Introduction to Tracy Steen

– Hey everyone, it's Jana, thank you so much for returning to this next episode at The Medicine of Mindset Summit. I have the pleasure of introducing a fellow Canadian. Mom Procure Badass, you know, fitness guru, Tracy Steen. So let me just give her a little bit of an introduction here. She's an online fitness coach and she helps women in their forties, fifties and sixties and beyond with moving daily in their fitness and their nutrition. And so this is like the perfect topic for, you know, we just started a brand new year.

Tracy firmly believes in a 360 degree approach to improving one's health in her online membership. She coaches the women to improve their health by offering structured and well planned workout schedules, offering nutrition coaching to help women improve their relationship with food and really encouraging them to take a deep dive into their well being. So what I love when I was, you know, doing my research on Tracy, it's not your canned, like here's your exercise, here's your eating have at it, right? So that's one thing we're gonna be touching on.

So along with the many certifications that she has that has really made her an expert in her area. She's been a guest speaker at numerous conferences and workshops. She feels very passionate and I know we're going to see that come through today about just helping women not only set their goals, but understand how to reach those targets so that they can start to live you know, a life that has sustainable strategies. So it's not all on or all off Tracy has amassed a global audience and offers a huge variety of online workouts.

So you guys, you gotta find her on Youtube and we'll get her Youtube channel at the end of our conversation. She has over 1000 free workouts. So obviously has lots to offer, She has her move daily membership and again, fitness wellness and nutrition all packed up into one.

She is married to her husband Quentin and has three grown Children and we get her for the next little bit here at the medicine of mindset stage.

Why New Year's Resolutions Fail

So Tracy welcome. – Thanks so much. I'm thrilled to be here and have this conversation with you. – Amazing. Okay, so let's let's do a little bit of framing here. It's the end of January.

I know that there are people in our audience right now who probably less than three weeks ago, you know, shined up their running shoes or have been waiting in line at the gym for the treadmill. Maybe they've already seen a few less people working out. It is classic New Year's resolution, you know, slippage time and we're going to really dissect a lot of that.

Like what goes on, Why do we make these goals? Why do they slip? And why do we have this experience where, you know, here we go again. It's almost groundhog day and 80% of those new year's resolutions go by the wayside.

So let's start our conversation there. Let's get into the mindset and the psychology of why does that even happen in the first place. – Okay. Yeah. You know, one of the things I'd like to say is I think it's great when people do sit down there thinking about it, they're forward thinking. They're thinking, I don't feel good in my life right now. I want something to shift.

So let's make some resolutions, right? Good time of the year. A lot of people do it in September as well, so it's great. It's great that you've done, that's great that you want to shift and change and grow and get healthier.

I think what a lot of people do is they set the bar quite high, right? And I hate to tell people to set the bar a little bit lower, but honestly, what we're looking for is sustainability for the long haul, right? This is a long game, This is not a

sprint.

And so often people feel uncomfortable, maybe they threw the baby out with the bathwater in December so they don't feel good and they want to quickly feel good.

So it makes sense that, you know, they're going to change everything about their diet right away. They're gonna go, you know, all in at the gym or they're gonna start their home gym workouts. But sometimes I think what we do is we bite off a little bit more than we can chew. And what we might be wiser to do is to set the bar a little bit lower and choose things that you could do with 9200% accuracy, right? So we talked about adherence in exercise and one of the biggest predictors in exercise, adherence is self efficacy.

So if you believe that change is possible right then you're going to commit more time to the task and how do you start to believe that change is possible?

Well, one of the things that you do is you get some home runs under your belt, like feel good about where you're going and so that might mean you set the bar a little bit lower and maybe you say ok this week I'm committing to doing two times at the gym and instead of like going on a crash diet, that's not going to be sustainable anyway.

Maybe what I'm going to commit to is just opening my water intake for this week. Okay, so giving yourself something that again, is sustainable with 9200% accuracy because the following week, when you have done those things completed those things, check the, you know, check your list, you're going to build self efficacy, you're gonna say, you know what I did that I made a shift, I made a change, I feel better. So that's going to allow me to commit them a little bit more time to the task and when you commit more time to the task, you see more shift and change, which builds belief that change is possible.

So it's a wonderful little cycle, right? But it's important to know that is the driver for adherence to exercise. Is this belief in yourself, right? We're talking about mindset, it's the belief itself that change is possible.

– I want to touch on something that you just said using hydration as the example. Alright, so what happens in the body if someone's like, yeah, but I can drink water, but this isn't, you know, I want to be working out seven days a week.

Hydration and Sustainable Health Habits

Talk about what the precursor of a properly hydrated body does for the build to, you know, more movement, better eating. I think that's important for people to understand. – Yeah. You know, I look at fitness, wellness and nutrition by taking a 360 approach. So it all is important, right? We don't want to just compartmentalize fitness or nutrition and just say, oh that's the only thing I need to do and then everything will be better, right? And so maybe hydration is a big part of that.

There's something called the Doctor Andy Galpin, he has something called and it's kind of coined the Galpin method and so it's like how much water should I be drinking to hydrate my body properly. And he says that it's half your body weight in ounces is what we should aim to to try and do in order to stay adequately hydrated and so when you are right, you're going to be giving the cells energy, you're going to be giving your own body energy. Even how it interacts with our nutrition. Sometimes we think we're hungry, but we're not, we're really just dehydrated and so we were lacking and we're longing for something. So often we'll pick foods.

But really it it could have just been water hydration that we needed to pay attention to. Not to mention when we're not hydrating with water. Often we're hydrating with things that are high in calories, right or high caffeine and that can also deter our progress toward their targets.

So yeah, it all works hand in hand. There's, there's a lot to think about when it comes to moving towards your targets for health and fitness. So I don't want to overwhelm you, but I do want to paint a clear picture that part of the journey of moving towards better health has got to be this overarching concept that you want to shift your lifestyle. You're not just thinking about an end target.

Like I got to lose £10. I feel uncomfortable. I feel overweight. I don't feel healthy. I mean, goals are great. Don't get me wrong, but honestly, for sustainable shift for the long haul.

It really is this concept that we want to begin looking at, How do I become people like us who do things like this forever and ever, right, that's one of my mantra is so if you're part of move daily, you'll hear me say that all of the time.

I just asked the ladies in the group the other day, I'm like, tell me what people like us do and they said, you know, people like us get up at five a.m. Even though we don't feel like it, People like us work out on vacation because we want to feel good.

People like us make healthy choices that honor our body because that's what feels the best inside me. Right? So it's thinking, how do I make this jump? If if 2023 is an indicator of me wanting to shift my life and become someone who's healthy, who's energized, who's confident, who's strong, what is that going to look like?

And it's not going to look like just losing £10 on the scale. What it's going to look like is me beginning to say, okay, how do I look at all of these aspects of my life?

How do I look at sleep, at hydration, at my stress levels, at my mental health, right? At my nutrition, at my fitness routine, at my non exercise activity, thermogenesis, or my way walking, or my daily movement. How do I look at all of those things and begin to create a plan to help me reach my most healthy self, my most energized self and it starts with thinking I need to become people like us who do things like this forever for the long haul. Yeah – Right. I really love that, I love how you frame that.

And I I think one of the ways that we learn best is through stories from other people. So do you have examples either from your own life, because I think we all have a story to what brought us to where we are today or a client story that you can share.

That would highlight some of the important concepts that you've just touched on.

Finding Your Deep Motivation

– Sure, you know, one of the things I when I was a trainer, so I was a trainer before I had an online presence and everything, but when I was a trainer, I would always ask my clients for them to think about what their profound and got real reason was for moving daily.

Move daily is my, my company name and I love it because it really encapsulates the concept that we want to be, we want dripping water on the stone, okay, Ovid says, dripping water on the stone, smooths it not through force, but through persistence. So it's this continuous little daily habits that we're that we're doing so. So I would ask them, you know, what is your profound reason for doing this?

We need to come up with something that's guttural that's within you that really resonates, so that when you don't feel like moving daily at five a.m. You know, on January 29th on Thursday morning, it's freezing cold, what's gonna drive you, what's gonna motivate you, what's going to be that mindset that's gonna help you get up and do the thing that you know, that you need to do to reach your targets.

So I asked the women, this one of my clients was maybe 60 when I asked her this, and she said, Oh, I've got a story for you. And she said, when my mom was 75 years old, she goes, she had not exercised or moved daily a day in her life.

She was very fragile. She said she was thin, you know, had osteoporosis, she had the hump on her back already. She was, you know, hunched over, just a fragile, fragile woman.

And she said one day she was in the bathroom and she dropped something in the shower, she wasn't showering, but she just dropped something. So she bent down to pick it up and there was some water on the ground there and

she slipped and fell. She didn't hurt herself.

But as she tried to stand up from the fallen position, she couldn't, so she's like, Okay, that's weird. So she crawled over to her bed and put her hands up on her bed and tried to stand up from the kneeling position and she couldn't she didn't have the strength in her upper body to pull herself up.

She was about 75 at the time, so no strength. And so she's like, I can't even stand up, what am I gonna do? I can't be down here forever. So she picked up the phone on her bedside table and she called her kids that lived in the same town.

No one answered. So she ended up calling 911 and the fire department came. And literally all they had to do was help this woman stand up. And my client said to me Tracy, that will never be me, that will never be me. So what do I have to do?

Who do I have to become? What do I have to eat in order to make sure that that never happens? And so that can you feel that, Can you feel how like powerful that is? I have goose bumps when I tell that story, because that's what we want. That's the re that's your cultural reasons to get up in the morning. That's your profound reason to you know, continue with the habits that you don't want to do course, we don't want to do all the things we know we should do, right? But what's the end target?

What's the end goal? And for me right now, you know, my end goal. And I've been listening to Dr. Peter Attia a lot. And he talks about something called the centenarian olympics.

And I love this concept. You know, it's thinking about who you wanna be when you reach the age of 100 right? What do you want to feel like what do you want to be doing? I want to be like down on the ground sitting cross legged with my great grandchildren. I want to be picking up that baby.

Well if you want to be picking up a £20 toddler when you're 100 what are you gonna have to be picking up when you're 90? When you're 80? When you're 70 60 50? If I can't pick up in a goblet squat and press over my head a £20 dumbbell now. Well there's no way I'm doing that one of 100.

So it's this concept he talks about called back casting or reverse engineering the daily micro processes that you need to do in order to be the person you want to be at the age of 100.

So he has this whole you know list of things that he does on a daily basis. I think he's got about 18 or 20 different activities. It's it's even like can you sit down cross your legs and then stand up without using your hands?

Right? Can you hang on a bar? Can you push x. Amount of weight? So it's thinking what do you wanna be able to do? Do you want to be able to do the stairs without using your hands.

Do you want to be able to stand up from a chair without putting your hands on your legs like thing. Think about those things and practice them. We're going to have to practice those things every day until we reach 100 so that we can still do what we want to do when we reach that age.

Anyway, it's a great concept. This back casting or reverse engineering. He actually alludes to a woman named Annie Duke who coined the term back casting.

He apparently is a world renowned poker player and so she, she, I think she has a book to anyway, it's very interesting because it is all about thinking about what do I need to do today, right?

What's the dripping water on the stone? What are the micro processes and habits that if I stay consistent today will help me live the life that I want to tomorrow into my eighties, nineties and hundreds. So I always tell my, my women I work with, I'm like find your reason dig deep and find that profound and got a real reason to move daily because that will carry you through those dark five a.m.

Mornings. You know the ride home from work where all you're thinking about is binging on what's in the cupboard, right? It's going to carry you through the lackluster when you're just not feeling it. There's lots of days, I don't feel it. I don't and I'll share that with my audience on youtube ladies. I did not feel like doing this today, but people like us do things like this, we show up for ourselves, right? Because we want that bad enough for ourselves.

So this is why I bring wellness in and that mindset, you gotta really think, who do I want to be, what do I want my life to look like? And if I only get one kick at the can, don't I want it to be my very best one, That's what I think.

– So, is there a chicken and an egg situation going on here?

Mindset, Longevity, and Reverse Engineering Goals

Like what comes first? Do the mindset shifts happen first that allow that person to become a person like us doing things like this or do we just, you know, jump in the cold water, like just figure to leave speaking and just start the thing, whatever it is, healthy eating movement and then the mindset follows.

What do you think? – I think, yes, I think it's both. I think chicken and egg. Yeah, that's a good question. I honestly think it's both. Whenever you run a challenge.

One of the things I definitely do is I tell the women to pick a self improvement book we want to be growing. Sokrati says, know thyself, right, that's it. And so always I am learning, I am growing, I am learning about myself and as I walk up the ladder of knowledge from within, I want to be kinder to myself, I want to honor my body, I want to move my body because I'm learning the importance of doing so, so I think it's really a both and thing, you know, sometimes it is just getting a little workout under your belt and feeling how that feels and and you know, feeling all those good endorphins, the adrenaline, the serotonin that we derive from workouts. So sometimes it's just starting, you know, it's just getting to the gym or going downstairs in your own home, going for a walk, a walk and just committing to the process and saying, you know, if I commit to this X amount of time, science says, you know that I'll begin to feel better or or you know, just begin to see some weight loss or whatever.

Now, one of the things about that, I'm just gonna jump on a little rabbit trail here because I think so often we work out, we exercise because we want to lose weight, we want to be skinny, we want to look good on, you know, we want the scale to be X amount and while those are okay goals and important for a lot of health measures, I think we forget the critical nous of moving daily and exercise for our internal health. Like there are so many awesome and crazy benefits that to me it's a no brainer, This is crucial.

You must do this if you want to live longer, right? So I'm talking things like uh an increase in brain derived neurotrophic factor BDNF. So this is the chemical and it's in the hypothalamus region of the brain and it helps to stave off things like anxiety, depression. Alzheimer's dementia, right? It's been shown that people with increased levels because as we age, those levels decrease. And so exercise and nutrition, proper nutrition are ways that we can elevate that BDNF which increases longer.

Things like increased telomere length. The telomeres are like that little plastic piece on the end of your shoelace that's on the end of your chromosomes.

And if it's shorter that means shorter lifespan. If it's longer it means increased longevity. Dr. David Sinclair talks about longevity and the things that we can do to increase these telomere lengths as well. So if we know that moving daily and exercise is going to increase it, would you not want that right?

Would we not want to increase our potential of living longer? You know, we're all dealt a deck of cards. A deck of cards, right? Or a hand of cards, some of us are gonna genetically be predisposed to things that are not within our control.

But as Dr. David, Sinclair says, 80% is epigenetic six. So if 20 to 30% is genetics, Then, you know, 70-80% is epigenetic is which is our lifestyle. That means that's great news for us.

It means that we are in control of how we play the hand, right, you're in control how you play the hand. So if you smoke if you're sedentary if you don't exercise if you overeat if you eat processed foods, you know, you're not playing a great hand for yourself.

But If you exercise, if you improve your sleep, if you manage your hormone levels right? If you manage your stress or work with your stressors, if you improve your mental health, if you work in your relationships now, you've got a good hand, now you've got a fighting chance, your your chance to live longer is going to be increased.

So, I think about, you know, longevity all of the time. I used to have different goals to personally speaking, right, I'm 52, so when I was in my thirties, forties, I wanted to lose weight or be strong or have muscles so that, you know, look better in a bikini or I mean, I still wanted to be able to play with my kids and and do all the things that they were doing and be active and, you know, I didn't want to miss out on a bike ride or anything because I couldn't do it. But now I'm I still have some of those constructs, but I'm really all about like longevity.

Like how do I make my body the healthiest that it can be so that I can live long, so I can be with my family, right? So I can enjoy the things that I want to when I'm sick, 70, 80, 90, so I can go travel. I mean, we spend all this time, you know, saving money and and working hard and then you're retired and so many people just fall into ailment and retirement and they're sick and they're fragile and they can't do the things they wanted to do because they don't have their health.

I give props to my mom, she's 75 and uh just right around the pandemic, she started to really kick it up in her fitness and nutrition. She started to really dial that in and She's so strong now he's got muscles, she's 75, she has three daughters. So one of her goals, her guttural reason was to never miss out on anything that her girls asked her to do.

Mom, we're going biking in Montreal, you can come right, of course, of course she can because she's been doing all the things, she's 75. Other people are like the late the story that I said earlier, she fell at 75, couldn't lift herself up.

Not my mom not, surely she's out there like biking and walking and hiking because that's important to her in her life. So you're thinking about your profound reason and dripping water on the stone with those daily micro processes, those daily habits will help move the needle toward that target.

And that's what drives me for sure. – You know what I just thought about listening to you was I was chatting with a client of mine and it was apparent that she was throwing, you know, every excuse possible at, you know, why not? Her?

Like why she couldn't make you know, changes in her life and I asked her two questions or three questions I asked, when was the last time she told her husband that she loved him?

And she's like, well I just at lunchtime and I was like, and when was the last time you told your daughter you loved her and said, well I texted her this morning, and then I said, when was the last time you told or showed yourself that you love you? And what I heard everything you've just said up to Now Tracy fits into that question because she she didn't have an answer and I know you said you know the quote know thyself. And do you find in your and I'm gonna use the word work, but it's your passion.

Do you find in your passion that that can be a struggle for some women who have given their lives to their families their careers, They they sometimes become so disconnected.

Self-Love, Identity, and Making Time for Yourself

They don't even know, like, I don't even know what kind of food I like, I'm always cooking what my family likes or I don't even you know, I'm doing things for them, How do you help your clients or how do you inspire them to start to put themselves first because I know for a lot of women here watching this interview there in that space where they're like, yeah, but I've got you know three kids under seven and we I'm swinging a hockey bag and work and

day care and where where does that come in in your coaching with your clients? And what could you say to those uh those audience members?

– Well you know one thing pops to my mind is that we all have the same 168 hours in a week, right? We do then I remember her name now that wrote the book 100 and 68 hours. But there is a really great book at any rate she talks about even if you worked full time 40 hours a week.

And even if you slept you know for eight eight hours a night times 7 56 hours. You'd still have you know just under 100 hours in a week to do the things that you need to do.

Right. So yes we've got lots of responsibilities. But what if working out only took four of those hours right? Like when you break it down like that it's like whatever you have as a priority you will make time for. I have trained the busiest C. E. O. S.

I trained a O. B. G. Y. N. Once who was up at two o'clock in the morning, four in the morning, six in the morning. You know delivering babies one month.

She I think she had 26 deliveries and they don't come at like two PM. Right? They come all throughout and so we, we do make time for what matters most to us. That is true.

But you're right. I think somewhere along the way we lose sight of who we are and what we long for, right? Our passion. I'll often ask people when's the last time you felt alive?

Like when's the last time you felt truly alive? And it's always when they were doing something they loved when they felt they were in flow, they felt they were in the pocket, right. And a counselor said that to me once and he just said, you need to find more ways to do that whatever that is.

And so you start to think about it, right. And again, one of the, one of the things I put a lot of focus on in our membership and I always do a final coaching call during this stretch in every Youtube video I do.

And I think that's how we started to cultivate this audience, an audience of like minded women and men too. But the majority of women because it's people like us who care about things like that, right. We really care about growing myself and knowing myself. I think we can go through seasons of life and give yourself compassion and grace and you know, for those seasons because there are seasons where we're hairy scary and we're just doing whatever we can to get by.

It's hard to have the energy to do it all. So there's there's definitely seasons in life board. That's the case. But in seasons when there's a little bit of a lull and we can actually spend time working on ourselves. This is so crucial.

This is important. It's important that we spend time honing in and practicing some of these skills that are necessary for a smooth life when things are stressful or you know, more intense, Right? So it's it's honing in on skills like mindful attention. So it might mean that we are even just setting a timer for five minutes. We're hopping on insight timer and doing a nice quick little meditation. But we're just setting, you know that time where we can practice being mindful, right?

Paying attention, paying attention to ourselves, to our bodies, to our feelings. And I think the more we can sort of schedule that time in, I think it's crucial for women as as we move forward.

And I think it really impacts our fitness and nutrition as well. So, you know, people always come to me asking for a workout and a diet basically that's what I get asked for a for a lot and I don't give diets because part of what I want to give you is education so that you can begin to think for yourself, a diet, tells you what to do and when to do it, right? But that's not a learning really unless you spend a lot of time investigating that diet. I mean, we know that all diets work. But do they work for the long haul, right? If you stayed with it, it would probably work.

But most of us don't stay with it. And so therefore we go off of it. And then we say that that that diet was done, it

didn't work. But when we educate ourselves about nutrition, right?

And not just the what of nutrition, what the glycerin begins next is what macronutrients and micronutrients are important how to balance our macro nutrient levels.

Not just that, but when we move over into the why of nutrition, why do I eat? Why have I sabotaged myself again this New Year's when I said I was going to dial it in. Why can't I stay the course for longer than two weeks? Why have I done this again?

So, this is for me in the working with the women that I work with. This is bigger. Like if you don't get this, you'll never get this. You know what I mean?

Like you have to understand and break apart, peel the layers of the onion back or open Pandora's box, whatever you want to say. You've got to begin to understand what's driving, right? And so often it's things like it could be early childhood trauma, it could be relationships, it could be stress, it could be mental health issues, right? It could be lack of knowledge in where to go and what to do in which case focus a little bit more on the what.

But if it's these other things that are driving you to sabotage yourself continuously now it's time to take a little bit of a deeper dive. Right? And so when we can spend time doing that, you are going to become a better version of who you were yesterday. Right?

And so, you know, I think we all want that. We all want to be better versions of who we were yesterday. Oftentimes we'll compare ourselves to other women which is Futile in my opinion. Just compare yourself to who you were yesterday and and keep that sort of internal look right and gauge what did I do yesterday.

That was good. Okay, let's let's continue on that trajectory. Let's add this. I'm doing well, this is great, right? And again, sometimes we think, Oh, I didn't, I don't have time for the 60 minute workout today.

Well I guess I'm not doing anything. Honestly. A little bit of movement forward is better than no movement forward. Sometimes I'm two steps forward, one step sideways, one step back, three steps forward, two steps, right? But I'm still moving forward.

And that's the goal is to think of ways that we can show up for ourselves, even if it's a little micro process, Right? And and begin to add that in day after day after day.

Community, Environment, and Accountability

– I like how you position that because I feel for so many women we have this endpoint or this destination when I am there then my life will be better and what you've just said is you know the micro movements of compare you know how did I do today compared to yesterday? That's where I feel like what you're saying is dial into the to the process or the journey and watch what magic happens along the way because I mean the destination point can change right?

– Yeah. Yeah. You know I had this client once who we'll call her cocktail Cara because she was cocktail hour every every day at four at her house and she came to me going I'm gaining weight like I'm just like feeling gross and sluggish.

So we talked about some of her lifestyle or environment and what that looks like and she's like well I am cocktail carer like I every everyone knows that they can come over to my house at four Monday, Monday to Sunday and have a glass of wine.

So she's like I cracked the bottle. You know everyone has a glass, I finished the bottle or you know we've cracked multiple bottles and every day I'm like now drinking and I don't want to be that person anymore and I don't I don't I don't like how I feel and I don't like what I look like and I don't like this.

And so the shift on getting her to be who everyone saw her as who she saw herself as into a new person is not gonna happen overnight, right? That is a full, you know, trajectory shift in your environment, possibly in your friendship circle.

You know, we are very deeply influenced by our environment. There's a study called the farming ham study That takes place over three generations. The wonderful large study that looked at 5000 people in a town of 8000 I guess.

And and so they were sort of looking at at habits and seeing if you lived in a family or a household of someone that was obese. Your chances of having obesity were X amount greater if you had an aunt or an uncle who was obese or a brother.

So they had all these percentages and it was very, very high, but likewise they really studied and saw how good habits, right? Were very influential and socially influential in our lives. So who you hang around with and you know, what influences you have around. You really play a huge part as well, right? And you might say to me, well I can't change my family. I don't have charge over my husband.

And what he brings home, believe me, there's tips in my cupboard right now because my husband does the same thing. So I know it's challenging, but but then create a community around you that do support you that do have your back that do have similar goals or desires. And it might be an online community, like we have our free move daily hustle facebook group And I think there's almost 8000 women in there, or mostly women again right now. And it's it's a camaraderie, it's a community you you can share, you can feel uplifted, you can get inspired, right? You see people posting daily on on how they're moving the needle towards better health in a very lovely nonjudgmental way because we wouldn't stand for any of that stuff on that page.

So if your immediate environment is not supportive, find an end. environment outside yourself or start a walking group or start, you know, you do this, this is your life, this is your chance and you have this opportunity to step outside of your comfort zone and create an environment that is going to support you along the journey towards, towards better health. So I think that's really key.

It's hard to do things on our own. Some some can, but we were meant for community and connection, right? And coming together and support. So there are lots of online this is that you can find that, but I think it's lovely if you can have that in your hometown, like I have my walking group and non exercise activity thermogenesis or moving your body neat can help increase your caloric expenditure, like so much it's wonderful as you age.

I think it's crucial to do, but some days, like right now it's snowing out. Do I feel did I feel like walking this morning? No, I didn't. It was minus 12 here. You know what that's about living in Saskatoon previously. But you know, I bundled, it's not cold outside your clothes just aren't warm enough. That's what one of my members said.

You just aren't wearing the right clothes. And that's the thing, you know, if Denise hadn't called, I would be like, may be able to stay inside. So it's that connection in that um camaraderie, the accountability and those things are really important, right? Find your tribe, find the friends that do things like this, you know, – So good. And so I want to ask and this is those audience members that have been with us, you know, throughout the week know that I asked these last two questions of all of my experts. And so I want to ask you based on what you've seen over the lifetime of your career and, you know, the beating hearts that you have impacted the trainings that you have done and how you've kept up your own, you know, your own toolbox of education. What do you think is currently not being talked about enough? – You know, I really think that this, I mean, we've just come through a pandemic. We're sort of still and I know my husband who actually works for the Mental Health commission of Canada.

So he teaches mental health first aid, there's actually a mental health first aid course that you can take. Not just first aid but mental health First aid, how wonderful Hey, and just this connection between our mental health and the things that we want to do in moving forward. I think it's just really big, you know, so many of us struggle with uh if it's not full blown depression or anxiety, it's it's low lying and it can impact us and it can impact our motivation, it can impact our mindset and again, this is why, as I say, we need to begin to know thyself. And I always think it's so important to continuously be learning about yourself and growing in that arena because I I know that it can help you

reach your weight loss goals or reach your nutrition goals.

It really as I've seen in hundreds and thousands of women so far, if that is not in place. If you don't have a healthy relationship with yourself and you're not supporting your mental health with either professionals or reading or podcast, you know, that can really deter where you want to go in your health and fitness.

So I would encourage us to keep having that conversation and talking about that. Like I said, it's why at the end of every video I begin to spew some thoughts and we have these conversations and I lay my heart bear often and people will be like, I can't believe you share that. I'm so happy, I feel so connected and that's exactly the spot, I'm at two like we're all the same right?

Mental Health and Final Mindset Strategies

We all have the stressors, We all have these issues and so I think talking about them can help us encourage each other and then providing resources can help move us towards our goals.

– And so as we wrap today, what one or two of your personal mindset strategies can you leave our audience with? – Well, I really think it's important that you have this concept of people like us do things like this. So if you want to be healthy, fit, energetic, confident, who around you emulates that, what does she look like?

What is she doing? What are her daily micro processes? What are her habits? How does she think about herself? Right. If you want to become people like us to do things like this, begin to investigate those things, right?

And then it's slowly integrating. You know, remember I said at the very beginning, don't set the bar too high to start, set it a little lower. Just start with one or two things, right? It's the dripping water over time.

And also to remember too that this is something that you want to begin to shift into a lifestyle if you just come into a program or even a diet or fitness routine and you just think, I just have this, I just want to fit into my bathing suit for the cruise.

I just want to be fit for the wedding. I just want to be, you know skinny for the reunion. If that is your mindset, you are thinking wrong. What I'd love for you to do instead is to thank of this overarching theme of how can I create a lifestyle where I have become people, I got to do things like this and I think if you can begin to shift that, you're going to be thrilled with the journey, right, you're going to feel supported on the journey, you're gonna see changes. You're gonna stick with the journey.

Even if you have setbacks because people like us do things like that, we don't give up when we have a step back, right? Remember it's two steps forward, one step sideways.

One step back. We are moving forward. We are moving that needle toward the target. You just need to keep dripping water on the stone. – So, so good. And I know you've mentioned your facebook community and your Youtube channel, but let's just kind of pull it all together here at the end. Where are the best places for our audience to connect with you. – Okay, so full length workouts on Youtube, I have over 1000. Every Sunday, we have beginner workouts, Monday through Wednesday are advanced workouts. There's so much to choose from.

There's tons of playlists, so be sure to check over there. Tracy Steen move daily, facebook Yes, we have a move daily hustle facebook group. It's a free group. So you are welcome to join their, I have an ambassador Kim Hogarth who shares lots of daily challenges.

We have a lots of fun things coming up and, and that's all free over there. So join that group on instagram. It's at move daily Fitness and I also post little shorts, lots of reels. I think almost every day there's a real on there. So exercise ideas, sometimes the previews of the full length workout. So you can check it out.

There's poles and different things over there. Lots of nutrition advice. I'll do nutrition coaching on there as well. I'm on Tiktok as well. So same content there. Yeah, that's lots, My website story has movedaily.ca We do have lots of

programs including our women only membership and this is a wonderful place to be.

The women get weekly workout schedules in their fat loss, in their strength stream or beginner stream and then weekly coaching sessions just like this in fitness wellness and nutrition.

– Oh, it's so good. And I just want to remind everyone that, you know, is it one day or is it day one? And you're, I'm a firm believer that you are here on purpose for a purpose and the fact that it's at this time on this day and you're hearing the conversation between Tracy and I, maybe that's just a little tappy tap and you should check out because it does, it does take a community, I think that we over the past, I just feel like since social media really, you know, reared its ugly head in some ways that we feel like we have to do all these things on our own, that we see these speeds of all these success that people have in their lives and we have a hard time, you know, flipping the mirror and seeing it ourselves.

And so Tracy's outlined multiple communities where you can dip your toe in or jump right in and I want to encourage you to check her out because she brings a really interesting approach to, you know, the health and wellness realm and you heard it, you know, don't set your goals so high. I know that there are many trainers out there that would never utter those words because what does that actually mean?

But what is actually sustainable? So Tracy, thank you so much for at least for me, you busted some of the myths that I think are so easy to become part of our operating system. So you were great today, thank you for being here. – You're welcome.

Thank you. – Alright, gang that brings this conversation to a close. I will see you on the next episode here at The Medicine of Mindset Summit