Introduction and Whitney Jones's Background

All right, everyone, doctor. 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. And when I think about something very important for what we call a 100 year heart method in order to prevent heart attacks and strokes, we've got this equal 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 that the the live well piece.

So as you well live well 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 know, Whitney, you're your history and we can talk about again how you got to this place and, you know, three time, I don't want to mess this up, Whitney, but you're a three time Miss Fitness Olympia and Arnold classic Mills Fitness international.

So you're like. You're like world class female, right? Bodybuilder. But I when I again, I just I see you so gracefully moving so well. Tell everyone how 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.

You know, it's sad because at some point in your life, you're going to have to face it where you're forced 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're going to be forced to do it, which isn't going to be fun.

You see it every day, so it's about finding what is it that excites everyone? Everyone has something that they get, you know, like say, a fire or they get, you know, 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 get 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 to get started. And the steps. I love how you throw the baby steps in there. So kind of like literally and figuratively, or figuratively and literally getting the steps going.

So just imagine that, I am a 54 year old man and that I am concerned about heart attack and stroke prevention. And and I want to start moving because, you know, and I talk about this in my book, like I really try to limit the use of the term exercise, like going to the gym and I don't know, and, you know, hitting the weights and stuff like that, because I think that really this overall movement, like, you know, you've seen so many people in your career, like, again, they're all bulked up and they've got, you know, these big muscles and stuff like that, but they can't move.

Maybe they've got no flexibility, maybe even like they can bench press, you know, 450 pounds, but like getting out of the chair like they're out of balance. Like how does tell me tell me how people can simple ways they can start moving.

So that's a great point because especially in my industry, you know, I'm in the bodybuilding umbrella, my specific

division, I don't get on stage and like flex and do stationary, you know, stagnant poses.

Mine is acting.

Starting to Move Safely and Realistically

That's why I was intrigued. I do a two minute routine. That's backflips, dancing, aerobics type activity. That's what's so fun. But that's where it's like, okay, how do you get going?

How do you 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're not really moving much.

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

People naturally want to go 0 to 60. It's like, I'm going to go for a run. Don't advise that. You know, it's like you've got to realize if you haven't been doing stuff, ease into it.

So just like anything, if you kind of take some steps to get active, your body starts craving it. So if you haven't been to the gym in, 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 could do 25. But you get yourself in that rhythm, your body starts creating 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 is going to go to the gym and sign up for a gym membership. I'm going to be there an hour every day, six days a week.

If that's not something you're used to, you're setting yourself up for failure. So maybe start realistically by saying 2 to 3 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 start leveling up because you're putting in effort and you want to see results.

You want to feel better. So it's about setting realistic expectations that you're not going to, you know, fall apart on that. You're not going to fail yourself on.

So you have to be realistic with your efforts. Fantastic stuff. And, you know, your website, that way, you know, you've got multiple different websites because you've got multiple different brands and businesses and so many people who you're trying to help.

And we love that. But we're talking about unstoppable three, six five, unstoppable 365. And that's what you know is that. And and really 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 and unstoppable. 365 when should they look for that kind of coach, that guidance, that accountability factor?

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

Like there is 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 they are driving themselves into the ground. Why?

You know, I'll ask what what is their drive while I am trying to just make a good living, I want to support my family. I want to 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 you have a stroke, you're no longer there to run this amazing business?

Your kids do not care how much money you make when they're father. Their mother is not there in their life. So what is really important? So, you know, 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, but more importantly, I don't want to do all the research and the guesswork working with the professional, whether they're a fitness and nutrition specialist, whether they're a doctor, it takes the guesswork out of it.

And that's, you know, time is money. We don't have the knowledge to go do everything. So you work with people to make it easy and make it 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 you work out at home? What activities are the most thrilling? How much time do you have? And then of course we work at work through nutrition too.

What foods do you like? Do you have certain, you know, like, are you, gluten intolerant? What are some of the issues you have 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.

Not wonderful, wonderful stuff. And you know, Whitney, you've seen so many clients over the years. You know yourself and your amazing team over at unstoppable.

365 and I well, I know a lot of people involved. I know a lot of the people who are getting success, you know, working with you guys over there.

Accountability, Coaching, and Personalized Plans

If we're talking about, you know, maybe some other, like, outdoor activities are there, you know, I love you know, you know, you know, you're in Arizona here.

I've spent many years in Arizona. 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 in the evening. Any other activities? Tell us, tell us about how amazing it is to hike, in Arizona or no matter where you live. Right.

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

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

So hiking is incredible in Arizona. And to be honest, even in the summer, clearly it gets hot here. And a lot of people say it's too hot to do anything.

Well, one thing I love to do is I get on my bike and I go do neighborhood bike rides, even in the summer, obviously not noon, but, you know, in the earlier mornings or, you know, 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, you know, whether it's something that's a happy playlist you have or calming music. But getting outside is incredible.

There's so many amazing things you can do and it doesn't matter where you live. There's beautiful places all over the US, all over the world. It's a matter of being creative.

What is it that you like? If you don't like doing incline, you know, steep hikes, fine. Go on a flat surface. You could even do stuff that includes water, you know, again, getting out, swimming, stuff like that is something where people in Arizona, especially if they don't like the heat, then go for a swim.

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

If you hate riding a bike. And I'm going to say, Doctor Wolfson, I need to do this three times a week. You may do it once and 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, I don't like any of that, I say, go back to your youth. When you had P. E. class, what was it that you love? Oh, I loved kickball.

Oh. Guess what? Go get a kickball at Walmart. Target. Wherever you go into some, like, you know, whether it's a pickleball court or racquetball court, playing kickball with yourself, like, 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 sit and watching TV. Be the example. You don't want your kids having to deal with health issues down the road, but if you're not setting that example 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's always something that you can do.

And some of the best success stories have to do with clients where I challenge them to do something completely outlandish. For example, I had a client who I said, you know, she 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 more high class, learn kickboxing, take some of the aggression out. She's now been at it for two years.

She's starting to compete in the next six months. She 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. Those are you. 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 I've never heard that before. I love that example. Thank you so much.

And I think also, the, the there's just this whole thing about finding the stuff that you love doing. I think that that's critical. And when you mention this woman in the more 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 the healthy mindset thinking, well, whatever you want to use it for and how important that is to avoid heart attack and stroke, which is the subject here.

But when you go to a class like that and you're you're almost like finding a new tribe where this kind of tribal, it's it's a buzzword, you know, tribal old cliche, but it really is just about finding a group of people that you like being with in and, like something in common with.

And I think there's just that it'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's a mountain biking group, maybe it's a swim group, you know, a travel group. You know, I mean, the first time I, I did any significant mountain biking, I was 29 years old and I went with a group out of Chicago, and we went to Costa Rica mountain biking.

And it was me and 15 other random people I never met before. We go on a ten day mountain biking trip. Some of these people I'm still friends with and, you know, again, like that kind of group thing.

I love that, love it, love it, love it.

Outdoor Activity, Hiking, and Finding Fun Movement

Yes. And, you know, the thing is too, it's it is. 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, no chance. I just started jiu jitsu 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 love it because I get bored. I can't just go to a gym and list. I'm constantly needing a new goal, a new skill. And so for me, that has been my highlight.

And yeah, why not? Are you still mountain biking like consistently? Oh, I know for sure. I love mountain biking and you know, and a lot of people too, as they're getting started and, you know, using an e-bike, you know, I'll see 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 to see it there. Now I'm thinking, too, about if I'm sparring with, with Whitney Jones in jiu jitsu now, I'm like, wow, if they match me up with you, I, but I feel like you can 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, you're the, you know, a matriarch or patriarch of the family or how you are listening.

You've got to, you know, teenage, you know, teenagers at home and just what an inspiration you you are. And it's like when we when we do, when we personally eat well, live well, I think well.

And how those people around us see that and see the example, we're going to change a lot, a lot of lives just by holding ourselves up there. And sometimes, even if you don't want to, if you're not ready to commit to do this for yourself to prevent a heart attack or stroke, how you're going to 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. It's crucial. You know, 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? Yes, you can, but, you know, it'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 all I ask the parent.

So what kind of activities do you do at home with your child? 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? But that is modeled.

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, she's first of all, she's 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 said, 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 it a 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 to two revolutions of the park and then bear crawl, whatever it is. And then they each get to create their own obstacle.

So then they get to 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 do 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 thing 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. And so, you know, we would go to my nieces and nephews sporting events and then suddenly guess what?

They want to play. They want to sign up when it's their choice. It's going to have much better results. You've got to expose them to that though, and you've got to 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've ever been out and, you know, active for a year straight and then all of a sudden maybe you have you get sick.

You know, 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's 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, I mean, we love personally, you know, family hikes, family bike rides. But even still, I love that idea because everybody loves an obstacle course, you know?

Yeah, sure. And especially the kids. I love that at the park. And I. Love it. Yeah. Well, you know, and it's interesting you say that because I do spend, not a lot of time in parks, but like a fair amount, of course, trying to get the kids

out and, like, do fun stuff.

And often times, you know, we'll go to the park and I'll let them play around, and then, of course, they'll want to play with me. And I'm like, you know, whatever.

And I'm sitting on my phone or doing some business work, you know, trying to let them play. But, even like myself, I love the idea of the obstacle course.

And, I don't know, maybe maybe we'll do a family Spartan race one of these days. We'll see. What, You 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. Like what? What what 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. 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 like every time you eat. Like making wise choices.

So eating on a macro based plan is the way to do it.

Role Modeling for Family and Kids

Because again, you have options. 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 protein, 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 it right away.

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

But for me, you know, everything's about balance. I, 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. Like if you're eliminating anything, usually that's not ideal unless it's being told by your doctor that you need to for health.

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

I eat some of the, the red meat, I eat fish, I a chicken, a turkey, and then, you know, very simple. But again, I do allow myself some treats and some freedom.

I like to be eat gluten free. Not always, because sometimes that's not always the option. But that's always the best for me. But yeah, I just I also change it based on my activity level.

You know, if I'm really active or I'm preparing for a competition, I actually increase the amount of food I'm taking 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's important to work with the 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 haven't taught you how your body responds to certain foods or teach you what it is that your body needs to fuel you efficiently.

Or, you know, as a, as a former, you know, medical student, one of the things that and, of course, I train medical students back in the day. So one thing that we used to do was, was called temp questions.

Right. So you'd like train temp the students with something that was some kind of esoteric, you know, point and stuff like that. So I feel like I got a template.

Annie Jones, what is your cheat food? Well, I love sushi. I love sushi, which, you know, all the soy sauce because I drown it. It's like I'm drinking soy.

That's not the most ideal. And, you know, 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 got to limit it.

But for me, I have a very great relationship with food. We're even just having a taste. I'm good. I don't overindulge foods always going to be there. So, you know, it's about the ability of realizing, don't go crazy.

A lot of people think like they're never going to have the option to eat these treats again. And once you realize those options are always at the store, those options are always, you know, at your availability to go get whenever.

But you don't go overboard. And more importantly, you got to see what are you putting in your body and what is the result. You should be smart about everything that goes into your body.

It should have a purpose. And you know, again, there's going to be sometimes 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 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's maybe a healthier option. How do you have like that stop button feature where I just I feel like, you know, 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 get me a pint of vanilla, a pint of chocolate and a pint of strawberry.

I go to Whole Foods, bring them home. She takes, you know, a teaspoon of the vanilla, a teaspoon of the chocolate, a teaspoon of the strawberry.

Nutrition, Macros, and Treats in Moderation

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, you know, 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 because, I mean, and it's like the old Lay's potato chip commercials.

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

How does Whitney Jones do it? You know, to be honest, I think it goes back to way back in the day before I had any training in, you know, nutrition and fitness.

And it's you're always told you can't have it. You can't have it. Well, whenever you're told you can't have something, that's all you can focus on. So if you're looking at something and you're telling yourself, I know I can't have that, I can't have that, eventually you're going to cave and then you don't just have a little, you have a lot.

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 a few, and you're like, wow, that's good.

But for me, I also say, I don't want this to be gone. So if I take a small portion now, I can put it back and then I can have a little bit here and there.

When I crave it. 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 I get you know, say, I don't know, a piece of, banana 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 into 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 you're at holiday events, get a small plate because you're less likely to overeat because you feel 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's 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 we get to say, okay, I get to choose how much I had and how much I don't have. It gives us the control because at the end of the day, you know, if you eat the entire pint of ice cream probably didn't feel that great.

Next day, you may have felt it. You know, whether it was sluggish energy, maybe your stomach just wasn't great and you're 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, I really don't think I could sit down and eat an entire pint of ice cream.

I think for me, just because of this consistent behavior, I wouldn't go nuts. I would buy that versus reverse. You know, years and years ago, I would have thought stopping.

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

You know, it's not like having Baskin Robbins 31 flavors like I did as a kid or dairy Queen, but it's like if I enjoy ice cream, just like I said, that story about my wife, it was Strauss's free range grass fed.

Or you can make your own, you know, in so many different ways and, you know, you know, get out the Vitamix blender and, you know, you know, freeze, freeze the raw milk and freeze, you know, raw milk, you know, raw honey, raw egg, raw vanilla, you know, and just, you know, and then blend that up and that'll be as good and healthy of a treat.

Then I actually provide a lot of nutritional value because, you know, as well as we're tracking, you know, things as necessary. All right. So listen, I could talk to Whitney all day long that she's obviously just brought up so many

fantastic points today.

Whitney, thank you so much. And, you know, people want to find you. They can go to unstoppable three, six, five. There's also a website, Fitbit Jones, which I'm scanning on right now.

You look at the pictures of Whitney and you're like, wow, I want to I want to be, you know, in that and not necessarily like in that good a shape, you know, per se, but it's like just be on that kind of path, you know, the, you know, movement.

I love your stuff on social media too. What you're doing, some of these movement, you know, activities and yeah, these are not starter level necessarily.

Some of these are pretty advanced. But as we said, just get out and do it. And, you know, unstoppable. 365 to that's where you get the individual coaching to be able to have that accountability.

And I think that's a great place. So you know Whitney, I'll give you like any final words here, you want to share with the audience. You know, 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 your priorities are. Health and wellness must be a priority because we all want to live a long life.

We have others that we need to live for.

Final Advice on Priorities and Health

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? How? What example do you want to set for your loved ones, whether they're even just, you know, for business people, you're setting an example for your 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. That is for sure. I mean, and you talked about these executive and stuff like that, and you know why we all work so hard to do what we do.

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

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

So 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 stuff, and we'll be back next with another fantastic guest. Be well. Thank you.