The Under-Eating Trap: Stalling Fat Loss and Fitness for Women Transcript

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Introduction and Guest Background

Today we're going to talk about Today we're going to talk about something that most people get something that most people get completely wrong and it's actually completely wrong and it's actually costing them muscle energy and the costing them muscle energy and the results that they're actually working so results that they're actually working so hard for. Today I'm excited about my hard for. Today I'm excited about my guest Zach Rana and I'm your host Dr.

guest Zach Rana and I'm your host Dr. Kulpaar if you haven't been here before. Kulpaar if you haven't been here before. But Zach is a biochemist by training and But Zach is a biochemist by training and also a competitive bodybuilder. And he also a competitive bodybuilder. And he is the founder of Gladiator Strength, is the founder of Gladiator Strength, which is a coaching program that's built which is a coaching program that's built for people who live on planes. People for people who live on planes. People who are never in the same city for more who are never in the same city for more than a night or two in a row. So than a night or two in a row. So obviously those people have very busy obviously those people have very busy lifestyles and have a hard time lifestyles and have a hard time maintaining fitness while they travel.

maintaining fitness while they travel. Zach has traveled over to over 20 Zach has traveled over to over 20 countries and has kept his body fat countries and has kept his body fat between 12 and 15% with no meal prep, no between 12 and 15% with no meal prep, no willpower, and you know, just found out willpower, and you know, just found out that, you know, his life really didn't that, you know, his life really didn't start that way, but he had a moment start that way, but he had a moment where things really changed. He had where things really changed. He had actually gained a lot of weight during a actually gained a lot of weight during a brutal stretch where he was working 60 brutal stretch where he was working 60 to 80hour work weeks, and that's when he to 80hour work weeks, and that's when he decided his life had to change. Now, I decided his life had to change. Now, I will say that my body fat is probably will say that my body fat is probably better than Zach's. No, it isn't. I better than Zach's. No, it isn't.

The Wake-Up Call and Health Decline

I mean, honestly, keeping your body fat mean, honestly, keeping your body fat between 12 and 15% while you have a busy between 12 and 15% while you have a busy life is very, very hard to do. So, it's life is very, very hard to do. So, it's going to be great to get this insider going to be great to get this insider secrets on how he does it. So, let's secrets on how he does it. So, let's welcome Zach Rana.

welcome Zach Rana. >> Hey, Zach. >> Hey, Zach. >> I'm doing great. Thank you. >> I'm doing great. Thank you. >> Yes. Well, it's so great to have you >> Yes. Well, it's so great to have you here. I'm so excited to talk to you here. I'm so excited to talk to you because you have had quite the journey.

because you have had quite the journey. You were fit. You were doing all the You were fit. You were doing all the right things and then it sounds like all right things and then it sounds like all of a sudden work got crazy and very of a sudden work got crazy and very busy. You were traveling a lot and this busy. You were traveling a lot and this happens to a lot of people. So tell me, happens to a lot of people. So tell me, [clears throat] [clears throat] [clears throat] you know, how that felt for you being you know, how that felt for you being fit all your life and then all of a fit all your life and then all of a sudden looking in the mirror and just sudden looking in the mirror and just going, "This isn't me." going, "This isn't me." >> Yeah. Yeah. I remember it was uh >> Yeah. Yeah. I remember it was uh December 2019. I remember this vividly December 2019. I remember this vividly um because it was a Thursday night at um because it was a Thursday night at the end of a long week of work and I ate the end of a long week of work and I ate an entire Domino's pizza by myself and an entire Domino's pizza by myself and was trying to just get my mind off of was trying to just get my mind off of all the stress from the week. And I all the stress from the week. And I remember um my friend was showing me remember um my friend was showing me this picture when we were out uh the this picture when we were out uh the previous night. He was like, "Hey, look previous night. He

was like, "Hey, look at this photo I got of us." And I saw my at this photo I got of us." And I saw my face and I saw a double chin the first face and I saw a double chin the first time in my life. And I remember seeing time in my life. And I remember seeing that and it literally I did a double that and it literally I did a double take and I was like, "Oh my god." And take and I was like, "Oh my god." And then I went to the bathroom. I was then I went to the bathroom. I was taking a shower before bed and I saw taking a shower before bed and I saw myself in the mirror and my stomach was myself in the mirror and my stomach was sticking out of my shirt again. First sticking out of my shirt again. First time I had ever noticed that. And I time I had ever noticed that. And I think for me that was like the wakeup think for me that was like the wakeup call where I was like, "Wait a minute.

call where I was like, "Wait a minute. the identity that I have is not in the identity that I have is not in alignment with who I am right now. And alignment with who I am right now. And that's where I really experienced what I that's where I really experienced what I what I tell all of our clients is like what I tell all of our clients is like when we experience that cognitive when we experience that cognitive dissonance, dissonance, dissonance, that's really what can drive us into the that's really what can drive us into the action. When we're like, wait a minute, action. When we're like, wait a minute, this is how I want to be and this is how this is how I want to be and this is how I actually am. The bigger that gap is, I actually am. The bigger that gap is, the more pain I experienced. And yeah, the more pain I experienced. And yeah, that's kind of where my whole journey that's kind of where my whole journey started cuz I was like, I identify as a started cuz I was like, I identify as a fit healthy person. and I don't know fit healthy person. and I don't know what's happened.

what's happened. >> Well, you know, you bring up such a >> Well, you know, you bring up such a great point because a lot of us don't great point because a lot of us don't realize it. You know, it's been realize it. You know, it's been happening in front of you and you don't happening in front of you and you don't even realize it. You almost have to make even realize it. You almost have to make a conscious effort to see that it's a conscious effort to see that it's happening or you could get busy and get happening or you could get busy and get sidetracked and all of a sudden it's a sidetracked and all of a sudden it's a surprise.

surprise. surprise. >> Yeah. >> Yeah. >> Yeah. >> So, yeah, it's tough. And pictures do >> So, yeah, it's tough. And pictures do not lie. One of the things that I love not lie. One of the things that I love about being in front of the camera a lot about being in front of the camera a lot is that I always get to see what's going is that I always get to see what's going on. [laughter] Very on. [laughter] Very true.

true. true. >> Keeps me real because I got to show up >> Keeps me real because I got to show up in front of the camera. [laughter] in front of the camera. [laughter] [clears throat] [clears throat] [clears throat] >> So then was there a specific moment that >> So then was there a specific moment that you felt that I just can't keep living you felt that I just can't keep living like this? You know what? You know, I like this? You know what? You know, I got to do something. What really was got to do something. What really was going on behind the scenes when you were going on behind the scenes when you were making these decisions to change your making these decisions to change your life for in a positive way?

life for in a positive way? Yeah, I love that question because it's Yeah, I love that question because it's so fascinating. Like now I've gone down so fascinating. Like now I've gone down a rabbit hole of just studying behavior a rabbit hole of just studying behavior change and like what gets us to really change and like what gets us to really tick. And when I look back on my own tick. And when I look back on my own journey, at first it was really like a journey, at first it was really like a gradual process. Like I didn't realize gradual process. Like I didn't realize that I was becoming unhealthy and I that I was becoming unhealthy and I didn't realize how much of a toll it was didn't realize how much of a toll it was taking on my body. Um I just sort of it taking on my body. Um I just sort of it just sort of became my new normal. Like just sort of became my new normal. Like I just would wake up every day exhausted I just would wake up every day exhausted no matter how much I slept. And at that no matter how much I slept. And at that point I just thought that was normal, point I just thought that was normal, right? And like and I remember just right? And like and I remember just feeling like more sluggish, more tired feeling like more sluggish, more tired doing actions, just like getting myself doing actions, just like getting myself to have the momentum to actually do an to have the momentum to actually do an action was becoming increasingly harder.

action was becoming increasingly harder. And because it happened gradually, it And because it happened

gradually, it wasn't like like it kind of like it it wasn't like like it kind of like it it it almost like snowballed. Like it just it almost like snowballed. Like it just got bigger and bigger and bigger until got bigger and bigger and bigger until all of a sudden I was like, "Oh my gosh, all of a sudden I was like, "Oh my gosh, this sucks. I hate living like this." this sucks. I hate living like this." And for me that moment was um was kind And for me that moment was um was kind of an addition of like I was getting of an addition of like I was getting sick constantly um at least once a sick constantly um at least once a month. I think that was a big red flag month. I think that was a big red flag for me. I was getting sick once a month.

for me. I was getting sick once a month. My immune system was just tanked. My My immune system was just tanked. My cortisol was now I know. I didn't know cortisol was now I know. I didn't know at the time, but back now I know my at the time, but back now I know my cortisol was through the roof and I was cortisol was through the roof and I was sleeping poorly. Both of those things sleeping poorly. Both of those things drastically impact our immune system and drastically impact our immune system and my nutrition was terrible. So those my nutrition was terrible. So those three things, my immune system was three things, my immune system was garbage. Um and then the second part was garbage. Um and then the second part was the chronic exhaustion and fatigue. It the chronic exhaustion and fatigue. It just got so bad to the point where it just got so bad to the point where it started to impact my work. It started to started to impact my work. It started to impact how I showed up. It was impacting impact how I showed up.

Why Health Drives Confidence and Success

It was impacting my self-confidence. Um and that was for my self-confidence. Um and that was for me where I was like, "Okay, enough is me where I was like, "Okay, enough is enough. I know that for the goals that I enough. I know that for the goals that I have for myself, I want to be a leader.

have for myself, I want to be a leader. I want to make a lot of money. I want to I want to make a lot of money. I want to have a big impact on the world. None of have a big impact on the world. None of those things are going to happen with those things are going to happen with the way that I'm living my life right the way that I'm living my life right now.

now. now. >> And you have so many important things >> And you have so many important things packed into a few of those sentences. packed into a few of those sentences.

Number one, that chronic exhaustion. Number one, that chronic exhaustion. That's where it starts is my opinion. That's where it starts is my opinion. Because when people work 60 to 80our Because when people work 60 to 80our weeks, they just get so focused on their weeks, they just get so focused on their work and they they ignore everything work and they they ignore everything else. So the chronic exhaustion usually else. So the chronic exhaustion usually leads to obviously poor sleep. The leads to obviously poor sleep. The cortisol is high. Then you make poor cortisol is high. Then you make poor decisions when it comes to eating. You decisions when it comes to eating. You cannot fathom eating properly, working cannot fathom eating properly, working out. I mean, I know when I don't sleep out. I mean, I know when I don't sleep right for a little while, everything right for a little while, everything goes crazy. So my first goal in those goes crazy. So my first goal in those moments is to start sleeping correctly, moments is to start sleeping correctly, figure out what's behind that problem, figure out what's behind that problem, and then fix the rest. The second thing and then fix the rest. The second thing you said was about the self-confidence.

you said was about the self-confidence. Do you know how much time people spend Do you know how much time people spend thinking in the background in their thinking in the background in their subconscious when they don't like how subconscious when they don't like how they look and how they feel? It's a lot they look and how they feel? It's a lot of time. And one thing I find out with of time. And one thing I find out with my work because I'm I'm all about my work because I'm I'm all about vitality, wealth, and impact. If you're vitality, wealth, and impact. If you're stuck in that loop in your brain, I stuck in that loop in your brain, I don't care how much you want to make don't care how much you want to make money and be wealthy, you won't ever get money and be wealthy, you won't ever get there because your mind is stuck in a there because your mind is stuck in a loop of I don't like the way I look in loop of I don't like the way I look in this. I don't like the way I feel. And this. I don't like the way I feel. And then you

definitely cannot create then you definitely cannot create impact. So everything you're saying impact. So everything you're saying rings true with even the work I do rings true with even the work I do because once you got to feeling good, because once you got to feeling good, looking good, feeling like yourself looking good, feeling like yourself again, well then you could work on again, well then you could work on money, businesses, creating the impact money, businesses, creating the impact you want. So it's perfect explanation.

you want. So it's perfect explanation. >> Yeah, I agree with that so much. And one >> Yeah, I agree with that so much. And one of my fundamental beliefs is that health of my fundamental beliefs is that health and fitness correlates over to every and fitness correlates over to every other aspect of our lives. Like what I other aspect of our lives. Like what I mean by that is in terms of professional mean by that is in terms of professional success, I used to think that I needed success, I used to think that I needed to just work super hard and prioritize to just work super hard and prioritize my career and I'd worry about my health my career and I'd worry about my health when I was older. And what I realized when I was older. And what I realized was actually that when I do prioritize was actually that when I do prioritize my health, my career advances faster my health, my career advances faster because I show up with more confidence because I show up with more confidence and more energy, I physically look and more energy, I physically look better, which, you know, hate to admit better, which, you know, hate to admit it, but it's true. People judge us based it, but it's true. People judge us based off of our appearances. And when I show off of our appearances. And when I show up as the fit, healthy version of up as the fit, healthy version of myself, I get taken seriously. More myself, I get taken seriously. More people are willing to listen to what I people are willing to listen to what I have to say because I show with my body have to say because I show with my body that I'm disciplined and I'm consistent.

that I'm disciplined and I'm consistent. So, I think that those things have So, I think that those things have carried over into my professional carried over into my professional career, into my relationships, like career, into my relationships, like every every single other aspect of my every every single other aspect of my life. It's kind of been a cascading life. It's kind of been a cascading effect of like prioritizing my health effect of like prioritizing my health leads to better outcomes and everything leads to better outcomes and everything else. It's not the other way around.

else. It's not the other way around.

From Passion to Entrepreneurship

>> 100%. And it was just so great when I >> 100%. And it was just so great when I met you because I could see that you met you because I could see that you lived that and I live that. And most lived that and I live that. And most people are focusing on the other thing, people are focusing on the other thing, work, money, and you know, and listen, I work, money, and you know, and listen, I was an ENT surgeon for 25 years, and I was an ENT surgeon for 25 years, and I focused on the money, not my vitality.

focused on the money, not my vitality. And let me tell you, 20 years ago, I And let me tell you, 20 years ago, I looked 20 years older than I do now. looked 20 years older than I do now. >> Wow.

>> Wow. >> Wow. >> People People >> People People mistake my age all the time, and I love mistake my age all the time, and I love it. That's my favorite compliment. Oh my it. That's my favorite compliment. Oh my god, how old are you? And I'm like, god, how old are you? And I'm like, "Yeah, exactly." Because I believe in "Yeah, exactly." Because I believe in vitality and I have a lot of energy. And vitality and I have a lot of energy. And because I focus so much on that now, I because I focus so much on that now, I don't focus on the money. Not But you don't focus on the money. Not But you know, it's funny. The more I focus on my know, it's funny. The more I focus on my v vitality, the more money comes because v vitality, the more money comes because you create those relationships, you show you create those relationships, you show up differently, you show up confidently.

up differently, you show up confidently. Frankly, I feel better about myself now Frankly, I feel better about myself now than I did 25 years ago. than I did 25 years ago.

>> So age is irrelevant in my opinion. age >> So age is irrelevant in my opinion. age is absolutely irrelevant. And

that's the is absolutely irrelevant. And that's the other thing because society has a lot of other thing because society has a lot of stigma about how you know how well stigma about how you know how well society has a stigma that men get more society has a stigma that men get more attractive as they get older and women attractive as they get older and women get less attractive. But I have to say get less attractive. But I have to say these days I'm finding that increasingly these days I'm finding that increasingly less true because men my age look a lot less true because men my age look a lot older than I do. And so I'm like I don't older than I do. And so I'm like I don't know. [laughter] know. [laughter] So it it's just there's a lot of stigma So it it's just there's a lot of stigma in society and one of the big things in society and one of the big things that we're going to talk about a little that we're going to talk about a little later. I'm just going to tease that now later. I'm just going to tease that now is that how society's stigmas affect you is that how society's stigmas affect you know affect affect us adversely because know affect affect us adversely because there's an epidemic going on about not there's an epidemic going on about not eating and undereating and especially in eating and undereating and especially in women because I deal with a lot of you women because I deal with a lot of you know weight loss clients and hormone know weight loss clients and hormone clients and across the board I see that clients and across the board I see that women just don't want to eat because women just don't want to eat because they think that eating is is bad. So, they think that eating is is bad. So, we're going to get into that later, but we're going to get into that later, but it's it's it's so all of it really it's it's it's so all of it really relates to one another.

relates to one another. >> But the the the next big question that I >> But the the the next big question that I have for you is, you know, people who have for you is, you know, people who have had the experience that you have have had the experience that you have had, they'll just fix themselves if they had, they'll just fix themselves if they can. Most people can't actually. So, can. Most people can't actually. So, kudos to you for fixing the problem so kudos to you for fixing the problem so quickly and effectively. But then, how quickly and effectively. But then, how did you decide to create a business out did you decide to create a business out of this?

of this? Oh, I love that question. I decided from Oh, I love that question. I decided from a pretty young age that I wanted to be a pretty young age that I wanted to be an entrepreneur.

an entrepreneur. And um there were a couple reasons for And um there were a couple reasons for that. One was I'm just I'm a very that. One was I'm just I'm a very creative person. I love to create and to creative person. I love to create and to put things out in the world. And I I put things out in the world. And I I started my YouTube channel years I started my YouTube channel years I started my YouTube channel in college started my YouTube channel in college actually. So, if anyone digs back, actually. So, if anyone digs back, you'll find some really cringy college you'll find some really cringy college vlogs in there. But, um, the point is vlogs in there. But, um, the point is I've always I've always check it out. [laughter] check it out. [laughter] >> Maybe not, but no, I'm just kidding. Um, >> Maybe not, but no, I'm just kidding. Um, the point is I've always loved to create the point is I've always loved to create and just express myself and put things and just express myself and put things out in the world. And I've also always out in the world. And I've also always loved helping people. And as I loved helping people. And as I progressed in my education, I realized progressed in my education, I realized that entrepreneurship is actually both that entrepreneurship is actually both of those things every single day. And of those things every single day. And with my day-to-day work, I kind of with my day-to-day work, I kind of started to get bored. And I was like, started to get bored. And I was like, I'm just doing the same thing once I, I'm just doing the same thing once I, you know, once you master the you know, once you master the fundamental skill sets, it's like, okay, fundamental skill sets, it's like, okay, I'm just doing the same thing every day.

I'm just doing the same thing every day. And I can't see myself doing that for And I can't see myself doing that for the rest of my life. I'm the type of the rest of my life. I'm the type of person who like I always want to be person who like I always want to be leveling up. I always want to be leveling up. I always want to be growing. I always want to be learning growing. I always want to be learning something new. I identify as a lifelong something new. I identify as a lifelong learner. I don't think that my learning learner. I don't think that my learning stops in school. Um, I mean, all the stops in school. Um, I mean, all the books behind me, like I'm always I books behind me, like I'm always I always want to learn more stuff, you always want to learn more stuff, you know. Um, so anyways, that's kind of know.

Weight Loss, Genetics, and Mindset

Um, so anyways, that's kind of where I knew for a fact that I wanted to where I knew for a fact that I wanted to be an entrepreneur, but then the be an entrepreneur, but then the question became, what business should I question became, what business should I start? Um, and I wanted to make sure I start? Um, and I wanted to make sure I was starting something that was actually was starting something that was actually valuable to other people, not just valuable to other people, not just something that I thought was cool. Um, something that I thought was cool. Um, and I think that's also kind of a cool and I think that's also kind of a cool lens or a cool skill set I've learned lens or a cool skill set I've learned from entrepreneurship is that from entrepreneurship is that entrepreneurship is all about serving entrepreneurship is all about serving others. It's not about necessarily what others. It's not about necessarily what I think is, you know, what I want or I think is, you know, what I want or whatever I think is cool. It's more of whatever I think is cool. It's more of like what does everyone else think is like what does everyone else think is cool that they really need help with.

cool that they really need help with. And I had a running list of business And I had a running list of business ideas of all these things. Most of them ideas of all these things. Most of them were god awful ideas, [laughter] like were god awful ideas, [laughter] like terrible. Um but you know I think terrible. Um but you know I think through that exercise it just got me through that exercise it just got me thinking like what are the challenges thinking like what are the challenges that people face and what are solutions that people face and what are solutions that I could provide to those things.

that I could provide to those things. And as I had this running list just over And as I had this running list just over time throughout my career in time throughout my career in bodybuilding uh a lot of my colleagues bodybuilding uh a lot of my colleagues got to see me get absolutely shredded got to see me get absolutely shredded and they would ask me questions all the and they would ask me questions all the time. Oh, what are you doing? What's time. Oh, what are you doing? What's your diet like? How are you training?

your diet like? How are you training? Like what is it? How is this even Like what is it? How is this even possible? How are you doing this? while possible? How are you doing this? while doing our job. Like that's crazy, right?

doing our job. Like that's crazy, right? And um and then I think when it really And um and then I think when it really like the light bulb went off in my mind like the light bulb went off in my mind was when my boss asked me to write was when my boss asked me to write her a plan and was like, "Charge me whatever.

plan and was like, "Charge me whatever. Just send me an invoice." [laughter] Just send me an invoice." [laughter] I was like, "What?" I remember I went to I was like, "What?" I remember I went to my best friend, my my colleague and my best friend, my my colleague and co-orker at the time. I went to him and co-orker at the time. I went to him and I was like, um he used to be a personal I was like, um he used to be a personal trainer in the past. So I ran to And I trainer in the past. So I ran to And I was like, "Dude, our boss wants me to was like, "Dude, our boss wants me to write this like plan for her and I don't write this like plan for her and I don't know what to do and I don't know know what to know what to do and I don't know what to charge her." And like I'm like, "This is charge her." And like I'm like, "This is crazy." And he's like, "It's like, you crazy." And he's like, "It's like, you know, charge her 100 bucks, do this, do know, charge her 100 bucks, do this, do that." And I was like, "All right." So I that." And I was like, "All right." So I wrote her out this plan. And the light wrote her out this plan. And the light bulb moment for me was one, I have a bulb moment for me was one, I have a skill set that other people believe is skill set that other people believe is valuable, that I had just spent a decade valuable, that I had just spent a decade developing out of pure passion. I was developing out of pure passion. I was like, I just live and breathe this stuff like, I just live and breathe this stuff because I love it. And then two was that because I love it. And then two was that there is a huge need for this because I there is a huge need for this because I see so many people in my life that are see so many people in my life that are overweight and unhealthy and have tried overweight and unhealthy and have tried every fat diet and are struggling with every fat diet and are struggling with their weight and are always on some new their weight and are always on some new weight loss thing. And I've for myself I weight loss thing. And I've for myself I cracked the code to where I never live cracked the code to where I never live with the fear that I will be overweight.

with the fear that I will be overweight. Like I just don't have that fear cuz I Like I just don't have that fear cuz I understand my nutrition and my training understand my nutrition and my training at a fundamental level. So I'm like I at a fundamental level. So I'm like I will never be overweight in my entire will never be overweight in my entire life.

And I think that that was an aha life. And I think that that was an aha moment for me where I was like, wait, moment for me where I was like, wait, not everybody thinks that way or has not everybody thinks that way or has that understanding. And I have this, you that understanding. And I have this, you know, knowledge base that I can then know, knowledge base that I can then share with them and and sort of educate share with them and and sort of educate them. A combination of knowledge, them. A combination of knowledge, behavior change, and tactical um behavior change, and tactical um education to help them implement these education to help them implement these things in their lives.

things in their lives. I love that so much because um I'm going I love that so much because um I'm going to put your put Zach's Instagram down to put your put Zach's Instagram down there just so if you guys can follow him there just so if you guys can follow him before we finalized this portion of it, before we finalized this portion of it, but I love that so much because it's but I love that so much because it's something that I feel that I've just something that I feel that I've just recently learned, maybe in the past year recently learned, maybe in the past year or two, because I grew up always being or two, because I grew up always being afraid of being overweight because my afraid of being overweight because my mom was overweight and she told me that mom was overweight and she told me that after you have a kid, you're just going after you have a kid, you're just going to be overweight and you just have to to be overweight and you just have to deal with it and as you get older, deal with it and as you get older, you're just going to be even more you're just going to be even more overweight. And I was like, I don't overweight. And I was like, I don't think I really want that for myself. And think I really want that for myself. And you know, she said, it's genetics. It's you know, she said, it's genetics. It's genetics. So, when I talk to women about genetics. So, when I talk to women about weight loss, the first thing I tell them weight loss, the first thing I tell them is they'll start with, "Oh, so and so is is they'll start with, "Oh, so and so is overweight." And I go, "Okay, yeah, overweight." And I go, "Okay, yeah, that's just, you know, that's just that's just, you know, that's just genetics, but it doesn't mean that's genetics, but it doesn't mean that's going to be what's happened going to going to be what's happened going to happen to you, number one." And then I happen to you, number one." And then I tell them that what if I told you you tell them that what if I told you you could [clears throat] actually be could [clears throat] actually be healthy and sometimes still eat the healthy and sometimes still eat the things that you like because I do it and things that you like because I do it and I'm usually a lot older than most of I'm usually a lot older than most of those women and I've hit menopause and I those women and I've hit menopause and I had two kids. So if I can do it, you can had two kids. So if I can do it, you can do it. And I just love that you said do it. And I just love that you said that because you're right, I don't worry that because you're right, I don't worry about being overweight anymore. I don't about being overweight anymore. I don't I don't put any mind share into that.

I don't put any mind share into that. And guess what? With that extra mind And guess what? With that extra mind share, I can put that into so many other share, I can put that into so many other creative ventures, which is much more creative ventures, which is much more rewarding than worrying about my weight.

rewarding than worrying about my weight. [laughter] [laughter] [laughter] Like, I don't want to be there. That Like, I don't want to be there. That doesn't sound like fun.

doesn't sound like fun. >> Yeah, it does free up so much mental >> Yeah, it does free up so much mental space and it's a nice way to live. space and it's a nice way to live. Honestly, Honestly, Honestly, >> it's nice that way.

>> it's nice that way. >> Oh, listen. I used to live the other way >> Oh, listen. I used to live the other way most of my life and this is just new for most of my life and this is just new for me. So, I have to say the freedom that me. So, I have to say the freedom that comes with it is huge. So anyway, for comes with it is huge. So anyway, for those of you watching, if you're those of you watching, if you're traveling a lot, cannot figure out how traveling a lot, cannot figure out how to lose that weight and keep it off, to lose that weight and keep it off, Zach is your guy. [laughter] Zach is your guy. [laughter] He knows because he's done it himself.

He knows because he's done it himself. Who wants to listen to somebody who's Who wants to listen to somebody who's overweight giving advice about weight overweight giving advice about weight loss and being the best your best self?

loss and being the best your best self? Nobody wants to listen to that. So, I Nobody wants to listen to that. So, I

want to go to somebody who's shredded.

want to go to somebody who's shredded.

Closing Remarks and Private Room Teaser

So, if I have a problem, I'm coming to So, if I have a problem, I'm coming to you, Zach. you, Zach. >> Awesome. >> Awesome. >> Awesome. >> Thanks for having me on. This is great.

>> Thanks for having me on. This is great. Oh yeah. Oh yeah. >> Well, we're going to go into the private >> Well, we're going to go into the private room in just a second. I'm going to put room in just a second. I'm going to put this up here. So, for those of you this up here. So, for those of you watching, if you want to see the rest of watching, if you want to see the rest of the episode, here's access to my private the episode, here's access to my private school community, and you can check it school community, and you can check it out in there. And then, Zach, you and I out in there. And then, Zach, you and I are going to have a more in-depth are going to have a more in-depth conversation in the private room. See conversation in the private room. See