Fitness at Any Age

Well, years ago you would think people at 40 were pretty much done, not anymore. Now with the new technology, the innovation, the supplements, the training, the styles, it's all about consistency.

So you can improve at any age. In fact, the nutrients are so important. So let's start with the food-based nutrients. Do you take any shakes or protein powders? As a matter of fact, I do. That's a great setup. I have one right here. This is Dr. Talks.

Hey, Christine, I'm so excited. We're going to talk about one of your favorite topics today, fitness. Like working out, fitness? Well, fun fitness. You can work out in the gym, yoga, Pilates. You can even play tennis like you do. You would know as a former state champion and future national champion. Welcome back, Christine. How we doing? I'm doing great, Jim. Good to hear you. I'm so excited to talk about this because fitness has been a big part of my life and yours and I think a lot of people still look at fitness as a punishment. They have to work out in the gym, but not anymore. You can do it anywhere you like. And I know that you've been an athlete your whole life. And we want people to have fitness as a part of their life and make it really fun. Don't you feel like when it's fun, people will do it more? Absolutely.

Making Exercise Fun and Consistent

know it's one of the, movement is a big part of one of the reasons why people have dis-ease or dysfunction in the body. So. The more we can move our bodies, the better off we're gonna be. And you know me, if it's energy is not in motion, we've got a problem.

So how does energy move through the body? Well, that's the cool part about it, right? It's one of our foundations, Dr. Bob's Magnificent Seven is a movement. And they say nowadays, the new smoking is actually sitting, right? People have a very sedentary lifestyle. So we want people to move and have fun, and we want it to be part of their everyday life.

Not something I do for a few weeks to try and lose weight, but really for the mind, body, and soul, right? And I know that's a big part of your program. Absolutely. Well, I know we've got different types of activity. There's aerobic, right? And anaerobic. Yeah, I make it really simple for people. Aerobic is really more of a duration, long-term. It's at a moderate pace, and you're someone walking or jogging, you know? And then you have the anaerobic. is more of the short duration, more intense. would be like a tennis or weightlifting, you know, or you do some kind of machine, some type of resistance training, but you need a combination of both.

Aerobic really means with oxygen as your fuel source, where anaerobic is going to be less of utilizing the oxygen capacity, but more using the ATP or the adjuracine triphosphate, which is the energy you use when you're lifting weights or doing some type of physical activity. And in fact, I really prefer like a cross training where you do both. That's where you're doing the weights, but you're doing it at a higher intensity, faster pace with lower rest. So you are getting the heart rate up. So it all goes down to really heart rate. And there's a little bit of misunderstandings with this because what people think is I'll do aerobics to burn fat. Have you ever heard that before? Yes. And I'll do weights to build the muscle.

In fact, the percentage of fat you'll burn is higher, but the amount of fat you burn, what weights is going to be higher. So I really like a combination of both and really has to be about consistency. The intensity is important, but the consistency and you have to find things you're going to enjoy and stuff you're going to do all the time. So what are some of your workouts or some techniques? What are your fitness activities? Yeah. Well, obviously I'm a big tennis player, so that, that takes up most of my time. Oh, just met me recently?

Aerobic vs. Anaerobic Training

I did play recent. And how'd you do? I did very well. I actually had a killer weekend. I had a match on Saturday and a match on Sunday and smoked both of them. I was playing seven five tennis, which is really fun, that level. And we won six six, what was it? Six two six oh on Saturday and then six two six two on Sunday. So that's pretty handy, especially in hundred degree heat in Florida. Let me tell you. Yeah, I've seen you guys play. It's really cool because it's not only the community, but you can see how fun, it's competitive, exciting. I know you even cheer when you're not playing or you finish your match. And, you know, I think that's one of the cool things you've always shared with me is the camaraderie of, you know, all the girls and guys, because you play mixed and you play female groups. So it's lot of fun, even with me, like I like to go to the gym, but, you know, I've been doing a Pilates where it's in a group environment. So. Again, it's all about consistency and your body doesn't know if you're doing tennis or weights or machines. It only knows stress and you got to make it intense. So if you're walking, walk like you're late for a meeting, right? And if you're on a StairMaster or you're doing weights, you should be breathing a little more heavily. However, you want to train within a zone. It's more important to train in the zone long-term than it is to do something so intense that you're not going to continue to do that. So. with aerobic and anaerobic. Well, I remember I was at my chiropractor because, I believe in the biomechanical adjustment as much as a bioenergetics adjustment, like I do with soul intelligence. And he says to me, goes, so what are you doing for strength training? I go tennis. He goes, no, strength training. I said tennis. So I know you've been really kind about putting together a program for me to follow, you know, to try and actually do some real strength training. And what I was most surprised about. is I didn't need to use really heavy weights. Yeah. So I thought that was really cool. I obviously had a very big misconception. Well, you had a great trainer, right? So, you know, they're part of it. I always encourage people, if you're going to pick up golf or tennis or weight training, get with a professional. They're going to save you a lot of time and money. And nobody's ever quit working out because they've gotten too good a shape. The reason people quit is they're not getting the results. And I always saw people look, especially for your type of goals, right? You're not lifting weights, you're not a weightlifter.

What you do is you're training the muscle. So there's a way to train the muscle versus just lifting the weight. In fact, at my level and with my experience right now and my training is that I use less weight than I used to, but I'm really focused on the contraction of the muscle, doing it in a healthy way, doing it in a safe way. And it's called continuous tension so that you really work in those muscle groups. so that you're not putting too much strain on the joints. I also thought it was fascinating how much muscle is associated with healthy aging or rolling the clock back. Building that muscle is so important. Yeah, and all you do, this research is showing only about 25%, so one out of four. There's four of us here, like in the studio and you.

Strength Training and Muscle Preservation

So only one of us is getting the adequate amount of anaerobic and aerobic. training to meet the guidelines of what they would consider in good shape, right? All right. Well, my money's on you out of the four. Well, this group is a little more advanced, but seriously, if you want to look at one variable of aging, it's how much muscle have you lost and bone. Because in fact, when I was starting out as a trainer, a lot of my clients were, you know, 40 to 60, mostly females that were concerned about osteopenia and osteoporosis.

So I'd set them up on a training program for that. We used to think that you can only gain muscle up until about age 40. They've done research now up to about 90 years of age in the hospital environment with some type of physical activity and the right nutrients. They can show a anabolic effect. Anabolic means muscle producing. So it's never too late. In fact, I know from the limited time you were doing it, you can see the difference, couldn't you, in your arms?

Absolutely. Yeah. cool when you see that, right? Because you're getting results. When you do it right with the right diet, you should get results. It shouldn't take years to do. You know, when you look at overall, we're just talking about this, right? But people really peak somewhere in that 18 to 34-year-old age group. And I was talking to some friends over the week. Well, we're out of luck. We're already over the hill. Oh, A point of the research. But it doesn't mean everybody, right? This is just showing most people will hit that peak, 40 % of people.

We always say we're peaking now. What are you talking about? I said 21 % of people peak in our age group. And I really feel like that I think because you have experienced the consistency of the diet, the training, the sleep, the supplements. That is the number one differentiator. It's not how you do it right away. It's the consistency long term,

doing it over and over and over and over again. When you continue to build up those reps over a period of time. those mileage if you're on a bike or walking or running or tennis matches. That's really when you start to see that you can excel at a much higher level. And there's people that I know in their 60s, 70s, and even some in their 80s that are doing great. I was at the Masters Bodybuilding Competition and Jim Manuel was asking when I thought, I go, Jim, the only group I could win would be 80 and over. 70 year old guys are fantastic. It gives me a breath of fresh air and like, know, years ago you would think, you know, people at 40 were pretty much done, not anymore. Not with the new technology, the innovation, the supplements, the training, the styles. It's all about consistency. So you can improve at any age. And in fact, the nutrients is so important.

So let's start with the food-based nutrients. You take any shakes or protein powders? As a matter of fact, I do. That's a great setup. I have one right here. Which one is that? Well, we're talking about our clean collagen protein, think. So I've got the clean collagen protein in here, along with a little bit of pro-reds actually. was like little, little bit of raspberry chocolate martini. That's my style today. Look, you haven't done protein shakes your whole life like I have. Most people say, oh, the shakes don't taste good. How do these taste to you?

They taste delicious. I think that's a big part of what we do at Nutritional Frontiers, right? We want to make sure that what we put out tastes good and that people will take it, right? If it tastes bad, no one's gonna do it. Yeah, I know you do a lot of energy work with the soul intelligence. Can you explain a little bit about how the energy, the food and the supplements affects the soul? Well, I mean, if you think about your body as like a computer, right?

Aging, Muscle, and Nutrient Support

Garbage in, garbage out. So if you're not feeding your body and giving it what it needs in order to run appropriately or effectively, you're gonna get run down. Right? And so if we just think about how we consume energy or just think about the adrenals, right? The adrenal glands are directly linked to your energy. And if you're hypo, that makes somebody feel tired, like hypo activity, right? A lack of energy, maybe a loss of libido. What that means from an energetic perspective is that you might feel a loss from like a group or family, maybe scared. having this extreme tiredness or lack of vitality or a lack of energy or fatigue, right? Sometimes it's we're emotionally unbalanced and unstable. Like one moment we're okay, the next minute we're not. Just kind of feeling stuck in that fight or flight. The converse of that, right, is hyperactivity, where you're constantly on, right? That's excessive fear of things that haven't happened yet. Sometimes the person is afraid of those things occurring. So, When we're trying to manage our energy and our energy intake, it's not just during fitness, but we do have options for people to take to try and help with managing their energy and their adrenals.

A couple of my favorites happen to be on this slide right here, Pro-Oranges as well as our PowerFuel. And Pro-Oranges is great for mitochondrial function. And I know you're going to talk a lot more about it, but also our PowerFuel is our electrolyte drink, our electrolyte blend.

Both of those things, plus our vanilla super shake is my absolute go-to orange dreamsicle on the tennis court. And I will tell you, I played in hundred degree heat. was a record temperature this weekend in Tampa. I played at like 1030, between 1030 and 1230 on Sunday.

Most people were dying. They were gassed. were, I drank all my water, my one shake, and I felt fine. I couldn't believe it. And thank goodness I didn't have to go a third set, but two sets and I was solid. Yeah. And that's what I love about the new innovation with shakes. You know, the clean collagen protein is actually from a hypoallergenic beef protein. We'll talk about that with a fruit and veggie blend with the oranges, but we don't stop there. We added in sensor real, which is a patented research trademark form of ashwagandha. That is really good for the adrenals and blood sugar. You know, and then we have the brand Shane's, the creatine.

I'm going to talk about these a little more in depth, but Always start with your food-based supplements because food is information. So when you have that first meal of day, I know you always start the day with a shake and so do I. You start the day with a shake. What it does is it tells your body metabolically what to do because food is information. Right, you talk about a computer. So when you give your body the clean collagen with a scoop of oranges, what does it tell the body? Well, it tells the body to raise blood sugar a little bit, which is normal, a little bit of insulin release. And then insulin's gonna drive those nutrients inside the cell. You mentioned the mitochondria,

the blastronas. That's where they all get burned. It's like your fireplace. And what happens now is your energy goes up.

Shake a Day and Clean Collagen Protein

Fat burning goes up. Cravings are eliminated, right? And you don't store any fat. So how do you feel? That feel great. You feel fantastic, right? And if you start your day with high sugar, maybe fruity pebbles, right? or people do these breakfast bars or muffins or donuts or even fruit. You have a big rise in blood sugar, a huge uprise in insulin. Now insulin's gotta do something with all that sugar and what does it do with it? A lot of it gets converted as fat. So you go from higher sugar even to moderate sugar but the fluctuation is so great.

How do you feel? Not great. No, you're woody craving sugar. Bricketein, caffeine, right? You see this at people outside the office buildings. And now you become a fat storage machine. So if you learn one thing today, start every day with a shake. We call it the Shake a Day Club.

We're lifetime members. And what you do is you tell your body metabolically to increase the metabolism in one meal, increase fat burning, increase energy, and eliminate cravings. Who doesn't want that? Sounds like a plan to me. So let's break down the clean collagen protein.

You love the way it tastes, right? Yeah, it's really, it's a light cacao flavor. And a little birdie told me we have another popular flavor coming out really soon called Rocket Pop. Remember those bomb pops as a kid, the red, white, and blue ones? Yeah. Yeah. So we have another flavor in the pipeline that's hopefully should debut later, later this year. So this is like when the bomb pop starts to melt. You kind of get that little juice off there and we made it into a shake. I mean, this is incredible, right? Yeah. To make it fun and easy. It's not a punishment to be in shape. Okay. And if you had setbacks, get right back on the bike and hydro beef, the protein that's in the clean collagen is hypoallergenic. What does that mean, It means that people aren't allergic to it. Yeah. No milk, no lactose, no soy. You don't even have stevia in this one. We don't have any artificial sweeteners. So it digest really nice. It has the MCT oil in it. It has the collagen protein in it. Collagen is great for muscle repair, but also skin and look at your skin. Yep. In general, pretty good stuff. Yeah. I a lot of compliments on my skin actually. So you can use the clean collagen protein as a base for your shake. Then you can customize it and support it with other nutrients. And one of the best things to do is the pro oranges. these are fruit and veggie based powders. We have five different ones. And the orange is really cool for energy, blood sugar, weight, and adrenal function.

So how's the oranges taste to you? I love the oranges. As a matter of fact, I typically blend it with our vanilla super shake because then tastes like an orange. of pops, orange dreamsicle pop. Oh, it was back to the ice cream man in Queens, right? For us. Yeah. So I love this one because you can use it as a hydrating drink because we all suffer from one thing across the board, flavor fatigue. Water gets a little boring. Vanilla shakes get a little boring.

So why not put in things like the pro oranges to help fortify your water? So you can use it as a standalone as a drink, especially in the afternoon. But I always like putting a scoop of protein with it to get the extra protein for. rebuilding my muscle and my tissue. You can also replace your energy drinks. Do you know if you consume energy drinks, you increase your risk of stroke by 500 %? Oh my gosh, and so many people are on those energy drinks.

Some people we know too, I'm not real happy about it. I know. know. The base, the clean collagen, do your shake a day folks. If you do that for 30 days, I guarantee your body will start to change. You will eat less food, you won't crave the bad food, you have high energy, you'll start burning some fat. So Frontier BCAA, branch chain amino acids.

Pro Reds, Creatine, and PowerFuel

Think of protein as an alphabet, and amino acids are the letters. And there's certain letters like the vowels in a school that are a little more important than some of other letters and they're used more frequently. The branch chain amino acids are like the vowels in the body, in the alphabet, right? So you need these because they are required to prevent a catabolic state is where you break down muscle tissue. I'm thinking of it like an overdraft protection for your checking account, right? Keep writing those checks and then we dip in. So if you skip meals, if

you don't ingest enough protein, you can start breaking down muscle tissue. And that's one of the biggest concerns for anybody who's trying to get leaner and better shape. So the branch chains are really cool because The muscle will hold especially about 70 % of the amino acids inside the muscle tissue. And when you take the branch chains, you're doing is you're helping preserve that muscle tissue, you're preventing catabolism, and also you're improving recovery.

So you want to make sure you're eating and drinking for performance, but also afterwards for recovery. oh Those are some of the bases. One of my favorites I've been using again is the Super Creatine. Have you used this before? I have. Super Creatine tastes really good too.

It's got a raspberry flavor to it. So sometimes I'll switch up my drink on the court and I'll use our vanilla Super Shake with the Super Creatine raspberry in it and the raspberry power fuel because our power fuel comes in both orange and raspberry. So sometimes depending, I might switch it up for a little bit more muscle support. Yeah, Nutritional Frontiers, we're known for formulations. There's a lot of creatine products on the market, mostly creatine monohydrate.

I've been working with creatine for over 30 years. Creatine monohydrate actually converts into an acidic body. What we do is we use a PRT called creatine magna power. It's actually bound to magnesium biscolysinate. Why do we do that? to help. Because it's more stable.

There we go. But we didn't stop there. We actually put in a base of glutamine. Glutamine is the number one amino acid in muscle to prevent breakdown. Also really good for the intestinal tract because that's a muscle too. That's why we put in GI complete. So we have that to help preserve the muscle tissue. Creatine provides the extra phosphate molecules. So when you go to ATP, triphosphate, three molecules, and you start doing your workout with your curls, and you start to get tired, that triphosphate's breaking down the diphosphate. So the creatine adds a phosphate molecule back on. So what happens is you go a little bit longer and a little bit stronger. We also use cell volumizers like chromium, alpha-lipoic acid, vanadyl sulfate.

These all drive the nutrients inside the muscle because it's very difficult to get them in there. And we have circulation factors like citrulline, arginine, and bee powder. So this an incredible formulation. It's not just creatine. That's why we call it super creatine. Safe for people because we lose our lower doses. The creatine magna power is 10 times more bioavailable than regular creatine. Well, one of the cool things I learned about using our super creatine too is that we've had a number of chiropractors start to use it with their patients, especially older patients to help them build muscle. Right? Because as you were talking about, as we age, it can sometimes be more challenging and that this is a really great support for that. Yeah.

And the newest thing with creatine, all the new research is on brain health. Right? You live long enough, eventually the brain is going to decline. Maybe in some people, the quicker than the body. It is a muscle. Yes, it is. Number one. So it's in the brain actually is about 30 % of all your energy every day. So when someone says they're tired these days, I usually ask them physically or mentally. and they have to think for a minute, right? So I know the answer, because they're not doing anything physically. So those are all great formulas. We've got the clean collagen protein. We have the oranges. We have the super creatine. We have the branch chains. And now, power fuel. So I'm going to take a step back, because we have the queen of power fuel here. Let's hear your experience with power fuel one more time, playing in 100 degree heat. The hottest day on record in Tampa yesterday. I even kicked butt on the tennis court. Yeah, I mean, it's really interesting because I see what people take on the tennis court. know, people use sometimes those gels that they find and, I found this other little thing and add to my water or whatever. Somebody was doing watered down Gatorade. They were all gassed. Okay. And I'm like, oh, well, I should tell you what I do and I should share with you what I'm drinking. And I told them about power fuel, you know, and how it helps with ATP production and cellular energy production. And Obviously athletic performance and muscle repair. I didn't even feel that bad. Both. I, my tennis partner on Sunday said he totally passed out when he got home. He was exhausted. The other guy I watched go three sets said he had to take a nap and crash. I was like, I'm good. I was like, got cleaned up. had work run house do. was fine. Everyone's like, are you insane? I am telling you the difference is. the supplements. There's no question. Another example, this is five products in one.

You get D-ribose, which is sold by itself. That is a sugar that quickly builds ATP production, has no impact on blood

sugar. We have the electrolyte blend. So there are some good nutrients in Gatorade, but a lot of toxins. So this takes those mineral electrolytes and we have the entire blend in here. We're increasing circulation again with arginine, citrulline.

Final Fitness Advice and Closing

And then we have the cofactor of DMG, dimethylglycine. The thing that's really cool about PowerFuel is it inhibits lactic acid buildup. You ever get really sore muscles? Yeah, but that's what I'm saying. I didn't feel sore afterwards. You wild with this, right? People have fibromyalgia, polymialgia, restless leg syndrome. PowerFuel is the solution to all those things. So we got a great lineup of formulas. You don't have to use them all, but I like doing the shake and then… Adding in like right now I'm doing the SuperCreatine and the Pro Reds with the shake. So let's working out. Let's see the guns. Guns out. uh Well, fitness fun, right? And you know, remember it's all about consistency. If you don't have a professional hire one even short term, you can also pick up a lot of exercises online now and Try and find something that you're gonna really enjoy. It doesn't mean every minute you're going to wanna do it. The other thing is those days I wake up and I feel sore, tired, fat, lazy, whatever it is, I ask myself one question. Will I feel better after my workout? And the answer's always what? Yes. And the price is still the same. The price is pain. Pain of discipline or pain of regret. The choice is yours. All right, well until next time, Jane. Thanks Christine, have a great day. Thank you for tuning into Dr. Talks. We hope today's episode has enlightened and inspired you on your path to optimal health. Each day is a new opportunity to make choices that empower your well-being. For more insights and strategies, subscribe to our podcast and visit our website, www. DrTalks.com. Stay connected, stay healthy, and join us next time on Dr. Talks. Real Talks from Real Doctors on the issues that matter to you most.