of these factors, many of these ingredients. So it's creating a recipe that it is working for most of the people.

one very specific question that we want to tackle today is that ongoing race of losing fat after menopause. So you are an awesome example, especially because you are not in tune or you simply decided not to go the path of I want to have some hormonal replacement once you hit menopause.

There's a couple of things. First of all, you only can coach that which you've really lived through, right? And so when I went through my menopause in my early 50s, the hot sweats, the night sweats, the belly fat, I gained 11 pounds in one year.

So I'm gonna tell you guys, first and foremost, you're not alone. And where I am today, I had a slip back but what I realized and this is very very important because it's a general statement and we're all different and we all you know hormones are real but what I realized when I went to put on my pants and I had some rolling going on top of those jeans you know exactly what I'm talking about I took a look at my lifestyle I'm going to go back to lifestyle.

I'm now dating this guy. We're going out several times a week. I'm drinking more wine than I ever did. And suddenly I'm not just eating my meal and having wine.

No, we're eating later. I'm having appetizers. He loves bread. I'm eating bread and butter. And I'm having dessert, so I'm having wine, appetizers, bread, butter, dessert, my full meal, right?

And I'm doing this several times a week. I wasn't doing that before, but that's it's not like how it just came down like that. It was belly roll, pants not fitting, like squeezing in.

And I looked at myself and I was like, we're going through menopause. No, we're not just going through menopause. We're going through lifestyle changes.

We're doing things differently. I said to my boyfriend at the time, I said, I have two choices now because I don't have what it takes to not have that yummy bread and butter.

I don't have what it takes to not order the dessert and the wine and the appetizers. I'm so hungry when we go to eat, I'm eating an appetizer and then I'm eating my meal.

So I realized what was changing. So I said to him, I'm either going to have to eat by myself or when we go to eat, we're going to tell them they can't bring the bread and butter to the table and we're not ordering appetizers.

We're going to go straight for our meal. And if we're hungry after, well, you know, you can do what you want to do, but I'm so hungry that I'm eating all this other stuff and I'm drinking all that.

Slow down on my alcohol. Didn't say I was stopping. I'm going to slow down on my alcohol. I'm going to make better alcoholic choices, and I'm not going to have advertisers.

I'm not going to have bread and butter, and I'm not having dessert. Lo and behold, in three months, I lost 11 pounds and that's all I did. I still did my workout so I was doing my workouts then.

It's not like I wasn't doing my workouts then but I changed just my eating habits and I will tell my clients and I will tell you guys Your food, we can't out train your fork.

You can never out train a fork. It's something that has to make some changes. It's not about not having. It's not about deprivation and it's not about dieting.

But when we think about what we're eating and we think about it at the cellular level and giving our body nutrition and we don't just think about shoveling things in to make us feel full and make us You know, happy, if you will, we have emotional leaders.

That's a whole nother conversation. And I deal with that with my clients. But if we're just thinking about eating, if we look at our portions, we look at how often we're eating, we look at our water, we look at our sleep right then and there, you're going to encompass 80% of the changes that you need to do.

Does it mean that I don't eat bread and butter? No, I eat bread and butter. Does it mean I don't eat dessert? Well this last week and a half I celebrated 61 for a week and a half.

I had eight celebrations. I had eight pieces of cake which is more than I have in six months generally. You know I'll take a bite. I'm just not a sweet eater anymore.

because I've changed my palette. But my point getting back to it is if you don't look at the habits that you have, and you talked about Cleary with his atomic habits, if you don't look at your habits and what you're doing, then you're not going to be able to make changes.

The first step is awareness. And I have my people take pictures every time they're about to eat something. Take a picture. They send it to me. Take a picture.

And then they graduate from having to send me their pictures and they anecdote their pictures. And we talk about portions and we talk about what's on the plate and what they had on the plate and what we could put on the plate next time instead, right?

So it's not about punishment. It's not about deploring what you did. It's not about feeling guilty. No guilt. It's about learning what's better for you, better choices for you.

If you have a goal to look and feel a certain way, then you invest in that by learning what it is that you're doing. You become aware of what you're doing and you invest in, like she said, coaching so that you have support.

My program, The 17 Minute Workouts, was created why? Because I need accountability. Listen, everybody thanks me for showing up day in and day out every day for five years.

I thank them because without them, I don't have anything for accountability either. I created an accountability system because I love accountability and I bet you would benefit from more accountability too.

Everybody does. It doesn't have to be somebody, excuse my French hard ass, up you, you know, whipping you, yelling at you. That doesn't work. It doesn't have to be somebody who makes you feel guilty and feel bad about yourself.

Please, if you have a coach that is doing that, switch. Because the ultimate thing is for you to feel proud about yourself, for you to feel good, for you to make educated, good decisions one after the other.

After a 17 minute workout, like who can't do 17 minutes? There's four exercises. done four times and they're 40 seconds each can you do 40 seconds yes or yes well after you're done with that then what do we do we finish our water we make sure we have protein first we don't go for carbohydrates and i teach people what that looks like and give them suggestions and recipe books it's not about you having to surf all over the place proven science-based system You need to be in and surround yourself with people who want the same thing as you.

If you go out and you do the same thing with the same people all the time, the definition of insanity is repeating the same thing and thinking you're going to get the different results, right?

You're not. We're not. I am not. And so making simple lifestyle adaptations that you're ready to when you're ready, when you want more, you stand up and you get it it's that then does not feel like dieting it does not feel like deprivation i've been on bodybuilding stages and i can tell you i'm not getting on a stage with my butt hanging down to my heels right so that means i have to put in the work i have to do the tasks i have to do the exercises I need to eat the right foods.

More strict, right? I'm more strict at that point because I have a goal in mind. Am I missing out when I go out with friends and they're all drinking and I'm not drinking?

Not in the slightest bit because I have made up the mindset that this is where I'm going and this is how I'm going to get there. It's the same thing with this.

Menopause, Lifestyle Changes, and Fat Loss

And when you start seeing the results and feeling the results, in as little as three days when your body is waking up and you're starting to feel like the innards and you're starting to feel like, wow, I showed up.

I showed up. I showed up. I'm showing up for myself. That is a game changer. I love it. But look at you. You just explain in a very nice way what lifestyle medicine is about.

you went through the pillars. And I love it because it applies to everything once again, not only your holistic approach, but these six pillars of well-being, the simplicity of what Mother Nature just put in our plate beyond nutrition.

So our pillars of nutrition, obviously physical activity, but sleep, which we want to talk about it, which is absolutely important, But the community, the community, the people that you're surrounded with, their mindful connections that you are supposed to be with, all this together will be your environment.

And within, with your own motivation and your own objective, what you really want is go and grab what you want. A kid always knows what they want, what we lose the capacity of.

Go for your objective. What do you want? Well, I want a nice perk, but because I want to go and compete in fitness bodybuilding, but now you know what you want, you know, so go for it.

Once human knows what they want and they understand that requires the work, because this is not just a simple, just finding on the sides while you are taking sun.

Once you know what you want and you put the work on, because you have to want so much that you really put the work on, you cut everything in little steps who are patients and you understand that there is going to be setbacks and it's okay.

It's part of the path. And you apply your six pillars, which you just described to me. And all this is to wrap up on my initial question, which is incredible that despite the whole hype on hormones and I mean, I am, I'm a menopause society provider, certified provider.

So I see a lot of women and I'm listening what objectives they have. And many of the objectives kind of respond to some hormonal replacement. Again, not everybody and not everybody receives the same hormones and not the same doses.

That's a different podcast, but you are my example of not everybody needs the hormones and you still can achieve the wellness and balance of those pillars and it's the pillars that makes you stay in a healthy metabolic weight, in a healthy muscle mass, in a healthy state of mind.

Let's also be honest, my system, my method for me, I'm in it to win it. I've been like this my whole life and people are like, well, do you only do 17 minutes?

Well, I did for the longest time and this year I decided I wanted to increase my endurance, my circulation. So I started to teach a cycling class as well.

So I do a cycling class two or three times a week with the bands. And I don't know if you can see in my backyard, in my background here, I've been a rebounder.

I've been on a trampoline. I actually create programming, my resistance bands training on the trampoline for the number one Trampoline Company in the World, Jumps Fort Trampoline, Jumps Fort Fitness.

I've been rebounding for 5 to 10 minutes a day for the last 15 years to help with pelvic floor strengthening, circulation. Lymphatic drainage, right? Lymphatic drainage, muscle building.

It works better. It's 33% better than running. You burn more calories. I'm really, you know, at the end of the day, calorie in, calorie out, and I don't eat or count calories anymore because I understand my body.

But when somebody is trying to start to get a better lifestyle sy portions. Everything we do and you know, we're talk as you get older, your wor your lifestyle will chang not chasing those kids an sitting at a desk probabl out more, we're drinking more.

That's what I'm finding with my clients and there is definitely a place for hormone replacement. The thing that I do, I do hormone replacement. I just do it with food and herbs and the thing that I want everybody to come along here knowing is it's not just like your sex.

Hormones aren't about your sex and that. your energy, your metabolism, your brain fog, a lot of this is based on your hormones. So when doctor talks to you about your hormones, it's not just about, you know, downstairs, it's about your overall well-being.

Your hormones are so important for you. And obviously, females, you know, you get thinning of the vaginal walls, you get dryness, you get various pains, or I understand all that.

And there are if that is symptoms that you're experiencing, you need faster response activity and working with somebody like Dr. Paula is a good decision.

Sometimes you can't do this on your own. If you started as I did at the very beginning, I kind of got it before it got bad. But when I started getting those night sweats, I stopped drinking, I stopped hot foods, I stopped various things that brought on and exasperated night sweats, right?

And there's ways about it. And I started taking, you know, various herbs and stuff. I'm not going to go into all the various details, but Dr. Paula can work with you on all the specifics because it's a tag team.

It's a tag team and definitely making sure that you are in a good relationship, that you're happy with yourself, that you feel good about yourself, that you're in community, that you're getting sleep, that you're getting water, that you're eating properly, exercising properly.

It's important. Now in this example, the 17 minute workout is 85 minutes over five days. I used to go to the gym for 85 minutes one day and then I had to drive there and drive back.

So it's a whole lot less commitment and what I want people on this podcast to understand is the biggest thing you need to do is commit to being aware of who you are, how you're showing up and as Dr.

Paula said, what do you want? Write that down on your sticky note. What do you want? Go Google it and see what that looks like physically. Cut it out.

Put it on your vision board. Put all the things that you want on your vision board. I love vision boards. And then start chiseling away. I have an assessment on my website totally free.

It weighs in 50 different archetypes of who you are and how you're showing up so you can see where you are and where you want to be so you take your actual life with your intentional life of what you want and you can close the gap.

You make those decisions on what you're going to do. Maybe you're not eating well. Are you a good cook? Do you need cooking lessons? Would that be a fun thing to do?

Right? So there's lots of ways to get to where you want, but you have to know where you are and where you want to be. And then you have to decide how are you going to close that gap?

Love it. Love it. You got it, Rebecca. I really, really like your approach. Let me just shift a little bit into a little bit of spirituality. It's actually in lifestyle medicine, they want to include your spirituality and the way how you relate with beyond who we are organically as part of one of the pillars.

independently of what's your beliefs. You included in your email, I love it, at the end it says, this is Rebecca Tabon, God's girl. I love, that's your email signature.

How special, how powerful is that? Speaks a lot about how deep is your spiritual beliefs. Would you just give us a little bit of a background on that and how spirituality really plays a role in your whole wellness?

Yes. Well, for those of you who are watching the podcast, I have my personal life logo is the Sand Dollar. And everywhere I go, people ask me or they make comments about my Sand Dollar.

So it's actually a nice conversational tool, but it's more than that. It is a spiritual tool. And what I have found for myself, When I was going through a big life change back 15 years ago, I found myself getting divorced.

My dad died and I got hit by a car all in 90 days. I was on a bicycle when I got hit by the car going 21 miles an hour. Let's just say rock bottom never felt this good.

And I say that because rock bottom for me was a place where I said to God, I'm coming home. Now, obviously that didn't feel good, but what came after that was, He took me by the hand, maybe by the hair and said, this is why I created you.

And what I do today is nothing like what I did prior. I owned an advertising agency. I raised three girls. I was always into fitness and I did fitness competitions prior.

but that was in my earlier years. My whole entire life changed and he said I was to be a coach and I was to be a lifestyle coach, resetting people's livelihoods.

What did that mean? I had no idea how that was going to, excuse me, but make money and change lives, right? How am I going to support myself? Well, 15 years later, I very clearly see how that was.

But when I was coming across and trying to develop this logo, I felt like I needed a logo. Everything in me is branding. I needed a logo that would represent who I am.

And I was working people out on the beach and all these artists were coming up with like ribbons and balls. And I was like, no, no, there's no meaning to a ribbon and a ball.

And then when I asked God for my logo, he told me a sand dollar. And you talked about the six pillars of wellbeing that you speak on. And the five areas of wellbeing that I speak on are our creative mode, our relationship mode, our life mode, our spiritual mode, and our health mode.

And within those five, in the sand dollar, there's five teeth and those things that nod us. So if we're not working on those areas, if those aren't clear, if we don't know what we want in those areas, then behind in our self-consciousness, they're working on it.

And we kind of tear ourselves apart anyway, to go further into the science of the sand dollar. There's five teeth of the sand dollar, like the five pillars of wellbeing that I was speaking on, that I speak on.

Spirituality, Resetting Habits, and Accountability

thought well that's kind of interesting and when you crack open the sand dollar those teeth that help with the locomotion just getting you by life that gnaw at and help digest whatever garbage or good comes in when you crack open the sand dollar those teeth look like doves of peace they look like angels and I'm getting chills.

I get chills every time I speak of it because it's the same thing when I crack my clients open with the machete and help them to realize how they can close their gaps and how it's not so hard.

It's not that strenuous. They don't have to go through life with these big gaps in every area of their life that they can start being consistent. They can start gnawing at those things and releasing and receiving more when they can add forgiveness into their whole path, which is something so big.

Without forgiveness and release, you don't have a suitcase that can carry on new bright and beautiful things. And I have a sacred ceremony that I do with the Sand Dollar.

where people write on the back of the sandal where the teeth are, those things that gnaw at them, those things that don't support them, and that they're ready to release.

People places things and thoughts, right? Those chatters. And when they're ready, then they write down those things that they're ready to have. What do you want?

Dr. Paula asked you and I've asked you as well. What do you want? What do you want in your life? What do you want to manifest? What do you want to feel like, be like?

What do you want to look like? Not now, but even In two years, five years, 10 years from now, you write those things on the top. What kind of people do you want in your life?

What kind of cars, vacations? I'm getting a little materialistic, but you know what I mean. What do you want in your

life? It's okay to ask. You need to ask the universe to take the things and you need to ask the universe to bring you the things.

And that is the spiritual wellbeing. And it is a message that has changed my life. I wasn't always So confident, I want to say in myself, in my ability, in my, in my prose of being able to make an impact.

And when I got rid of the nasty inner chatter, and it's not that it doesn't ever show up. Okay. But when it does show up. I throw it out. I tell it it's not invited to my party, right?

So I have an anecdote. I have an answer, a solution when something negative shows up. You know, a lot of us have these goals, right? You should have goals.

They can be small. It could be a small goal. I'm going to drink half my body weight in water. It's a basic goal. Half my body weight in ounces in water.

Basic goal. Well, if you're only drinking eight ounces or one plastic bottle today, Are you going to get to 64, 80 ounces tomorrow? No, but tomorrow I'm going to drink two bottles.

The next day, I'm going to go for three bottles. Oh, that wasn't so hard. I have solutions for everything. You know, and so if you, if water, as an example, is something that's really hard for you, if your dehydrated water is so important, I'm going to stick on that for a second here.

But if water is so important to us, how do we add more to it? Well, I divide my day into thirds. So if I want 90 ounces, because I'm very active and I perspire, I'm in a hot climate, if I want 90 ounces, I drink 32, which I know is not half, a third, I drink a third by 10 a.m.

I finish my water bottle, I have my other third by 1.30, and I have my last third by five o'clock. And then anything else is extra. That has been a game changer.

Those of us who are in our 40s, 50s, 60s. If you have crepey skin, let me tell you something. Don't do all these crazy things. They help for sure, but they're not long term.

If you add water and that's game changer. People say I look better than I did 20 years ago. I wasn't drinking water. I don't have the wrinkles. I don't have the crepey skin.

I don't have I don't have the brain fog that I had. Just I sleep better. I poop better. I go to the bathroom often. Every everything is, is better. I'm not going to get into all the other things that happen, but you know, if, if you are dry and if it could just be because of that, right, you're, you're not lubricating, you're not giving your body enough.

And if, if one system of your body is overworking because it's not taken care of, All the other systems in your body have to come in and support or not work as well because your body's really working on something else, if that makes sense.

We're given so many fighters in our bodies to fight things off. Why do we get a cold? Because our fighters are so busy trying to get rid of free radicals and toxins and heavy metals and parasites.

And so when something comes at you, all your fighters are busy. So hello, invader, intruder comes in and then we get sick. But if you have less inflammation, if you eat properly and have more antioxidants and get more exercise and nutrition and blah, blah, blah, then your fighters are ready.

When something comes at them, it's like knock, knock at the door. Your fighters are ready to hit your intruder. I think I went the long way around that.

No, but I love it because you touch something that is very interesting. You asked for a spiritual and the answer was there and you touch another point, right?

And this is one thing that I was imagining. Obviously most of the people who approach you to please help me, give me a guidance, help me to be the resetter of my habits.

And, but most of these people is ready and many, and I hate to generalize, maybe it's my observation. Many of these people have certain personalities that are going to be more flexible for changing.

Now, again, generalizing, you've been working a lot with CEOs and high achievers in general. Those are Type A personalities. I would like to hear from you.

How do you approach those type of personalities, which are more set in stone, might way or not way, very doubtful of what kind of guidance you might be giving.

Is there a specific approach that you have? And that came to my mind when you say, when I crack open my client and I know what you mean with that, which is fantastic because it's almost a moment of for you and a moment of for the client.

But I, and maybe I'm just misjudging this, but someone with a type A personality, which is knows deep down that needs a little bit of change, but it will be, going through the process with a little bit more caution.

Is there anything specific that you, with any specific tool that you use with these type of clients or I'm just off and really there is not a difference?

Well, there's four different types of personality styles and you can be a CEO and still be available and open. The ones that I work with, they're the best coaches and leaders themselves.

And I think from my experience, I know from my experience, the best coaches and leaders are available and open to receiving more. And they want, it's from the top down in an organization, the better the chief is, the better the rest of the organization is.

And what they found The ones that I have worked with at least, what they found is when they're in prime shape, when they dictate and give themselves the time to work out and start their day in a strong way, their days are more productive.

And so they want that for their people as well. So it works really well in a corporate environment because team sales, productivity increases, lack of sick days decreases or sick days decrease, and team cohesiveness increases because people feel better about themselves.

And when people feel better about themselves, they work better as a team. So it's just a cycle that comes around. I have not found any CEOs that reject the notion of physical activity, that reject the notion of being able to be even better.

I just haven't, I personally have not found that. And it astonished me the first time I went in and was referred to a CEO and they shared with me stuff that they were doing.

And I kind of denounced it and said, I guess my face denounced it. I didn't denounce it. I'm very, very animated as you guys can tell. Body language. body language is everything and they could tell that I was not on board with some of the things that they were doing and they asked me my opinion about it and they and they did say well right now this is working for me but I want to add in your program and so they did their program and when they stopped their program their diet they saw weight come back on right they went back to their old habits so then i get that so what were you saying like how do i do this and and how can i incorporate this so that i'm not yo-yoing anymore right because a lot of us are going on and I do understand for some people who are out there listening to this when you are 40 50 maybe 20 20 pounds overweight 50 pounds overweight 100 I've worked with somebody that was five over 500 pounds the scaling went to 500 He was 500 pounds overweight.

He lost his first 100 pounds in five months. And I have to say within those five months, the first three months, he

was so heavy. He didn't need a weight.

He didn't need a band. He couldn't raise his hands over his head because he was so heavy, so fat. When he would raise his hands, he would choke. because his chin touched his chest.

There was no neck. You have to understand, there's no neck going on here. His face and his chest met each other. And when he would raise his shoulders, he would pretty much suffocate, honestly.

And he was so heavy, he couldn't even stand up for more than five minutes at a time. So we started in a chair. doing circles, doing certain arm exercises, not overhead.

We'd started tapping his toes on the ground. His legs each must have weighed 80 pounds. Imagine putting 80 pounds on your legs. You don't need any more resistance.

You don't need any more weight, right? So he started doing that. Of course, I cracked the code with a fork. I tracked him like I do all my other clients.

Having them take their pictures. Don't say anything. Pretend coach isn't watching you, right? Don't feel guilty. There's no guilt. They feel, they feel very safe with me.

It's very, very safe environment. Shows me all the machines he was going into the big golfs, those 64 ounce three times a day. 64 ounces his breakfast what he started with when I went away I went away I said okay do this this this and this told him exactly what to do for the 12 days I was gone I come back he's down 18 pounds he goes I don't know what you did but I'm in I said well how'd you feel he goes I felt good because I was full I said okay next we're going to cut down on the bacon and we're gonna do turkey burgers oh you didn't tell me I was gonna have to not have my bacon I said, we're just going to try this.

Just try this. Burgers for breakfast? Well, you're having bacon. That's meat. Why don't you just try burgers, turkey burgers for breakfast? So I grilled him out some burgers and he's like having the burgers with his.

He's like, this is amazing. This is so good. I feel so good. So you can see how when something makes you feel good, it's not like you're in deprivation.

You're not in a diet mode. Right now, restriction, restriction doesn't work and it has to come, it has to come from within the person that we have a very clear and you cannot take away the pleasure of the other person.

But what it is so important, the way how you were guiding this person is keeping the motivation and the motivation always feeds back of feeling good. So you always, like you were saying, you show up next day looking at yourself in the mirror and saying, good, For you, you did it yesterday.

Do it again. And, and it continues and it continues.

Coaching Different Personalities and Final Advice

So I can see how someone who has, he had a goal in his mind. That's the, he was one step ahead knowing what he wanted. I want to be healthy in a healthy weight, whatever his healthy weight was.

He knew he needed to lose X amount of pounds out of a scale. Although we shouldn't be looking at the pounds, but obviously what you're describing at this point, at that point, we're looking at the scale.

Yes, exactly. We have to look at the scale is the only way we can just follow. But it's someone and the trust that space. Oh, my God. You just mentioned I didn't want to interrupt you, but absolutely.

It's that space, not feeling judged, not feeling like, listen, this is a sickness we're going to help you to go through. It's almost as bad as getting into an accident and breaking both of your ankles and both of your femurs and have to go

for six months of physical therapy.

And it's like, don't worry. You just got out of a fracture. You have to move it slowly. Same thing. We have to shed out of you, I don't know, 200 pounds, 300 pounds.

It's going to take us time, but we're going to do it. You stay motivated. And that applies to everything. It applies to everybody. So the CEO, my point is, is the CEO and somebody else who's working for somebody, they're the same person.

They really are. I don't find that we all put on our pant legs one foot at a time, right? They're, they're no different. If you go in and speak to or if I go in and I speak to a CEO or I speak to any kind of consumer who wants to feel better about who they are and how they're showing up.

We all have those 50 different archetypes within us. It doesn't matter who we are. We all are the same and we all have the same goals and we all have gaps, maybe in different places.

But when you're shown how to go from where you are to where you want to be, in whatever area, whatever chapter it is. We're all the same. The CEO who runs, you know, Fortune 500 company on NASDAQ or somebody who clocks in at eight o'clock and clocks out at five o'clock.

We're all the same. We all want to feel better. We all want to look better. We all want to have longevity, vitality. We all want to feel attractive within ourselves.

And of course some of us have you know external needs as well as our inner, but when you turn it all into outside influences versus inside influence and you focus on your inside influence, your outside influence and what happens around you is going to vibrate higher.

There's foods as we know that are low-lying vibrational food and high vibrational food. Something that is not healthy, and let's just take fried foods as an example.

As a broad-based example, fried foods are generally seen as not the healthiest food. I think everybody can agree on that. Ice cream, large masses of ice cream, not necessarily the highest dairy, not necessarily the best choice, right?

If you were to get sick, and I don't wish that upon anybody, but if you were to get sick, Would you make choices different than you're making today? And I ask that with love and sincerity because I've worked with many cancer patients and when they have that bad message from their doctor, they come running.

Tell me what to do. Help me get better. Help me get through this. And so we do. But wouldn't it be easier to have an ounce of prevention versus a pound of cure?

Wouldn't it be easy to work with a team that supports a healthier lifestyle and starts you where you're at and brings on stronger, healthier changes so that perhaps you can avoid a bad message later on?

There's no guarantees. I understand that, but it's less likely if you're making better choices, if you're feeling better about yourself, and wouldn't you rather climb a mountain than watch a movie watching somebody else climb a mountain?

I'd rather be doing that, wouldn't you? Absolutely. Give me that backpack. I'll go with you, girl. I totally agree. All this investment, it is important.

And you know what? There is no guarantees, but there is nothing to lose either. For the country, a lot to learn, and that coming back to the educational, right?

You educate the person about where you are, where you start from, and then you take control. Because it's about

everybody taking control of their own life.

But everybody needs the stop sign, the traffic light. all need a little bit of guidance. Becca, this has been an awesome conversation. I'm loving this.

For sure going to have to go for a second podcast, but to wrap up, what is that one piece of advice that you will give to someone who's ready to start but doesn't have, I don't know, I don't want to call it the courage, but maybe the motivation, maybe the vulnerability to accept that is ready for this first step.

And when I ask about a piece of advice, I don't want any paternalistic way of doing things or any cliche coaching quotes. What's that one piece of advice to this person that you're about to put a hand on and say, let me just take you out of your B-U-T-T and let's start walking.

I would say one of the first things that people need to do is give themselves some grace. Douse yourself with forgiveness. What happened yesterday, the past years, where you are today, douse yourself with forgiveness.

Decide on where you want to go. don't focus in on the past because without clearing that heavy suitcase that we talked about earlier, you're not going to be able to navigate moving forward.

I also think that The Four Agreements by Don Mourez is a great small little book. It was game changer for me and it helps to create freedom, happiness and inner peace.

And I think without those, we're just not going to feel happy and lastly i would say allow yourself to reset allow yourself the time for renewal create each day to be your best day celebrate each day not just your birthday but each day each day laugh each day do things that that make you want to dance that surround you with amazing people who are like-minded.

This life is short and this journey is empowering. There's nothing stopping you. I just want to say that there's a client of mine who was in a bad state for years and years and years, always punished herself, couldn't stay with stuff.

And what I saw happen after her husband passed was a life changing. She suddenly said, I need to take care of myself. I need to feel better. She transformed into a bodybuilder and in her in her late 60s.

It's never too late. The only thing that's too late is this decision that you don't make a decision. Today is a great day to be your first day to reset, to renew your vows and who you are, what you want, recommit and receive all that life has to offer.

I wish you all the best. Oh my God, what a perfect wrap up. Thank you, Becca. Becca, please tell our audience how they can find you. What's the way how they can reach out to you the easiest.

If you go into Google and you type Becca Tibon fit. you'll see everything but I also we can drop down maybe some links for them and maybe some offers with your name on it and my my website that could t-bon b-e-c-c-a-t-e-b-o-n a minute workouts.com power bands I just want to thank you so much for showcasing and letting me support you and these wonderful women out there who are going through changes and are feeling so alone and there's so much information out there.

I just want to say It doesn't have to be complicated. Take one step at a time. And your hormones, as we've talked about throughout this podcast, are so important, but so are your habits, your lifestyle habits, and how you're feeling about yourself.

create your best day ever. Very, very well said. And thank you to you too, Becca Tebon. Thank you for my audience. I hope everything that Rebecca could advise, all her methods resonate with you, not for today, but also for the future that we all want to build and that future that we all want to invest on.

Continue listening. I will continue sending information and education without bias to you to continue transforming

your life. See you next time. Bye now.

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