Introduction to Heart Health and Movement

It's sad because at some point in your life, you're going to have to face it, where you are forced to take action. And you'll either be proactive so you can live a long, happy, healthy life and enjoy it.

Or you will be forced do it which isn't going be fun. So it's about finding what is it that excites everyone. Everyone has something that they get like sapphire.

They get a little bit of happiness from doing. We gotta release those endorphins. So I love trying to inspire people to go, hey, let's get active. Let's keep going.

This is Dr. Talks. All right, everyone, Dr. Jack Wolfson, cardiologist here. Welcome back to another episode inside of the Heart Attack and Stroke Prevention Summit.

And I'm truly honored to have a friend of mine on this episode, and her name is Whitney Jones. When I think about something very important for what we call the 100 Year Heart Method in order to prevent heart attacks and strokes, We've got this eat well component.

Everybody talks about that and Whitney and I can certainly talk about. That because she clearly knows about nutrition as much as anyone does, but also the live well piece.

So it's eat, well, live, while think well inside of live. Well is going to be moving well. And when I see Whitney Jones in person moving, you know that that's something that we all want to achieve.

You're a three time Ms. Fitness Olympia and Arnold classic Ms fitness international.

Why Daily Movement Matters

female right bodybuilder but I when I again I just I see you so gracefully moving so well tell everyone oh important it is to move well. Well, gosh, you know, I'm honored to be on this podcast with you.

And like you said, we are close friends. I love everything you're about because my passion is about helping people get healthy, get active, and have movement in their life daily.

It's sad because at some point in your life, force to take action. And you're either going to be proactive so you can live a long, happy, healthy life and enjoy it, or you are going be forced to do it which isn't going fun.

You see it every day. So it's about finding what is it that excites everyone. Everyone has something that they get, like, say, a fire. They get a little bit of happiness from doing.

We got to release those endorphins. So I love trying to inspire people to go, hey, let's get active. Let's keep going. What is it that you're going to do?

Because baby steps actually equate to big steps in the future, but you just got get started. And the steps, I loved how you throw the baby step in there, so kind of like literally and figuratively, or figurative and literally getting the step going, Just imagine that I am a 54 year old man and that.

I'm concerned about heart attack and stroke prevention. And I want to start moving because I, you know, and I talk about this in my book. Like I really tried to limit the use of the term exercise.

going to the gym and I don't know and you know, hitting the weights and stuff like that. Cause I think that really this

overall movement, like you've seen so many people in your career, again, they're all bulked up and they've got these men, big muscles and things like, but they can't move.

Maybe they got no flexibility and maybe even like they bench press 450 pounds, getting out of the chair like their out-of-balance. Tell me how people can, simple ways they could start moving.

So that's a great point because especially in my industry, I'm in the bodybuilding umbrella. My specific division, i don't get on stage and like flex and do stationary stagnant poses.

Mine is active. That's why I was intrigued. I do a two minute routine. It's back flips, dancing, aerobic type activity. that what's so fun. But that's where it's like, okay, how do you get going?

How do get started? Because you do see a lot of these bodybuilders who have a lack of range of motion and they're just lifting weights, but they are not really moving much.

Starting Small and Building Consistency

That can have adverse effects as well, clearly. But the fact of the matter is when people are just wanting to take action, it is in their brain. Whether they were forced to or they just decide one day, I'm going to do this.

People naturally want to go zero to 60. It's like, I'm going to for a run. Don't advise that. But it's, like you've got to realize if you haven't been doing stuff, ease into it.

So just like anything, if your kind of take some steps to get active, your body starts craving it, so if, you have been to the gym and say, a year. Plus, if you haven't been doing any type of cardio or activity for, you know, say three times a week, then you do need to start slow.

And that can be as simple as going to a yoga class, going for a walk in your neighborhood, Going to the gym and just literally getting on the elliptical for 15 minutes.

Because you'll find, and what most people do is they go, oh, 15 minutes, this wasn't so bad, I could do 20. I can do 25. But you get yourself in that rhythm.

Your body starts craving that consistency, And it gets everything to start working together. You start eating well. Mentally, your body wants what's best for you.

We as a human being kind of fight that, but if you can get yourself on a consistent pattern with something that's realistic. So again, people, you know, with January coming up, everyone's going to go to the gym and sign up for a gym membership.

I'm going be there an hour every day, six days a week. If that's not something you're used to, you are setting yourself up for failure. So maybe start realistically by saying, two to three times a week, I'm going to set a date with the gym for 30 minutes.

And if you start that and you stick to it, naturally you'll start leveling up because you put in effort and want to see results. You want feel better.

It's about setting realistic expectations that you aren't going fall apart on that you're not going to fail yourself on. So you have to be realistic with your efforts.

Fantastic stuff. And your website that we've got multiple different websites, because you've gotten multiple, different brands and businesses and so many people who you are trying to help and we love that.

But we're talking about Unstoppable 365, Unstoppable 365. The website is absolutely fantastic. It's well done, it's, well laid out. And I think ultimately what you're trying to offer there, not only is the information, but of course the

accountability factor.

So when should people look to people like yourself and your team at Unstoppable 365? When should they look for that kind of coach, that guidance, and that accountability?

Honestly, anytime, if you have a desire to improve your health, to improved your happiness, To maybe get off some of the medications that you're on, now is the time.

There's no better time than the present. And, you know, I work with a lot of high achieving entrepreneurs, high level executives, and they're so focused on work, work work and their driving themselves into the ground.

Why? I'll ask, what is their drive? Well, I am trying to just make a good living. I want to support my family. And I wanna provide my kids the best education in college.

Okay, but your health is heavily at risk. Do you not realize that if you have a heart attack, if have you a stroke, you're no longer there to run this amazing business.

Your kids do not care how much money you make when their father or their mother is not there in their life.

Accountability and Personalized Coaching

So what really important? So at the very least, it's a matter of really going, okay, I want to get started. I don't know exactly how to do this. Or more importantly, i don' want do all the research and the guesswork.

Working with a professional, whether they're a fitness and nutrition specialist, weather they are a doctor, It takes the guest work out of it. And that's time is money.

We don''t have the knowledge to go do everything. So you work with people to make it easy and make seamless. What we do is put together a plan in regards to what do you love to do?

Do you have a gym you go to or do work out at home? What activities are the most thrilling? How much time do have? And then of course we will work through nutrition too.

What foods do like? Are you gluten intolerant? what are some of the issues you had with nutrition that's sabotaging your success? Let's make it easy for you.

So we do custom meal plans and again, it's a matter of just following the plan and working with realistic goals and realistic timelines. Wonderful, wonderful stuff.

And Whitney, you've seen so many clients over the years, yourself and your amazing team over at Unstoppable 365. I know a lot of people involved. A lot people who are getting success, working with you guys over there.

If we're talking about maybe some other outdoor activities. You're in Arizona here. We really have the ability to get outside. And I tell people the more time you spend outside, the longer you live.

How do we get people more active outside? Sure, it's easy to take a walk in the morning and walk into the evening. Any other activities? Tell us about how amazing it is to hike in Arizona or no matter where you lived, right?

Well, getting outdoors is awesome. Just breathing the fresh air for a lot of people provides so much mental clarity. Getting in nature, there's proven research that says, this is good for you.

Going to the gym is great, but sometimes you've got to get outside. You've gotta get out in the nature and just sit on the top of the mountain and breathe, soak in, the sights, focus on, and the accomplishment that you got the tops.

So hiking is incredible in Arizona. And to be honest, even in the summer, clearly it gets hot here. A lot of people say

it's too hot to do anything. Well, one thing I love to is I get on my bike and I go do neighborhood bike rides.

Even in summer obviously not noon, but in earlier mornings or as the sun is setting, you get that breeze. even though it might be a hot breeze, but it's still, you know, at least providing some airflow.

And I love that. Put in some music, listen to some, whether it is something that's a happy playlist you have or calming music. But getting outside is incredible.

There are so many amazing things you can do and it doesn't matter where you live.

Outdoor Activity and Finding Fun

all over the U. S., all of the world, it's a matter of being creative. What is it that you like? If you don't like doing inclines, steep hikes, fine, go on a flat surface.

You could even do stuff that includes water. Again, getting out, swimming, stuff like that is something where people in Arizona, especially, they don' like the heat, then go for a swim.

you can do it in your pool, you could do in a lake. So it's about seeing what is accessible to you. That's realistic, that's close. And more importantly, it is fun to, you that you can actually stick to it.

If you hate riding a bike and I'm going to say, Dr. Wolfson, I need you to do this three times a week. You may do it once. Then you're like, no. So honestly, It's a matter of really sitting and going, okay, what do I love?

And sometimes when people say unlike any of that. I say, go back to your youth. When you had PE class, what was it that you loved? Oh, I loved kickball.

Cool. Guess what? Go get a kick ball to Walmart, Target, wherever. Go into some like, whether it's a pickleball court or racquetball courts, play kick-ball with yourself.

You don't have to have. a difficult time doing this. It's about having fun. Or heck, if you're a parent, why not get your kids involved? That's the best thing you can do is to set that example of being active, getting them off their electronics or being lazy, just sitting watching TV.

Be the example. You don't want your kid's having to deal with health issues down the road. But if your not setting that examples yourself, then they're not going to just follow it and make it up on their own.

It's very unlikely. So there's an ability to make stuff fun. And like I said, doesn't matter where you're at, there is always something that you can do.

Some of the best success stories have to do with clients where I challenge them to something completely outlandish. For example, I had a client who I was going through a tough time and she said I just want to I just want to punch the wall." And I said, awesome.

Why don't you go sign up for a Muay Thai class? Learn kickboxing. Take some of the aggression out. She's now been in it for two years. she's starting to compete in the next six months.

He found something that she was kind of a joke, but now has become a new passion because she would have never ever thought to try it. And that's what's amazing.

Just getting active and finding some joy in what you're doing. You brought up so many fantastic points there, Whitney. Number one, I love the idea of thinking back to childhood and what did you enjoy?

I've never heard that before. I loved that example. Thank you so much. And I think also there's this whole thing about finding the stuff that you love doing.

And when you mentioned this woman in the multi-class, it makes me think also about this area that we talk about a lot and you do as well, which is this kind of the mindset, right?

The healthy mindset thinking, well whatever you want to use it for and how important that is to avoid a heart attack and stroke, When you go to a class like that and you're almost like finding a new tribe where this kind of tribal, it's a buzzword, you know, tribal cliche, but it really is just about finding your group of people that you like being with and like something in common with.

And I think there's just, that's such part of a healthy mindset. So not only do you get these physical benefits from it, right? You get. You get this new mindset.

And again, maybe it's a hiking group, Maybe it is a mountain biking group. Maybe its a swim group you know, a travel group I mean the first time I did any significant mountainbiking I was 29 years old and I went with a group out of Chicago and we went down to Costa Rica mountain biking.

It was me and 15 other random people I never met before. We go on a 10 day mountain bike trip. Some of these people, I'm still friends with. You know again like that kind of group thing.

I love that. Love it, love it. Yes. And the thing is, too, it's a matter of just enjoying it and trying new things. Because as we get into our later years as an adult, you think, oh, It's too late to try it.

No chance. I just started jujitsu this year. Who would have thought I'm 47 years old? What am I doing? But I love it because it's such a mental game, coinciding with a physical game.

And I loved it, because I get bored. I can't just go to a gym and lift, I am constantly needing a new goal, a knew skill. So for me, that has been my height.

Yeah, why not? Are you still mountain biking consistently? Oh, no, for sure. I love mountain biking and, uh, you know, and a lot of people too, as they're getting started using an e-bike to the electric mountain bikes are cool.

It's, it's just such a fun activity. Great way to see Arizona. We live in the mountains of Colorado. A great way. Now I'm thinking too about if I am sparring with, with Whitney Jones in jiu jitsu now i'm like wow if they matched me up with you i but i feel like you would take it easy on me because you're just such a good person you know you also brought something up as well as far as like just being that example in the household like your them you a matriarch or patriarch of the family or how you are listening you've got two you teenage teenagers at home And just what an inspiration you are and it's like when we do, when personally eat well, live well think well and how those people around us see that and see the example, we're going to change a lot of lives just by holding ourselves up there.

And sometimes even if you don't want to, if your not ready to commit to do this for yourself to prevent a heart attack or stroke, how you're gonna impact those around you when you do You know, behave that way, right?

How important is that? Just being a role model. It's crucial. Sadly, I do have a lot of parents who reach out to me because their child is going through some sort of health setback.

Now with obesity, the way that it is in our country, that is a massive culprit. And so they'll ask me, you know. Hey, can I get my child training?

Role Modeling Health for Family

Yes, you can, but you know what's really going to make much more of an impact versus signing up your child for personal training sessions that they don't want is, I'll ask the parent, so what kind of activities do you do at home with your children?

And it's always crickets. Well, that is a pure example as to probably why this is happening. Now, not always, but let's be honest. That is the truth of it.

So why not set the example and not make it something that's forced upon kids, And again, I had one of my close friends just two days ago called me. Their daughter has some health issues and she's overweight for her age and same type thing.

Hey, could I get her set up with training? And I said, no, first of all, she is too young that it would be the biggest waste of money. So I said, at her age, what would be probably cool, and I know her child, is she loves like obstacle course challenges.

I say, why don't you get your other siblings? You guys go to the park and make it a game. For kids, for youth, if you make a it game, sometimes they don t even realize you're tricking them into being active.

And so we kind of outline this plan and it's going to be, you know, go down the slide, run and go push your sibling on the swing. And then you got to run around two revolutions of the perk and then bear crawl, whatever it is.

Then they each get to create their own obstacles. So then they get be the one in control and guiding it. And she's like, this is brilliant. Now that involves no financial obligation, no investment.

It involves time. Well, again, what are we short on with time with our kids? That's one thing that we lack. So make it a bonding thing. For me personally, You know, being in this industry, the one thing I did not want to do is kind of force my boys to be active.

And so that's one things I promised. When they were young, I said I'll never sign them up for a sport until they have interest, till they ask for it. So we would go to my nieces and nephews sporting events, and then suddenly, guess what?

They want a play. They wanna sign up. it's going to have much better results. You've got to expose them to that though, and you've gotta put it in a fun environment.

So again, as a parent you have to model it. Now my boys love to be active, they crave it, because naturally your body does crave movement. And if you ever been out and, you know, active for a year straight, then all of a sudden maybe you get sick.

When COVID was around, people had those massive setbacks and they were sick for a while. Some people never got back to it, but then when they do, it's like, gosh, this is so hard.

But then a few weeks later, guess what? Their body craves it again. So it is about getting yourself in that pattern. Same thing goes for kids. If you as a parent are not modeling it then don't ask your kids to do it.

It's not going to work well for you. Yeah, no. personally, you know, family hikes family bike rides, but even still, I love that idea because everybody loves an obstacle course, especially the kids that love at the park.

I'd love it. Yeah. Well, and it's interesting you say that because I do spend not a lot of time at parks, like a fair amount, of course trying to get the kid's out and like do fun stuff.

And oftentimes, We'll go to the park and I'll let them play around. And of course they'll want to play with me and i'm like, ah, whatever. I'm sitting on my phone or doing some business work, trying to let that play.

But even myself, I love the idea of the obstacle course and maybe we'll do a family Spartan race one of these days. We will see. What you are super lean, you're in amazing shape.

What do you do from a dietary standpoint? And then over at Unstoppable 365, like you guys tracking macros, I would assume. When are you doing personally and then what's inside of the program?

So the way most clients that we train, it is macro based. That is a very efficient way of nutritionally, like eating very well because you have options.

Again, most people cannot eat the same thing every day. And let's be real, you're constantly exposed to temptation. Um, again, business professionals, You have to go out and entertain clients.

You're not going to show up with your Tupperware. Let's Be Real. So it's a matter of trying to get you to think. every time you eat, like making wise choices.

So eating on a macro-based plan is the way to do it because, again, you have options.

Nutrition, Macros, and Balanced Eating

You have the daily proteins, fats, and carbs that we want you to get, And then we can kind of give sample meal plans that give you the guidance of what percent of proteins fats and Carbs for each meal.

Now, a lot of people think this is overwhelming and I get it, but there is some simplicity to it and it's just a matter of learning it. Just like when you learned your ABCs, you didn't get right away.

But now it is easy. So for me personally, I don't track anymore. I've done it long enough. how many calories are in it and what the macros basically are.

But for me, you know, everything's about balance. I do crave protein, which is a great thing. Most people don't eat near enough protein and that's what's needed, especially as we age.

but you have to have a good balance of proteins, fats and carbs. If you're eliminating anything, usually that is not ideal unless it's being told by your doctor that you need to for health.

And then I allow myself, you know, some untrapped meals where I can have something that maybe I've been craving. So I eat a very balanced diet. I love fish.

And then very simple, but again, I do allow myself some treats and some freedom. I like to eat gluten-free, not always, because sometimes that's not the option, that is always the best for me.

But I also change it based on my activity level. If I'm really active or I am preparing for a competition, then I actually increase the amount of food I take in because I need to fuel my body to perform.

on phases where I'm not having to train so extensively, you know, hours a day, I pull back on my nutrition. But again, it's about finding that balance.

And I've been doing it long enough. It's easy, but for people who don't understand that, that's why it is important to work with a professional so that you can stay on point and then more importantly, learn about your body.

You should not need a trainer for the rest of your life unless you love that accountability partner. But I haven't done my job well if I hadn't taught you how your body responds to certain foods or teach you what it is that your buddy needs to fuel you efficiently.

As a former, you know, medical student, one of the things that, and of course I trained medical students back in the day. So one thing that we used to do was, was called pimp questions, right?

So you'd like try and pamp the students with something that was some kind of esoteric, point and stuff like that. I feel like I got to pmp Whitney Jones.

What is your cheat food? Well, I love sushi. I loved sushi, which, you know, all the soy sauce, because I drown it. It's like I'm drinking soy. So that's not the most ideal.

And, obviously, it's you eat that and then you're not really full like two hours later. Like, did I really just pay $150 for that? but I love sushi. I do love sorbet.

i love baked goods which again aren't the greatest and you know I DO love sugar even though you gotta limit it but for me I have a very great relationship with food where even just having a taste I'm good I don't overindulge food's always going to be there so it's about the ability of realizing Don't go crazy.

A lot of people think, oh, like they're never gonna have the option to eat these treats again. And once you realize those options are always at the store, those are options always your availability to go get whenever, but you don't overboard.

More importantly, you gotta see what are you putting in your body and what is the result. You should be smart about everything that goes into your buddy.

It should have a purpose. Again, there's gonna be some times it doesn't. But trying to put too many restrictions on people, make them feel like a caged animal.

And then that's when they break out and go crazy. So it's walking that fine line of going, what is it that are your trigger foods? And how do we find a balance to not let you get there, but to get the joy out of something else, it may be a healthier option.

How do you have like that stop button feature where I just, I feel for you, like you are someone who can have a teaspoon or two of sorbet and then be like, I'm good.

Now I love to tell this story from years ago when my wife was pregnant with our first child. And she said, go to Whole Foods and get me Strauss's free range grass fed ice cream and give me a pint of vanilla, a point of chocolate, and a pint of strawberry.

I go the Wholefoods, bring them home. She takes, you know, a teaspoon of the vanilla, And then, you know, we go to bed and she wakes up the next morning and, she's like, You know I'm kind of in the mood for some, vanilla ice cream.

And she opens up, the freezer Whitney and guess what? It's all gone because I ate all of it. So how do you, because, I mean, and it's, like the old Lay's potato chip commercials.

Yeah. Where it, it is like you can't just eat one. I, mean how, do, how you put that limit. That's just massive. mental fortitude to be able to do it.

How does Whitney Jones do? To be honest, I think it goes back to way back in the day before I had any training in nutrition and fitness. You're always told you can't have it, you cannot have.

Well, whenever you're told, You can have something, that's all you focus on. If you are looking at something and you tell yourself, "I know I can not have that." Eventually, your going to cave and then you don't just have a little, But when you tell yourself, it's okay, I'm going to allow myself to have some.

Now granted, in those instances, you take a bite, take if you and you're like, wow, that's good. But for me, i also say, hmm, I don't want this to be gone.

So, if I take a small portion now, I can put it back, and then I have a little bit here and there when I crave it.

Cheat Foods, Portion Control, and Mindset

So I think of everything as portion control. I also have found this crazy mind trick that my boys laugh at me about, but if get, say, a piece of a bread or something, I'll slice it into small portions.

And in my brain, I'm like, oh, it could be, say, one slice. But I break it in to four slivers and I slowly eat it. Well, now I feel like I have more. It's the same philosophy of people say get a small plate when you go to events or parties and your holiday events.

Get a small plate because you're less likely to overeat because your fill based on the plate. So it's those mental mind tricks that go, okay, I can do this.

But it all goes back to allowing yourself to be told it is okay. We all crave control. And when we feel like we don't have the decision-making ability or we're not the ones in control, we fight it.

And it usually results into way extreme behaviors. But when get to say, huh, okay, I get choose how much I had and how I don' have, it gives us the control because at the end of the day, If you ate the entire pint of ice cream, probably didn't feel that great.

Next day, you may have felt it, whether it was sluggish energy, maybe your stomach just wasn't great, your bloated, whatever. So you also want to remind yourself of what are the effects, adverse reactions, from indulging too much.

So again, if everything in moderation, I'll just remind myself. And now it's almost like I'm trained. I really don't think I could sit down and eat an entire pint of ice cream.

I think at this moment, to be able to tell people too, it's like whatever you indulge in, if you're indulging in things that are as clean as possible, as organic as possibly, I'd think that allows a lot.

It's not like having Baskin Robbins 31 flavors like I did as a kid or Dairy Queen, but it is like if I enjoy ice cream, just like a story about my wife, that was Straussesbury Ranch grass-fed, or you can make your own in so many different ways and get out the Vitamix blender.

Freeze freeze the raw milk and freeze raw Milk raw honey raw egg raw vanilla and just and then blend that up And that'll be as good and healthy of a treat and I actually provide a lot of nutritional value As you know as well as we're tracking things as necessary.

Alright, so listen I could to Whitney all day long. She's obviously just brought up so many fantastic points today. Whitney, thank you so much. And people want to find you.

They can go to Unstoppable365. There's also a website Fitwick Jones, which I'm scanning on right now. You look at the pictures of Whitney and you're like, wow, I want too.

I wanna be, you know, in that, not necessarily like in good shape, per se, but it's like just beyond that kind of path. I love your stuff on social media too, where you're doing some of these movement activities.

And yeah, these are not starter level necessarily. Some of those are pretty advanced, but as we said, just get out and do it. Unstoppable 365 too. That's where we get the individual coaching to be able to have that accountability.

I think that's a great place. Whitney, I'll give you any final words here you want to share with the audience. I would just say, think about what your priorities are.

Every day you need to wake up with gratitude and appreciation and put full force into what you're priorities. Health and wellness must be a priority because we all want to live a long life.

We have others that we need live for. So rather than spending hours a day on the wrong things in life, Think about at the end of the day, how do you want to feel as you age?

What example do want set for your loved ones? Whether they're even just for business people, you're setting an example for employees too. So look at yourself as a role model to people personally and professionally and focus on your health.

It's the best investment you will ever make in your life. That is for sure. And you talked about these executives and stuff like that and why we all work so hard to do what we do.

Final Advice on Prioritizing Health

But it's like you do that because you're trying to be with your family, you are trying provide for your families. I would give anything for my father to still be alive today despite all the money he made as a conventional cardiologist.

There was also a cartoon that I saw years ago which I'm paraphrasing this, but as I look at it, it's like moving one hour a day is better than being dead 24 hours a days.

Get out there and move. Totally. Exactly. Well said. All right. Whitney Jones, thank you so much for being on this episode. This is the Heart Attack and Stroke Prevention Summit.

Check out Whitney's stuff and we'll be back next with another fantastic guest. Be well. Thank you for tuning into Doctor Talks. We hope today's episode has enlightened and inspired you on your path to optimal health.

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