Men and Self-Care

Dave, a lot of people think that this health stuff is just for women. And I do work with a lotta women, granted, but I also have some pretty awesome guys that I work that choose to prioritize self-care and that really value this healthy lifestyle.

So what led you to that place where you thought like, hey, I think this might be important?

Choosing Health in 2019

You know, outside of the fact that it is important, that's probably number one. Yeah, it's weird that men just are too cool to be healthy and do the right thing.

I mean, because I really connected and made a real concerted effort in 2019 when I reached out to you and I said, you know it You know, you get yourself in the direction.

And I'm trending where I am gaining 5-10 pounds a year.

Health as a Gradual Process

You're exercising less and you're working more and getting more stressed out. As life piles up, it's easy to push the health to the side. I used to think it wasn't a switch that would flip, but it is not.

It's a gradual switch opened up. When you realize that there's just more doors and doors opening up along the way. on that path. That way, it's not a yes or no.

I'm not either being healthy or not healthy. For me, non-negotiable is working out. It's something I really enjoy doing. So I work out five days a week, do two days of weekly yoga, and then do some other stuff here and there.

Building a Sustainable Routine

But again, that's just a piece of the whole puzzle for me. You don't have to work to be able to hit your goals. There's a hundred different ways to get to where you want to go.

It's just a matter of finding out what works for you. For example, because I recently upped my fiber. And this doesn't seem like hard work because it just seems like this is, I want feel good.

Okay, this what you did. Like, how is that hard? You know what I mean? But it took me a long time to If I spent a long time beating myself up for not being there, once I got out of that rut, it gets a lot easier.

Small Changes and Confidence

You don't have to set an alarm or set a time or reminder or schedule time to go brush your teeth because you already understand that value. So these little tiny changes that you can start making can lead to a place where it's like brushing your teeth.

It's just something that you do, because you already have all those things lined up. And that sounds like where you are now. Another thing it does is makes you more confident that can do.

Because again, I got up to 230 at one point and I'm like, well I want to weigh 180. I wasn't 180 in two weeks, so this doesn't work. So maybe get to 220 first and then celebrate that and gain your confidence through those small steps that you were talking about.

Because then you can get anywhere.