The Most Underrated Exercise for Health & Longevity | The Longevity Protocol Ep. 36 Transcript

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Show Introduction

[Music] [Music] Welcome to the Longevity Protocol with Welcome to the Longevity Protocol with Dr. Christina Bosch and Dr. John A. Dr. Christina Bosch and Dr. John A.

Robinson. We'll be your guides to Robinson. We'll be your guides to uncovering the secrets to optimal uncovering the secrets to optimal health, better sex, and happiness. From health, better sex, and happiness. From debunking aging myths to exploring the debunking aging myths to exploring the science behind what it means to live the science behind what it means to live the longevity protocol. We'll dive into a longevity protocol. We'll dive into a wide range of topics.

wide range of topics.

Walking as the Foundation of Exercise

So get ready for an exhilarating journey So get ready for an exhilarating journey in what it means to live well and feel in what it means to live well and feel This is the most underrated exercise to This is the most underrated exercise to have ever existed. But I don't think have ever existed. But I don't think everybody knows what this one is. This everybody knows what this one is. This is different. This is magical. This is is different. This is magical. This is mystical. It's biblical. It's like more mystical. It's biblical. It's like more than what you could ever imagine.

than what you could ever imagine. >> And we're talking about exercise. >> And we're talking about exercise. >> Exercise. People are going to be shocked >> Exercise. People are going to be shocked about what this exercise is because about what this exercise is because they've never heard of it before.

they've never heard of it before. >> Tao. >> Tao. >> Tao. [Applause] [Applause] [Applause] >> It is. What were we watching the sport >> It is. What were we watching the sport of this video? There's the aerial things of this video? There's the aerial things that these women are doing. What else that these women are doing. What else did they do? Aerial. Uh did they do? Aerial. Uh >> they did that jumping class with things >> they did that jumping class with things on their feet.

on their feet. >> Oh, there was one thing where they're >> Oh, there was one thing where they're running around on their hands and their running around on their hands and their feet.

feet. feet. >> No, that was dumb. That was crazy. >> No, that was dumb. That was crazy. >> That was so dumb. They were on their >> That was so dumb. They were on their Yeah. through the forest.

Yeah. through the forest. >> Through the forest on their hands and >> Through the forest on their hands and kind of like it was supposed to be some kind of like it was supposed to be some >> They weren't wearing gloves.

>> They weren't wearing gloves. >> No, it was Anyway, no, it's not any of >> No, it was Anyway, no, it's not any of those things. those things. >> What did the guy say though? Like things >> What did the guy say though? Like things women will do to avoid exercise.

women will do to avoid exercise. >> Yeah. To avoid actual >> Yeah. To avoid actual exercise and sort of commitment. exercise and sort of commitment. >> Yeah, it was really funny. Anyway, so >> Yeah, it was really funny.

Why Walking Matters for Longevity

Anyway, so >> it's walking. >> it's walking. >> Yes, >> Yes, >> Yes, >> it's walking. >> it's walking. >> I think it's my favorite. You know, and >> I think it's my favorite. You know, and I started off by saying, well, then I started off by saying, well, then being obviously facicious just because being obviously facicious just because >> kind of not >> kind of not >> kind of well, I'm I'm being that way >> kind of well, I'm I'm being that way because so many patients come to see us.

because so many patients come to see us. I think people maybe think, what's the I think people maybe think, what's the trick? What's the what's that that trick? What's the what's that that amazing thing? If I just do this type of amazing thing? If I just do this type of exercise, that's what's going to get me exercise, that's what's going to get me to my goals. It's got to be something to my goals. It's got to be something complicated. Patients often think that complicated. Patients often think that their health issues that they're having their health issues that they're having must be complicated and it the solution must be complicated and it the solution the solution. Yeah. Well, it's the the solution. Yeah. Well, it's the process is complicated. The solution process is complicated. The solution therefore has to be complicated in order therefore has to be complicated in order to get them well. And uh when you turn to get them well. And uh when you turn and say, "Well, no, you just need to and say, "Well, no, you just need to drink water or no, you just, you know, drink water or no, you just, you know, need to walk," it's too it's need to walk," it's too it's unfathomable to them.

unfathomable to them. >> Yeah. But I would like to say that I'm >> Yeah. But I would like to say that I'm not sure it's correct to say walking is not sure it's correct to say walking is the thing that gets you to your goals the thing that gets you to your goals because walking by itself I don't think because walking by itself I don't think gets people to their goals. But I do gets people to their goals. But I do think could think could >> Excuse me. I do think that the goal of >> Excuse me. I do think that the goal of longevity, health and wellness, a long longevity, health and wellness, a long well-lived life, walking is the answer.

well-lived life, walking is the answer. >> Yes, because that's something you can >> Yes, because that's something you can do. It's, you know, I had a uh do. It's, you know, I had a uh chiropractor say to me when I was a kid, chiropractor say to me when I was a kid, you know, I would go my teens and just you know, I would go my teens and just been seeing those types of doctors for been seeing those types of doctors for so long. And this chiropractor said, so long. And this chiropractor said, "The body is designed to move." "The body is designed to move." >> And I just always remembered that and >> And I just always remembered that and and everything through my studies and and everything through my studies and understanding, I promise you very much understanding, I promise you very much so. The body is designed to move. And so. The body is designed to move. And even more particularly, the the body is even more particularly, the the body is actually designed to walk. We're this actually designed to walk. We're this whole mechanism of how we move the whole mechanism of how we move the physics of it is actually around the physics of it is actually around the ability to walk obviously and running ability to walk obviously and running and all of that too and we've been we and all of that too and we've been we have this ability to run. Quick segue to have this ability to run.

Health Benefits of Daily Walking

Quick segue to speaking of running and no this is not speaking of running and no this is not about running but they about running but they >> walking is not running.

>> walking is not running. >> No. And we really are promoting walking >> No. And we really are promoting walking uh in general and certainly in this uh in general and certainly in this episode. But um we've been we have this episode. But um we've been we have this ability our bodies have this ability to ability our bodies have this ability to walk and run. They recently did an walk and run. They recently did an analysis on footprints that were found analysis on footprints that were found from tens of thousands of years ago.

from tens of thousands of years ago. Footprints of someone who was running. Footprints of someone who was running. And the speed that they were running was And the speed that they were running was the same speed as Usain Bolt.

the same speed as Usain Bolt. >> As what? >> As what? >> Usain Bolt. Oh my god. What? >> Usain Bolt. Oh my

god. What? >> He's the fastest man that we know has >> He's the fastest man that we know has ever lived.

ever lived. >> You just said that like I don't know who >> You just said that like I don't know who George Washington is. George Washington is. >> I think that he's right up there.

>> I think that he's right up there. >> Okay. >> Okay. >> Okay. >> I mean, when we're talking about, >> I mean, when we're talking about, >> you know, the greatness of humanity.

>> you know, the greatness of humanity. Yeah. Uh the the ability to function. Uh Yeah. Uh the the ability to function. Uh Usain Bolt, Usain Bolt, >> his last name was Bolt.

>> his last name was Bolt. >> Bolt. Isn't that amazing? And he would >> Bolt. Isn't that amazing? And he would he would bolt. he would bolt. >> Great. That is destiny.

>> Great. That is destiny. >> Yeah. >> Yeah. >> Yeah. >> Destiny is all >> Destiny is all >> Yeah. >> Yeah. >> Yeah. >> Can you say the fact again? Because now >> Can you say the fact again? Because now that I know you're actually using that I know you're actually using someone's name, I will listen.

someone's name, I will listen. >> Someone who's real. >> Someone who's real. >> What was >> What was >> that? The fastest man ever recorded to >> that? The fastest man ever recorded to to live that we know of in modern times to live that we know of in modern times >> was this who knows what this Aboriginal >> was this who knows what this Aboriginal type of person that was running out, you type of person that was running out, you know, wherever they found these know, wherever they found these footprints was at this. They were able footprints was at this. They were able to calculate how fast he was moving and to calculate how fast he was moving and he was running at the same speed as the he was running at the same speed as the fastest man alive. So, we've always had fastest man alive. So, we've always had this ability and it's sort of built into this ability and it's sort of built into us.

us. us. >> I see. >> I see. >> Um, that even at that level, you know. >> Um, that even at that level, you know. >> Well, you remember that movie The Gods >> Well, you remember that movie The Gods Must Be Crazy?

Must Be Crazy? >> Yes. Yeah. >> Yes. Yeah. >> That was great. And it's about that, you >> That was great. And it's about that, you know, about the the African know, about the the African African. Yeah, I'm pretty sure. Yes. Uh, African. Yeah, I'm pretty sure. Yes. Uh, he's walking the home. He's traveling.

he's walking the home. He's traveling. He's a travel. He's a traveling man. He's a travel. He's a traveling man. Anyway, I saw it a long time ago when I Anyway, I saw it a long time ago when I was little. was probably from like the was little. was probably from like the early ' 80s, but it was really funny and early ' 80s, but it was really funny and it was about that, you know, like man it was about that, you know, like man walking.

walking. walking. >> Yeah, >> Yeah, >> Yeah, >> we're designed to walk. We always have >> we're designed to walk. We always have been. So, yes, been. So, yes, >> I feel like that was a really good >> I feel like that was a really good contribution on my part, that whole contribution on my part, that whole story, story, story, >> about that movie. Yeah, I got to go back >> about that movie. Yeah, I got to go back and watch that so I can understand what and watch that so I can understand what your contribution was about. But either your contribution was about. But either way, it is about moving. It is about the way, it is about moving. It is about the underrated nature of just simply underrated nature of just simply walking.

walking. walking. >> I love walking. I feel like I can walk >> I love walking. I feel like I can walk for hours. I really do. Especially if for hours. I really do. Especially if there's stores to look at. I don't mean there's stores to look at. I don't mean like I really don't I don't even mean like I really don't I don't even mean that you need to go in and out of the that you need to go in and out of the stores. I just mean like, you know, stores. I just mean like, you know, window shopping.

window shopping. >> Well, we were hiking the other day and I >> Well, we were hiking the other day and I actually

mentioned that. I said to you, actually mentioned that. I said to you, >> I I've never done a marathon. I've done >> I I've never done a marathon. I've done 5ks and 10ks and these kind of things, 5ks and 10ks and these kind of things, but I've never actually completed but I've never actually completed non-stop movement for what is that 26 non-stop movement for what is that 26 miles uh for a marathon. And I said, miles uh for a marathon. And I said, "What if "What if >> you said what it was like about 13 hours >> you said what it was like about 13 hours if you were walking?" if you were walking?" >> Yeah. So, what if we just walked it at, >> Yeah. So, what if we just walked it at, you know, a three and a half, maybe you know, a three and a half, maybe even, you know, four mile an hour is a even, you know, four mile an hour is a really good clip. Um, but what if you really good clip. Um, but what if you were to do that? How long would it take?

were to do that? How long would it take? Let's just say, well, I'm not going to Let's just say, well, I'm not going to run the marathon. I'm just going to walk run the marathon. I'm just going to walk it to say I kept moving non-stop during it to say I kept moving non-stop during that whole process.

that whole process. >> Totally do that. >> Totally do that. >> Yeah, it would be that's that's about a >> Yeah, it would be that's that's about a half of a full day. I It's a, you know, half of a full day. I It's a, you know, long it's hours to do.

long it's hours to do. >> You know, walking is such a restorative >> You know, walking is such a restorative exercise, but and we'll talk about that, exercise, but and we'll talk about that, right? We talk a little bit about Yeah.

right? We talk a little bit about Yeah. all the health benefits. Obviously, all the health benefits. Obviously, >> that's what the episodes are about. But >> that's what the episodes are about. But I do just want to make a point of saying I do just want to make a point of saying just because it is considered such a just because it is considered such a gentle low impact exercise does not mean gentle low impact exercise does not mean that you don't get wear and tear because that you don't get wear and tear because um if you have a funny anatomy like in um if you have a funny anatomy like in in my case with my rotated knee, in my case with my rotated knee, whatever, uh I notice how when I walk a whatever, uh I notice how when I walk a lot, the pain that starts at the foot lot, the pain that starts at the foot affects the knee, the knee affects the affects the knee, the knee affects the low back, that kind of a thing. So even low back, that kind of a thing. So even though it's a low impact, very though it's a low impact, very restorative exercise, you do still want restorative exercise, you do still want to make sure that you're keeping up with to make sure that you're keeping up with your body work.

your body work. >> Absolutely. It doesn't automatically >> Absolutely. It doesn't automatically mean it's going to be super easy to do. mean it's going to be super easy to do.

But that's kind of almost the point here But that's kind of almost the point here that whether easy just because if you that whether easy just because if you have mechanical issues or just it's just have mechanical issues or just it's just not necessarily not necessarily >> everyone can do it.

>> everyone can do it. >> Yeah. And it doesn't ha exercise does >> Yeah. And it doesn't ha exercise does not have to be profound. exercise not have to be profound. exercise doesn't have to be with a personal doesn't have to be with a personal trainer, even though we massively trainer, even though we massively promote that um and and and practice promote that um and and and practice that um but it doesn't have to be um to that um but it doesn't have to be um to just start. And I think that's really just start. And I think that's really important because we see a lot of important because we see a lot of patients that are very very undertrained patients that are very very undertrained um and they have fear and sort of doubts um and they have fear and sort of doubts about exercise anyway. So, we're very about exercise anyway. So, we're very often promoting just simply walk, often promoting just simply walk, >> right? and that that can begin that >> right? and that that can begin that process very profoundly for them in process very profoundly for them in their in their health goals and their their in their health goals and their weight loss goals.

weight loss goals. >> Yeah. It's one of my biggest critiques I >> Yeah. It's one of my biggest critiques I would say of um most suburban societies would say of um most suburban societies is that we lose walking. Even children is that we lose walking. Even children don't walk. Kids will do sports. But don't walk. Kids will do sports. But then when you

ask them to walk around then when you ask them to walk around the block, they're like, "Oh, how much the block, they're like, "Oh, how much longer? I'm so tire." You know, longer? I'm so tire." You know, obviously there was a time when people obviously there was a time when people walked everywhere. It's it's it's how walked everywhere. It's it's it's how they got around. But we shouldn't ever they got around. But we shouldn't ever lose walking. That inability to have lose walking. That inability to have independence of mobility is very bad for independence of mobility is very bad for aging. I mean, it really rapidly ages a aging. I mean, it really rapidly ages a person and it starts to age them in part person and it starts to age them in part because they lose a sense of because they lose a sense of independence.

independence. independence. >> Yeah, that's that that the the number >> Yeah, that's that that the the number one marker of of aging is that is your one marker of of aging is that is your now your inability to have independent now your inability to have independent movement and the actually one of the movement and the actually one of the best biomarkers. We always talk about best biomarkers. We always talk about muscle in general. Um, but if you get a muscle in general. Um, but if you get a little bit more specific about having little bit more specific about having muscle to be able to know how long muscle to be able to know how long you're going to live, it's specifically you're going to live, it's specifically your legs. And because if your legs have your legs.

Balance, Bone Health, and Aging

And because if your legs have muscle and you've maintained that, muscle and you've maintained that, therefore, you have mobility. If you therefore, you have mobility. If you have mobility, that's improving lifespan have mobility, that's improving lifespan because now you can you're not isolated.

because now you can you're not isolated. You're able to get around. So, yes, you You're able to get around. So, yes, you know, keep your body in shape enough.

know, keep your body in shape enough. Back to what you were saying about Back to what you were saying about mechanical. if there are those mechanical. if there are those mechanical issues address that to where mechanical issues address that to where you can just walk and walk efficiently you can just walk and walk efficiently >> and it is one of the reasons why older >> and it is one of the reasons why older people in cities age better. Um they're people in cities age better. Um they're constantly moving. They walk everywhere.

constantly moving. They walk everywhere. So you've mentioned the blue zones So you've mentioned the blue zones before and I would say even in cities before and I would say even in cities cities that aren't blue zones the the cities that aren't blue zones the the you see the elderly walking. And you see you see the elderly walking. And you see them like you know how in Spain we see them like you know how in Spain we see the cute old man with his little hat and the cute old man with his little hat and he has a cane and it's a it's a a hilly he has a cane and it's a it's a a hilly quite hilly city and quite hilly city and >> he's not bolting. He's not Mr. Bolt.

>> he's not bolting. He's not Mr. Bolt. He's taking his time but he's got his He's taking his time but he's got his groceries in one hand. groceries in one hand.

>> Usain Bolt >> Usain Bolt >> Usain and his >> Usain and his you know Kane in the other as his m he you know Kane in the other as his m he makes his way up the hill and he's makes his way up the hill and he's probably like a million years old. Here probably like a million years old. Here we have like you know the 70 yearear-old we have like you know the 70 yearear-old that's all beat because they didn't that's all beat because they didn't move. And what you were saying about move. And what you were saying about legs there's a strong correlation when legs there's a strong correlation when we think of men. I think women are very we think of men. I think women are very common walkers. Women will say we walk common walkers. Women will say we walk walk my girlfriend. Okay. But I don't walk my girlfriend. Okay. But I don't hear that as much with men and it's hear that as much with men and it's important because there is a correlation important because there is a correlation between calf atrophy between calf atrophy >> and clot formation.

>> and clot formation. >> So now now what is what is the >> So now now what is what is the correlation? It seems to be correlation? It seems to be multiffactorial. You can infer that if multiffactorial. You can infer that if you are

having atrophy in your calf, you are having atrophy in your calf, then you have an increased propensity to then you have an increased propensity to form clots.

form clots. >> Yes. >> Yes. >> Yes. As soon as you said that, I know there's As soon as you said that, I know there's another stat. It uh wasn't I telling you another stat. It uh wasn't I telling you this the other day? It was something to this the other day? It was something to do with calf size in relationship to do with calf size in relationship to longevity and maybe obviously what longevity and maybe obviously what you're saying about clot formation.

you're saying about clot formation. Anyway, uh leg power having that ability Anyway, uh leg power having that ability is super important for longevity. So the is super important for longevity. So the the basic health benefits obviously of the basic health benefits obviously of walking that we could say is is walking that we could say is is generically related to exercise.

generically related to exercise. Cardiovascular health obviously it's Cardiovascular health obviously it's going to burn calories in general. Um going to burn calories in general. Um you know getting those steps in that you know getting those steps in that concept of steps is is burning calories.

concept of steps is is burning calories. It's helping with your your joints. It's helping with your your joints. You're keeping things lubricated. Again, You're keeping things lubricated. Again, a lot of times with joints, it it's not a lot of times with joints, it it's not always just about overuse. It's about always just about overuse. It's about underuse of those joints to keep the underuse of those joints to keep the fluid moving through it, keep blood flow fluid moving through it, keep blood flow through it.

through it. >> Minimizes injury. >> Minimizes injury. >> It minimizes injury and it just helps >> It minimizes injury and it just helps with the health of the joint.

with the health of the joint. >> So, yeah, I mean, obviously studies with >> So, yeah, I mean, obviously studies with longevity are just absolutely related um longevity are just absolutely related um to to to walking with that. Again, back to blue walking with that. Again, back to blue zones, the good old blue zones. um zones, the good old blue zones. um walking certainly where they live longer walking certainly where they live longer if walking is part of daily life. What if walking is part of daily life. What you were just saying also you were you were just saying also you were talking about the hills. They'd even talking about the hills. They'd even gotten a little bit more specific with gotten a little bit more specific with the blue zones and if there was I forget the blue zones and if there was I forget exactly what the number was but like a exactly what the number was but like a number of hills and the degree of number of hills and the degree of incline actually then was correlated incline actually then was correlated with their longevity as well. So, and of with their longevity as well. So, and of course, if you're able to walk, then course, if you're able to walk, then you're also uh maintaining balance. And you're also uh maintaining balance. And one of the other things we know is one of the other things we know is related to rapid aging will be someone, related to rapid aging will be someone, you can take someone who's really you can take someone who's really healthy. They're they're in their 80s healthy. They're they're in their 80s and they're super healthy, but they have and they're super healthy, but they have a fall because of loss of balance and a fall because of loss of balance and then they have very rapid decline.

then they have very rapid decline. >> Yeah. You know, it can be loss of >> Yeah. You know, it can be loss of balance with the fall. Here's another balance with the fall. Here's another thing just just another tidbit for thing just just another tidbit for everyone to understand and because we everyone to understand and because we talk about you know bone health and talk about you know bone health and osteoporosis and osteopenia osteoporosis and osteopenia uh so much. What they're actually uh so much. What they're actually finding out is that it wasn't the fall finding out is that it wasn't the fall that created the hip breaking. It was that created the hip breaking. It was that it literally broke and then they that it literally broke and then they fell. That was bizarre to me. is so what fell. That was bizarre to me. is so what a horrible thought a horrible thought >> is because they they have such a >> is because they they have such a advanced degree of osteoporosis advanced degree of osteoporosis at that point that they're literally at that point that they're literally just standing there just standing there >> and it snaps and then they fall. They >> and it snaps and then they fall. They move just a certain way it breaks and move just a certain way it

breaks and then they fall and then maybe from the then they fall and then maybe from the fall there's additional damage.

fall there's additional damage. >> But it isn't necessarily like oh I >> But it isn't necessarily like oh I slipped my balance. But yes, balance of slipped my balance.

Mental Health and Recovery Walking

But yes, balance of course it doesn't mean that that still course it doesn't mean that that still wouldn't be a possibility. Of course it wouldn't be a possibility. Of course it is. But know that that's to for some is. But know that that's to for some people that's how bad it can be.

people that's how bad it can be. >> Um so walking obviously helps with your >> Um so walking obviously helps with your bone having a certain uh degree of bone having a certain uh degree of pressure of your weight on top of that pressure of your weight on top of that and that's where hills and these kind of and that's where hills and these kind of things come into play.

things come into play. >> But we're just at this point just >> But we're just at this point just talking about moving and getting outside talking about moving and getting outside and starting to walk.

and starting to walk. >> It's going to help with how you feel >> It's going to help with how you feel mentally and emotionally. mentally and emotionally.

>> This is huge. >> This is huge. >> Yeah. I think, you know, that's um and >> Yeah. I think, you know, that's um and this is something that I've done for this is something that I've done for years. Um so I I I mean I like to lift years. Um so I I I mean I like to lift weights, so that's something that I do.

weights, so that's something that I do. But I've learned that recovery walking But I've learned that recovery walking is so important because it's lowering is so important because it's lowering cortisol. It's lowering that stress cortisol. It's lowering that stress hormone, cortisol, and it's an adaptive hormone, cortisol, and it's an adaptive recovery. It's an active adaptive recovery. It's an active adaptive recovery. That's what it would do. So if recovery. That's what it would do. So if anybody's out there that's let's say anybody's out there that's let's say lifting weights or they're doing any lifting weights or they're doing any other kind of sport that's very u other kind of sport that's very u strenuous let's say you get an adaptive strenuous let's say you get an adaptive you know recovery from just walking.

you know recovery from just walking. >> So um I I do that and it's also just >> So um I I do that and it's also just it's just great for just maintaining uh it's just great for just maintaining uh weight as well. And before you move on, weight as well. And before you move on, mental emotional, I think that walking mental emotional, I think that walking is a form of stillness, which of course is a form of stillness, which of course sounds contradictory, but it's it's an sounds contradictory, but it's it's an activity that we do that's almost like activity that we do that's almost like active meditation. A lot of times when a active meditation. A lot of times when a person is walking, they are really able person is walking, they are really able to get into a parasympathetic state.

to get into a parasympathetic state. They're slowing down the sense of go, They're slowing down the sense of go, fight or flight, constant stress. And I fight or flight, constant stress. And I noticed that when people walk, they noticed that when people walk, they either do it with the company of someone either do it with the company of someone they enjoy, so they're chatting or they enjoy, so they're chatting or they're listening to a podcast or music they're listening to a podcast or music that they enjoy. Um, so this is where that they enjoy. Um, so this is where you're getting that added mental and you're getting that added mental and emotional repair. And the other thing emotional repair. And the other thing is, and these are also wellstudied, is, and these are also wellstudied, effects of walking in different places.

effects of walking in different places. So, we had that incredible full moon the So, we had that incredible full moon the other night and I posted that there are other night and I posted that there are countless amount of data points related countless amount of data points related to the benefits of walking under the to the benefits of walking under

the moonlight.

moonlight. moonlight. >> How specifically under the moonlight is >> How specifically under the moonlight is very relaxing to cortisol under the very relaxing to cortisol under the moonlight is very regulating to women moonlight is very regulating to women and their menstrual cycle and PMS and their menstrual cycle and PMS symptoms. Then you get other benefits if symptoms. Then you get other benefits if you're walking by the ocean because you're walking by the ocean because you're getting those the negative ions.

you're getting those the negative ions. Um if if you're walking at sunrise, like Um if if you're walking at sunrise, like it's more than just a physical activity.

it's more than just a physical activity. You're actually experiencing this is You're actually experiencing this is walking outside. Obviously, walking on walking outside. Obviously, walking on the treadmill is good, but I really am the treadmill is good, but I really am advocating for being outside. You're advocating for being outside. You're getting this like multiffactorial getting this like multiffactorial punch of greatness.

punch of greatness. >> Yes. And you know, back to the social >> Yes. And you know, back to the social concept, I think, you know, it's great concept, I think, you know, it's great with the kids and it's great with family with the kids and it's great with family and, you know, it it's underrated. We and, you know, it it's underrated. We don't we don't we don't do it.

don't we don't we don't do it.

Walking in Daily Life and Social Settings

>> It's so underrated. After dinner with >> It's so underrated. After dinner with your kids, this is when they will tell your kids, this is when they will tell you all the things that they don't say you all the things that they don't say during the day.

during the day. >> It's amazing how talkative they get >> It's amazing how talkative they get >> when you're out an afterd walk. I mean a >> when you're out an afterd walk. I mean a lot of things that we see from older lot of things that we see from older times or or even antiquity this idea of times or or even antiquity this idea of strolling the uh prominade right this strolling the uh prominade right this this was a very important act for human this was a very important act for human society society society >> sure you stroll out and about yeah it's >> sure you stroll out and about yeah it's very social when you said there after very social when you said there after walking after dinner a 10-minute walk walking after dinner a 10-minute walk will completely regulate blood sugar it will completely regulate blood sugar it just it that's as little as that you've just it that's as little as that you've just had a meal blood sugar is going to just had a meal blood sugar is going to go up you will be able to regulate blood go up you will be able to regulate blood sugar back in a mere 10 minutes.

sugar back in a mere 10 minutes. >> And we did that episode just just >> And we did that episode just just recently about sleep and walking recently about sleep and walking >> uh before bedtime is is really good.

>> uh before bedtime is is really good. >> Not to be confused with sleepwalking. >> Not to be confused with sleepwalking. >> Not >> Not >> Not walk before sleep, walk before sleep, >> right?

>> right? >> right? >> Although I wonder if sleepwalking has >> Although I wonder if sleepwalking has its own its own >> Well, you know what that probably means?

>> Well, you know what that probably means? If someone's sleepwalking, it's because If someone's sleepwalking, it's because they have all this sort of uh pent up, they have all this sort of uh pent up, you know, energy. And we were saying how you know, energy. And we were saying how important it was to walk in order to important it was to walk in order to help with your sleep. Yeah, that's help with your sleep. Yeah, that's funny.

funny. funny. >> Or to to exercise to make sure your >> Or to to exercise to make sure your exercise gets some of

that uh extra exercise gets some of that uh extra staticky kind of energy out of your staticky kind of energy out of your system.

system. system. >> And it, you know, kids and dogs sleep >> And it, you know, kids and dogs sleep better if you take them for a walk after better if you take them for a walk after dinner.

dinner. dinner. >> Mhm. >> Mhm. >> Mhm. >> Walking the kids out there with a with a >> Walking the kids out there with a with a leash. leash. leash. >> Yeah.

>> Yeah. >> Yeah. >> Um so yeah, so I I think the social >> Um so yeah, so I I think the social thing is uh thing is uh really amazing. It's anybody can do it really amazing. It's anybody can do it with walking. Again, another reason why with walking. Again, another reason why we're usually mentioning this to we're usually mentioning this to patients because we're trying to say no, patients because we're trying to say no, do something that you know you're going do something that you know you're going to generally be able to succeed at to generally be able to succeed at because it's it's an accessible uh form because it's it's an accessible uh form of exercise. Everybody knows how to do of exercise. Everybody knows how to do it, it, it, >> right?

>> right? >> right? >> Um so, >> Um so, >> and here's the thing about walking. If >> and here's the thing about walking. If you're already an active exerciser you're already an active exerciser person, person, person, >> whatever, you know what I'm saying?

>> whatever, you know what I'm saying? um and you do high intensity or hit or um and you do high intensity or hit or weights or usually what you're missing weights or usually what you're missing is that recovery workout like you talked is that recovery workout like you talked about.

about. about. >> If you're a person who doesn't exercise >> If you're a person who doesn't exercise at all, then the first thing I would at all, then the first thing I would recommend is walking. Just start moving recommend is walking. Just start moving your body. It's not even about the fat your body. It's not even about the fat loss or the muscle building. No, it's loss or the muscle building. No, it's about the habit formation. The first about the habit formation. The first thing you're doing is getting your brain thing you're doing is getting your brain and your body remembering that you're a and your body remembering that you're a person who moves is one of the best ways person who moves is one of the best ways to start a fitness program.

to start a fitness program. >> And again, that accessibility, it's easy >> And again, that accessibility, it's easy to start. Uh you don't have to to start. Uh you don't have to complicate it. Health does not always complicate it. Health does not always have to be complicated. Most of the have to be complicated. Most of the time, time, time, >> health isn't complicated. It's when you >> health isn't complicated. It's when you don't practice health that it becomes don't practice health that it becomes complicated.

complicated. complicated. >> Yeah. You know, again, there's there's >> Yeah. You know, again, there's there's certain not to minimize certain disease certain not to minimize certain disease processes and all of that. There are processes and all of that. There are sort of complications with that and and sort of complications with that and and >> of course, but that's not what we're >> of course, but that's not what we're talking about. What we're talking about talking about. What we're talking about is lifestyle. What we're talking about is lifestyle. What we're talking about are choices that are within our control are choices that are within our control that decrease our quality of health and that decrease our quality of health and wellness.

wellness. wellness. >> So, how many steps do you need a day? >> So, how many steps do you need a day? >> Okay. You want me to say 10,000? >> Okay. You want me to say 10,000?

>> Yeah. Everyone says 10,000. get my >> Yeah. Everyone says 10,000. get my 10,000 step my 10,000 steps. And that 10,000 step my 10,000 steps. And that that's an arbitrary number. Um it was that's an arbitrary number. Um it was arbitrary when it was first sort of arbitrary when it was first sort of touted.

touted. touted. >> Wow, that's great. Uh great marketing. >> Wow, that's great. Uh great marketing. >> Yeah, that's

essentially what it was. Um >> Yeah, that's essentially what it was. Um so, but which is still fine uh in the so, but which is still fine uh in the sense that I think 10,000 steps usually sense that I think 10,000 steps usually is about I think it's about three miles is about I think it's about three miles on average.

on average. >> Yeah. I mean, obviously it depends on >> Yeah. I mean, obviously it depends on the size of your legs. Um but it's a the size of your legs. Um but it's a good number. And good number. And >> so it's like three miles for me and >> so it's like three miles for me and about one mile for you.

about one mile for you. Yeah, basically. Yeah. You know, it's Yeah, basically. Yeah.

Weighted Vests and Loaded Walking

You know, it's funny because I think about that when funny because I think about that when we're hiking and the baby's doing the we're hiking and the baby's doing the hike with us and I'm like taking so much hike with us and I'm like taking so much more exhausted cuz that is a lot more more exhausted cuz that is a lot more work for her work for her >> and she does. She gets exhausted. Um I >> and she does. She gets exhausted. Um I think 10,000 miles is great. The idea think 10,000 miles is great. The idea that that that >> miles >> miles >> miles >> 10,000 steps. The idea that two to three >> 10,000 steps. The idea that two to three miles is not our everyday life is miles is not our everyday life is bananas.

bananas. bananas. >> Yeah. >> Yeah. >> Yeah. >> I mean that's crazy. So growing up in >> I mean that's crazy. So growing up in our the town that I grew up in in New our the town that I grew up in in New Jersey was like most of the towns Jersey was like most of the towns actually it was a series of small towns.

actually it was a series of small towns. They were all about one square mile. They were all about one square mile. >> Mhm. >> Mhm. >> Mhm. >> Definitely my town was one square mile.

>> Definitely my town was one square mile. And we would walk up and down that And we would walk up and down that uh community, that neighborhood all the uh community, that neighborhood all the time. All the time. Like you know your time. All the time. Like you know your parents would send you for milk or God parents would send you for milk or God knows we don't do that now, but go get knows we don't do that now, but go get milk, go deposit money at the bank, milk, go deposit money at the bank, whatever. go to the library, meet up whatever. go to the library, meet up with your friends. You were always every with your friends. You were always every day walking up and that walking home day walking up and that walking home from school. Even when I was in college, from school. Even when I was in college, we would walk all the time. That's not we would walk all the time. That's not our life here.

our life here. >> Well, now here in uh in Scottsdale, >> Well, now here in uh in Scottsdale, Arizona, I mean, it's a little bit hot. Arizona, I mean, it's a little bit hot.

>> It's not a walking community. It's not a >> It's not a walking community. It's not a walking community, walking community, >> right? Even when it is beautiful, as >> right? Even when it is beautiful, as it's starting to become now, um it's not it's starting to become now, um it's not sort of designed that way. It's a very sort of designed that way. It's a very spread out, sprawled out type of town.

spread out, sprawled out type of town. So, it makes that, you know, the the So, it makes that, you know, the the local corner local corner >> um store is is not as common here >> um store is is not as common here depending on on the situation.

depending on on the situation. >> Well, I guess that's the point, right? >> Well, I guess that's the point, right? What I'm describing is that people are What I'm describing is that people are walking to a destination or for a walking to a destination or for a purpose, right? What you see in our town purpose, right? What you see in our town >> is going to be in our community, right?

>> is going to be in our community, right? Uh Uh Uh >> I guess that's what you would call them. >> I guess that's

what you would call them. The neighborhoods within North The neighborhoods within North Scottsdale, you see a lot of walking, Scottsdale, you see a lot of walking, but clearly everyone's exercising.

but clearly everyone's exercising. >> Yeah, it's for exercise. They're not >> Yeah, it's for exercise. They're not they're not just out for a walk. They're they're not just out for a walk. They're exercising.

exercising. exercising. >> I was telling you about that comedian >> I was telling you about that comedian that I think is so funny. He's got that that I think is so funny. He's got that dead pan delivery with a really blue dead pan delivery with a really blue eyes. And he says, I hope this helps.

eyes. And he says, I hope this helps. I'm sure some of our listeners out there I'm sure some of our listeners out there will know. I'll try to find it for the will know. I'll try to find it for the Substack. Anyway, he said, "If you live Substack. Anyway, he said, "If you live in a neighborhood where you see women in a neighborhood where you see women walking around with weighted vest, then walking around with weighted vest, then congratulations, right? You live in a congratulations, right? You live in a safe neighborhood." I laugh so hard safe neighborhood." I laugh so hard because after I saw that that same day, because after I saw that that same day, I sure saw some woman walking with I sure saw some woman walking with her with her weighted vest.

her with her weighted vest. >> With her weighted vest and you bought me >> With her weighted vest and you bought me a weighted vest. a weighted vest. >> Yeah, but I did it years ago and I I've >> Yeah, but I did it years ago and I I've been using weighted vest for a very long been using weighted vest for a very long time.

time. time. >> I'm always ahead of the >> I'm always ahead of the >> the trends. Thanks to me. >> the trends. Thanks to me. >> Well, thanks to you for that anyway.

>> Well, thanks to you for that anyway. >> Yeah, since you said weighted vest, that >> Yeah, since you said weighted vest, that was definitely something that we wanted was definitely something that we wanted to talk about.

to talk about. >> Yeah, because there's pros and cons. >> Yeah, because there's pros and cons. >> Um I I think >> Um I I think >> there's pros and cons. Well, what do you >> there's pros and cons. Well, what do you think a con would be?

think a con would be? >> I think the con is that if people aren't >> I think the con is that if people aren't mindful of their posture and their mindful of their posture and their weight is getting too heavy, course weight is getting too heavy, course there really are problems like in there really are problems like in there's increased injury. There's that there's increased injury. There's that back pain problem. There's back pain problem. There's >> um so really it's not just about >> um so really it's not just about >> the purpose of the weighted vest if >> the purpose of the weighted vest if you're walking is to be able to walk you're walking is to be able to walk well with some added resistance.

well with some added resistance. >> Not weight liifting, >> Not weight liifting, >> right? If you are using it for weight >> right? If you are using it for weight list lifting, list lifting, you're missing the point of the walking you're missing the point of the walking as exercise because this isn't a a as exercise because this isn't a a farmer walk, right? Farmer carry.

farmer walk, right? Farmer carry. >> Yeah. >> Yeah. >> Yeah. >> Okay. So, that's what I'm >> Okay. So, that's what I'm distinguishing. distinguishing.

distinguishing. >> No, it's like putting a backpack on. >> No, it's like putting a backpack on. It's the concept of having some kind of It's the concept of having some kind of load that we always historically would load that we always historically would have had, right?

have had, right? >> Um and we're carrying a load and and >> Um and we're carrying a load and and that's it. that's it. >> And carrying car or carrying your baby >> And carrying car or carrying your baby or when I would push the stroller, the or when I would push the stroller, the double stroller.

double stroller. >> Yeah. That thing must have been It was >> Yeah. That thing must have been It was like pushing a sled. I was like like like pushing a sled. I was like like like mush like like mush like >> And you always wanted to push it.

>> And you always wanted to push it. >> Mush like what you say to the dogs, not >> Mush like what you say to the dogs, not that my body was mush. that my body was mush.

>> Yeah. Yeah, I did. I wanted to push. It >> Yeah. Yeah, I did. I wanted to push. It was great resistance and I like to, you was great resistance and I like to, you know, I don't know some crazy.

know, I don't know some crazy. >> So yeah, back to the Yes. So there the >> So yeah, back to the Yes. So there the con would be back to full circle what we con would be back to full circle what we first started saying. You know, even first started saying. You know, even though we are talking about something as though we are talking about something as simple as walking, um you still have to simple as walking, um you still have to make sure that there's a structural make sure that there's a structural integrity going on and address those integrity going on and address those things as needed. So, if you have those things as needed. So, if you have those kind of issues, maybe weighted wouldn't kind of issues, maybe weighted wouldn't be. The reason I thought uh why what con be. The reason I thought uh why what con would there be? I wasn't thinking about would there be? I wasn't thinking about it right away because I'm thinking about it right away because I'm thinking about these weighted vests that I tend to see these weighted vests that I tend to see that a lot of women are using. And I that a lot of women are using. And I think even the one that I got you think even the one that I got you initially, it wasn't very heavy. No, initially, it wasn't very heavy. No, that's great.

that's great. >> I think it was, you know, some of these >> I think it was, you know, some of these things are only like two or three things are only like two or three pounds. It's a very, very small amount.

pounds. It's a very, very small amount. With that said, it's still adding a With that said, it's still adding a little bit of um added uh resistance little bit of um added uh resistance that that can help with your overall that that can help with your overall effort. So, I think it's I think those effort. So, I think it's I think those are wonderful. My weighted vests are 20 are wonderful. My weighted vests are 20 pounds. I'm using plates. I mean, it's pounds. I'm using plates. I mean, it's it's a it's a different kind of process, it's a it's a different kind of process, but even that is still recovery for me but even that is still recovery for me uh when I when I'm using it. And I and I uh when I when I'm using it. And I and I will use it that way. Yeah. I'll put a will use it that way. Yeah. I'll put a weighted vest on couple of times around weighted vest on couple of times around the block um after a workout or even the block um after a workout or even independently. And that is an amazing independently. And that is an amazing form of exercise and a recovery form of form of exercise and a recovery form of exercise.

exercise. exercise. >> Right. And I do think that the best >> Right. And I do think that the best weighted vests are the ones where the weighted vests are the ones where the weight is distributed throughout the weight is distributed throughout the vest.

vest. vest.

Step Goals and Practical Walking Habits

>> Yeah, I've got the the I've had >> Yeah, I've got the the I've had different forms. The the newer one that different forms. The the newer one that I have is far more ergonomic and you I have is far more ergonomic and you should seek out things that are should seek out things that are ergonomic. The smaller ones that are ergonomic. The smaller ones that are sort of strapping up underneath the sort of strapping up underneath the armpits uh that you'll see again a lot armpits uh that you'll see again a lot of women are using those are pretty of women are using those are pretty ergonomic distributed really well.

ergonomic distributed really well. >> Right. The distribution is what's I >> Right. The distribution is what's I think really important there. And that think really important there. And that will help prevent the injury will help prevent the injury >> very much so. I mean, yeah, depending on >> very much so. I mean, yeah, depending on where the

person has injury. Um, but where the person has injury. Um, but yes, I think weighted uh it's it's yes, I think weighted uh it's it's building endurance. It's it's it's building endurance. It's it's it's burning fat. I mean, weighted weighted burning fat. I mean, weighted weighted carries in general, you were saying carries in general, you were saying something before about farmer carries is something before about farmer carries is actually carrying uh in your hands actually carrying uh in your hands almost like a suitcase type of carry.

almost like a suitcase type of carry. Those things just burn fat. But regular Those things just burn fat. But regular walking like this is is is a fat burner.

walking like this is is is a fat burner. And if you're going to use the walking And if you're going to use the walking like the farmer carry, there are sub like the farmer carry, there are sub longevity markers for that as well, longevity markers for that as well, right? You're supposed to be able to right? You're supposed to be able to what is it? Carry your own weight in what is it? Carry your own weight in your hands for a minute or something.

your hands for a minute or something. What's the What's the >> we're talking Okay, so now >> we're talking Okay, so now >> I know this is different, but still >> I know this is different, but still >> a little different and but and also I'm >> a little different and but and also I'm saying what these numbers and I'm ready saying what these numbers and I'm ready to say are elite numbers. Um, and people to say are elite numbers. Um, and people don't have to get up to this point uh don't have to get up to this point uh right away certainly, but it is right away certainly, but it is something to strive for.

something to strive for. >> Well, it's a goal. >> Well, it's a goal. >> It's a goal. Um, so for men, uh, it is >> It's a goal. Um, so for men, uh, it is essentially carrying your body weight in essentially carrying your body weight in your hands. So, um, I'm 205 pounds, so your hands. So, um, I'm 205 pounds, so it's essentially just putting a 100 it's essentially just putting a 100 pound uh, dumbbell in each hand. Um, so pound uh, dumbbell in each hand. Um, so a man should be able to ultimately do a man should be able to ultimately do that. someone over 40. I mean, I'm 53, that. someone over 40. I mean, I'm 53, so I kind of I'll hold myself to younger so I kind of I'll hold myself to younger standards the best I can.

standards the best I can. >> Yeah, babe. >> Yeah, babe. >> Yeah. You know, I'm going to >> Yeah. You know, I'm going to >> got to reverse that clock a little bit >> got to reverse that clock a little bit >> when I can when I can. Anyway, yes, it's >> when I can when I can. Anyway, yes, it's that for women, uh, it's it's half.

that for women, uh, it's it's half. >> Oh, >> Oh, >> Oh, >> I'm Yeah, if I'm remembering, it's it's >> I'm Yeah, if I'm remembering, it's it's half half half >> cuz I definitely nowhere near being able >> cuz I definitely nowhere near being able to dumbbell my weight.

to dumbbell my weight. >> No, but what I'll also do sometimes even >> No, but what I'll also do sometimes even that depending on where I'm at in a that depending on where I'm at in a training cycle, sometimes even that's training cycle, sometimes even that's kind of heavy for me. So, I'll put the kind of heavy for me. So, I'll put the weighted vest on and then I'll do the weighted vest on and then I'll do the weighted carries as well.

weighted carries as well. >> Yeah, that's a very good point. Um, >> Yeah, that's a very good point. Um, again, I know this isn't the regular again, I know this isn't the regular walking we were talking about, but this walking we were talking about, but this is a very good point because I do think is a very good point because I do think for women, grip strength is one of the for women, grip strength is one of the limiting factors. So, I find that if I'm limiting factors. So, I find that if I'm wearing my weighted vest and then wearing my weighted vest and then carrying dumbbells um that allow me to carrying dumbbells um that allow me to get the time in. So, what I think is a get the time in. So, what I think is a very good approach is instead of going very good approach is instead of going heavier for less time that the person heavier for less time that the person should focus on going for longer time.

should focus on going for longer time. Let the grip strength, let the arms Let the grip strength, let the arms catch up. catch up. >> Oh, that's what I didn't say that you're >> Oh, that's what I didn't say that you're supposed to be able to do that for a supposed to be able to do that for a minute minute minute >> for women.

>> for women. >> Yeah. Or men or, you know, men. It was a >> Yeah. Or men or, you know, men. It was a larger amount for men. It was still the larger amount for men. It was still the goal was 60 seconds.

goal was 60 seconds. >> But for women, you said half your >> But for women, you said half your weight, weight, weight, >> half the weight for 60 seconds. So I I >> half the weight for 60 seconds. So I I mean look, I think that's a great for mean look, I think that's a great for everybody out there right now. Just everybody out there right now. Just write that down as an easy thing you can write that down as an easy thing you can say. Okay, what is something I want to say. Okay, what is something I want to add to my list of improvement that add to my list of improvement that you're going to work your way if you're going to work your way if appropriate for your status of health appropriate for your status of health towards this goal. What an incredible towards this goal. What an incredible sense of accomplishment.

sense of accomplishment. >> Very much so. But we have uh complicated >> Very much so. But we have uh complicated a little bit. Everything is good goals.

a little bit. Everything is good goals. But let's bring it back to really the But let's bring it back to really the premise of this episode, which is just premise of this episode, which is just walking and that we don't have to there.

walking and that we don't have to there. Maybe we were complicating it a little Maybe we were complicating it a little bit, but it isn't because it was still bit, but it isn't because it was still in and around the concept of walking and in and around the concept of walking and know that you could even make walking a know that you could even make walking a little bit more challenging. But little bit more challenging. But ultimately, we'll bring it back to just ultimately, we'll bring it back to just good oldfashioned walking.

good oldfashioned walking. >> How far does the average person walk in >> How far does the average person walk in 30 minutes 30 minutes >> in 30 minutes? Well, if they're if >> in 30 minutes? Well, if they're if they're they're they're >> See, I can ask you this and you actually >> See, I can ask you this and you actually answer. If you ask me that, I'd be like, answer. If you ask me that, I'd be like, I don't freaking know.

I don't freaking know. >> I don't know. If you say four miles an >> I don't know. If you say four miles an hour, hour, hour, >> okay, well, great. >> okay, well, great.

>> And then after that, two two miles. >> And then after that, two two miles. >> Okay. So that's your 10,000 steps. >> Okay. So that's your 10,000 steps.

>> Yeah. You're kind of >> Yeah. You're kind of >> So because I I >> So because I I >> Well, four miles an hour is a really >> Well, four miles an hour is a really good clip. I'd say probably three miles good clip. I'd say probably three miles an hour is more average for people when an hour is more average for people when they're walking. A decent clip. They're they're walking. A decent clip. They're not trying to go too far.

not trying to go too far. >> So still that's one and a half miles. >> So still that's one and a half miles. >> Um so 7500 steps, something like that. >> Um so 7500 steps, something like that.

Okay. So 7,500 steps plus what you walk Okay. So 7,500 steps plus what you walk in just moving from here to there. And in just moving from here to there. And some people move quite a bit. I mean I some people move quite a bit. I mean I don't sit down. So I think 30 minutes a don't sit down. So I think 30 minutes a day of walking day of walking is beautiful but I would suggest that is beautiful but I would suggest that people are doing it four to five times a people are doing it four to five times a week. If four to five four two five week. If four to five four two five times a week you can do about 30 minutes times a week you can do about 30 minutes of walking that is a huge drop in the of walking that is a huge drop in the bucket of um healthy habits for bucket of um healthy habits for longevity.

longevity. longevity. >> Yes. Uh fully agree. It it doesn't have >> Yes. Uh fully agree. It it doesn't have to be largely anymore complicated, but to be largely anymore complicated, but you know, and and it's we've talked you know, and and it's we've talked before about lifestyle and incorporating before about lifestyle and incorporating these

things. It should just be these things. It should just be something you're always thinking about.

something you're always thinking about. I mean, uh and I do this all the time. I mean, uh and I do this all the time. Uh I'll take steps uh take the stairs Uh I'll take steps uh take the stairs when I can.

when I can. >> Park further, little things like that. >> Park further, little things like that. >> I make sure I mean I do this for a >> I make sure I mean I do this for a couple reasons. I I always walk my couple reasons. I I always walk my patients up. I do that. one because patients up. I do that. one because that's the polite thing to do, but also that's the polite thing to do, but also just, you know, I'm sitting a lot of just, you know, I'm sitting a lot of times, so I just I stand up. I'm moving times, so I just I stand up. I'm moving around. Whenever I have the around. Whenever I have the >> the ability to walk or move, I take >> the ability to walk or move, I take that. We very often I'm not one of those that. We very often I'm not one of those people that's going to try to hunt for people that's going to try to hunt for the best possible the best possible >> uh parking spot. I'm too uh you know, I >> uh parking spot. I'm too uh you know, I just want to park. But it's better to just want to park. But it's better to park a little further park a little further >> and then that way you you have purpose >> and then that way you you have purpose to walk to wherever you're going. Those to walk to wherever you're going.

Myths About Walking and Exercise

Those are your your are your your um health hacks. Those little changes in um health hacks. Those little changes in daily practice really have cumulative daily practice really have cumulative benefit. Be okay parking a little benefit. Be okay parking a little further. Take the stairs. Carry your further. Take the stairs. Carry your groceries instead of five. What is the groceries instead of five. What is the man who carries the 12 bags of groceries man who carries the 12 bags of groceries in at one time?

in at one time? >> I am a one trip man. >> I am a one trip man. >> Okay. Don't be >> Okay. Don't be >> How many How many can I get in my hand? >> How many How many can I get in my hand?

I I that is it's a goal. Why else would I I that is it's a goal. Why else would you work out if it wasn't for the you work out if it wasn't for the purpose of making sure that you can put purpose of making sure that you can put 15 bags in your hands and do one trip 15 bags in your hands and do one trip >> is to give me piggybacks >> is to give me piggybacks >> and still be able to close the trunk.

>> and still be able to close the trunk. >> Yeah, that is that I have to say you're >> Yeah, that is that I have to say you're right. That is that's the clincher right right. That is that's the clincher right there. No, I would say it's a great there. No, I would say it's a great habit to take less grocery bags and go habit to take less grocery bags and go back and forth and back and forth. You back and forth and back and forth. You know, these are the little things that know, these are the little things that have cumulative benefit in your life.

have cumulative benefit in your life. And if you have mini marts nearby, if And if you have mini marts nearby, if you have if you live in a little bit you have if you live in a little bit more of an urban setting, then take more of an urban setting, then take advantage of walking to the store, advantage of walking to the store, walking to run your errands instead of walking to run your errands instead of driving there.

driving there. >> Yeah. And make it enjoyable, too. I >> Yeah. And make it enjoyable, too. I mean, I love um podcasts. I mean, that mean, I love um podcasts. I mean, that there's a great time. I do that all the there's a great time. I do that all the time.

time. time. >> Listen to us while you walk. >> Listen to us while you walk. >> There you go. >> There you go. >> You got a double whammy. >> You got a double whammy.

>> There you go. And by the time they're >> There you go. And by the time they're done, they'll be enlightened and all done, they'll be enlightened and all kinds of things will have happened. Um kinds of things will have happened. Um Yeah. Yeah. And I think, you know, now Yeah. Yeah. And I think, you know, now with all of these wearables that people with all of these wearables that people have, they're have, they're >> Wait, what?

>> Wait, what? >> Wearables? You know, uh >> Wearables? You know, uh >> I understood werewolves. >> I understood werewolves. >> Not werewolves. I really >> Not werewolves. I really >> That might be something you're listening >> That might be something you're listening to on a podcast. Maybe you're interested to on a podcast. Maybe you're interested in werewolves in werewolves >> or an audio book.

>> or an audio book. >> A romance of werewolves in an audio >> A romance of werewolves in an audio book. That sounds good. book. That sounds good. >> Does it? That is definitely not. I would >> Does it? That is definitely not. I would be be be >> focusing on on learning sometime.

>> focusing on on learning sometime. >> Yeah. It would be like the history of >> Yeah. It would be like the history of legends of legends of >> werewolves >> werewolves >> werewolves >> in Romania.

>> in Romania. >> No, I wouldn't do that either. Um >> No, I wouldn't do that either. Um anyway, yes, but make it fun. Make it anyway, yes, but make it fun. Make it fun. Make it something you're going to, fun. Make it something you're going to, you know, and you know, combine things you know, and you know, combine things here. Let me I'll I'll give another hack here. Let me I'll I'll give another hack of something that I've done.

of something that I've done. >> Probably one of the best things that I >> Probably one of the best things that I have done have done >> is getting a treadmill. That's a walking >> is getting a treadmill. That's a walking treadmill and with a standing desk.

treadmill and with a standing desk. >> Yeah. >> Yeah. >> Yeah. >> And it's funny. I don't I I never use >> And it's funny. I don't I I never use that and we have that in my office at that and we have that in my office at home.

home. home. >> I never use the standing desk just to >> I never use the standing desk just to stand there, but I have the treadmill stand there, but I have the treadmill sitting there and that's now what the sitting there and that's now what the second one cuz I burnt out the first second one cuz I burnt out the first one. I used it so much.

one. I used it so much. >> Um so >> Um so >> I mean you walk a lot on that machine. >> I mean you walk a lot on that machine. It's so great. It's so great.

>> I get up in the morning. I can do an >> I get up in the morning. I can do an hour and a half walk and and that's hour and a half walk and and that's really slow. I'll do I don't know it's really slow. I'll do I don't know it's like two miles an hour two and a half like two miles an hour two and a half miles an hour. It's really slow to allow miles an hour. It's really slow to allow me to sit or stand in front of my uh me to sit or stand in front of my uh laptop and check my emails, get things laptop and check my emails, get things going. I drink my coffee which um I going. I drink my coffee which um I wanted to say too. So that's one thing I wanted to say too. So that's one thing I highly recommend a a treadmill, small highly recommend a a treadmill, small little treadmill doesn't even have little treadmill doesn't even have handles on it and a standing desk. I handles on it and a standing desk. I agree with that. But it made me think agree with that. But it made me think about something you had said earlier about something you had said earlier based on what I just said there.

based on what I just said there. This is a when you're walking you you This is a when you're walking you you are burning fat and not burning muscle. are burning fat and not burning muscle.

I think that's important to emphasize I think that's important to emphasize because that's why it's a fat burning because that's why it's a fat burning exercise because if higher intensity exercise because if higher intensity um I'm not saying higher intensity um I'm not saying higher intensity doesn't start to burn fat but you can doesn't start to burn fat but you can also be burning muscle right so you can also be burning muscle right so you can a lot of times people want to exercise a lot of times people want to exercise in a fasted state. You can exercise in a in a fasted state. You can exercise in a fasted state when you're walking because fasted state when you're walking because if you're walking it's a lower if you're walking it's a lower intensity. I'm not digging into muscle intensity. I'm not digging into muscle reserves in order to do that. And so reserves in order to do that. And so I'll sit there in a fasted again I keep I'll sit there in a fasted again I keep saying sit. I'm standing there on the saying sit. I'm standing there on the treadmill drinking my coffee in a fasted treadmill drinking my coffee in a fasted state. Maybe I've had some creatine.

state. Maybe I've had some creatine. Sometimes I'll have just a little bit of Sometimes I'll have just a little bit of protein powder to kind of break that um protein powder to kind of break that um to have some level of amino acids. But to have some level of amino acids. But ultimately, even just coffee with a ultimately, even just coffee with a little bit of creatine, um you're not little bit of creatine, um you're not going to be digging into muscle, but going to be digging into muscle, but you'll be burning a little bit of fat if you'll be burning a little bit of fat if you've kept that intensity down with you've kept that intensity down with just simply walking.

just simply walking. >> That's such a good point. The idea of >> That's such a good point. The idea of doing other forms of exercise fast that doing other forms of exercise fast that are, let's say, weight resistance are, let's say, weight resistance exercise, I always tell the patient, I'm exercise, I always tell the patient, I'm like, like, like, >> "God, you know, you really burn through >> "God, you know, you really burn through that that muscle energy storage well that that muscle energy storage well before you go into that fat energy before you go into that fat energy storage." So, weight resistant exercises storage." So, weight resistant exercises are not a good idea. fasted, but are not a good idea.

Muscle, Creatine, and Longevity

fasted, but definitely those early morning walks definitely those early morning walks before you've eaten anything. before you've eaten anything. >> What a You take your thyroid, go for a >> What a You take your thyroid, go for a walk, you haven't eaten anything, and walk, you haven't eaten anything, and then you come home and you're ready to then you come home and you're ready to tackle the day. I think that's a very tackle the day. I think that's a very important point.

important point. >> Yeah, that was a a good piece of advice >> Yeah, that was a a good piece of advice for all the thyroid hormone patients out for all the thyroid hormone patients out there that have to take their thyroid on there that have to take their thyroid on an empty stomach. Um, that's that's a an empty stomach. Um, that's that's a great uh way to do it. Yeah. So, what great uh way to do it. Yeah. So, what else? Um, we've talked about the else? Um, we've talked about the weighted vest walking that I really weighted vest walking that I really wanted to uh make sure we talked about.

wanted to uh make sure we talked about. You know, here's some um just general You know, here's some um just general myths here and we can kind of get close myths here and we can kind of get close to closing. Um that people say that to closing. Um that people say that walking isn't real exercise. I think walking isn't real exercise. I think that we've proven correct that that is that we've proven correct that that is not true. Um that it isn't enough that not true. Um that it isn't enough that you know that it doesn't have to be you know that it doesn't have to be complicated. I and I would go so far as complicated. I and I would go so far as to say that it should be a required part to say that it should be a required part of anyone's fitness.

of anyone's fitness. >> Walking. >> Walking. >> Walking. >> Oh, walking. Oh, it's part of their >> Oh, walking. Oh, it's part of their overall fitness uh regimen because it is overall fitness uh regimen because it is it is it is >> keeping that um again it's restorative.

>> keeping that um again it's restorative. >> It's restorative. It's lowering >> It's restorative. It's lowering cortisol. It's recovery adapt. It's fat cortisol. It's recovery adapt. It's fat burning.

burning. burning. >> Yes. Very much fat burning. >> Yes. Very much fat burning. >> Oh, and it's um impact for the bones but >> Oh, and it's um impact for the bones but gentle impact for the bones. Yes. So, gentle impact for the bones. Yes. So, it's bone building without strain.

it's bone building without strain. >> Yeah. Without uh you know damaging >> Yeah. Without uh you know damaging joints. joints. joints. >> Um another myth is yeah that you need >> Um another myth is yeah that you need you need to with exercise you have to you need to with exercise you have to sweat for it to count. Again I think sweat for it to count. Again I think we've kind of gone over a lot of we've kind of gone over a lot of examples showing that that isn't true.

examples showing that that isn't true. If you're doing moderate to light If you're doing moderate to light walking you're not sweating. You're not walking you're not sweating. You're not dripping sweat. You might start to dripping sweat. You might start to persspire to some degree but you're not persspire to some degree but you're not going to like sweat. And it it, you going to like sweat. And it it, you know, people say, "Well, if I didn't know, people say, "Well, if I didn't sweat, if I didn't go to the gym and sweat, if I didn't go to the gym and sweat in a certain way, then it wasn't sweat in a certain way, then it wasn't worth it or I'm not going to call that worth it or I'm not going to call that exercise." It's just not at all true.

exercise." It's just not at all true. >> And you know, we already talked about >> And you know, we already talked about this, but that 10,000 step is, you know, this, but that 10,000 step is, you know, if you're doing 5,000 and you were doing if you're doing 5,000 and you were doing zero, now you're doing 5,000, right?

zero, now you're doing 5,000, right? You're working in the right direction. You're working in the right direction. So 10,000 doesn't have to be that. Uh, So 10,000 doesn't have to be that. Uh, again, quite again, quite >> no, but if you're already doing 10,000 >> no, but if you're already doing 10,000 and it's all you do, then that's a and it's all you do, then that's a different discussion. Again, I I we different discussion. Again, I I we started the episode by saying, I started the episode by saying, I don't think walking is going to be the thing think walking is going to be the thing that gets you to I have those patients that gets you to I have those patients that come in and they're 10, you know, that come in and they're 10, you know, let's say 10 pounds of fat, fatter than let's say 10 pounds of fat, fatter than they want to be. Um, they don't they're they want to be. Um, they don't they're five pounds of muscle lower than they five pounds of muscle lower than they want to be. And I'm not going to say want to be. And I'm not going to say walk, that's what's going to get you walk, that's what's going to get you there. No, that's not correct. they're there. No, that's not correct. they're already actively exercising. I will say already actively exercising. I will say walk to complement for restoration. It walk to complement for restoration. It will help with some of the fat burning will help with some of the fat burning like we talked about if you're doing it like we talked about if you're doing it in a fasting state. But I want I want us in a fasting state. But I want I want us to have a very realistic understanding to have a very realistic understanding of what walking is. Walking is your of what walking is. Walking is your starting point and it should be part of starting point and it should be part of everybody's healthy life.

everybody's healthy life. >> Yeah. We wanted to, I think, with this >> Yeah. We wanted to, I think, with this episode to demystify episode to demystify the concerns about starting exercise um the concerns about starting exercise um and that walking is a great way to segue and that walking is a great way to segue into beginning exercise and then of into beginning exercise and then of course we went over all of the health course we went over all of the health benefits of that. With all of that said, benefits of that. With all of that said, uh it we do know that muscle is key uh uh it we do know that muscle is key uh to longevity. And we do know uh that and to longevity. And we do know uh that and right now we're just in this wonderful I right now we're just in this wonderful I don't know if I want to call it a don't know if I want to call it a renaissance or an awareness of muscle renaissance or an awareness of muscle particularly for women and protein for particularly for women and protein for women. Protein and muscle for menopausal women. Protein and muscle for menopausal women and everyone's talking about it women and everyone's talking about it again things you and I have been talking again things you and I have been talking about now for years and years and years.

about now for years and years and years. um there is this, you know, change with um there is this, you know, change with it. And now I have patients coming in it. And now I have patients coming in and talking about it. They're they're and talking about it. They're they're asking me about creatine. The creatine's asking me about creatine. The creatine's been around since the 90s. I've been been around since the 90s. I've been taking it since the 90s. Been suggesting taking it since the 90s. Been suggesting it for years. Um and now everyone's it for years. Um and now everyone's talking about it. So great. Okay. It's talking about it. So great. Okay. It's >> they're still talking about it in like >> they're still talking about it in like this gummy has one gram.

this gummy has one gram. >> Well, that's a different story. If we're >> Well, that's a different story. If we're talking about creatine, we want to make talking about creatine, we want to make sure that that's at least five grams for sure that that's at least five grams for your muscle. But if we're talking about your muscle. But if we're talking about brain health, that's tend to up. They're brain health, that's tend to up. They're doing studies now with women upwards of doing studies now with women upwards of 30 grams a day getting extra brain 30 grams a day getting

extra brain benefit with creatine. But definitely benefit with creatine. But definitely for muscle creatine is just it's so for muscle creatine is just it's so easy. It's so well researched easy. It's so well researched >> and I think we'll be talking about that >> and I think we'll be talking about that uh in another episode in the near uh in another episode in the near future.

future. future. >> So yes, you get to a certain point with >> So yes, you get to a certain point with depends on the patient. It's always depends on the patient. It's always depends on the human sitting in front of depends on the human sitting in front of us and what advice we're going to us and what advice we're going to provide of course provide of course >> but at the barest minimum walking but >> but at the barest minimum walking but then from there we're going to encourage then from there we're going to encourage weightbearing exercise. We want people weightbearing exercise. We want people to lift weights um in in a healthy to lift weights um in in a healthy appropriate way. That's what's going to appropriate way. That's what's going to help with their overall help with their overall >> weightbearing walking exercises are very >> weightbearing walking exercises are very correlated to longevity.

correlated to longevity. >> Very much so. >> Very much so. >> Very much so. >> Very much so. >> Great. >> Great. >> Great. >> Well, so there it is. Get out there and >> Well, so there it is. Get out there and just start walking. Get out there and just start walking. Get out there and just start moving. I think that's the just start moving. I think that's the overall summary of what we were talking overall summary of what we were talking about here today.

about here today. >> Perfect. >> Perfect. >> Perfect. >> Are you liking what you're hearing? Do >> Are you liking what you're hearing? Do you want to hear more?

you want to hear more? >> Are you loving this great content? And >> Are you loving this great content? And do you want to ask us a question? Please do you want to ask us a question? Please like, subscribe, and comment.

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