

Glow 15 COURSE

TRANSCRIPT

Module 3: Week 4 Exercise

This week we're going to focus on something that you either love or hate. We're going to talk about it in a completely different way and bust a bunch of myths that you may have been thinking for a long time--it's all around exercise. Do you wake up in the morning some of the time and go through the list of reasons why you can't exercise? I definitely do. Do you find as many strange, little behaviors or things that you have to do that you didn't even know existed that prevent you from exercising? That kind of resistance is why most of us don't actually exercise. What we don't realize is that a little bit of exercise goes a long way.

This idea that we have to go, we have to get in the gym, we have to do so many things to get the benefit of exercise, it's just not accurate. Exercise can be as simple as putting your car a little bit further away from your office and having to walk a little bit more, or jogging up and down the stairs when you're going to get your kids. There's a lot of different ways that we can exercise throughout the day. All the studies are pointing to now that sitting is almost considered the new smoking, but getting up and moving around has a huge impact.

In this module I want to share lots of techniques about simple things to get you into the mode of wanting to move. One of the things that I do that really helps is to have a little alarm clock that I keep on my desk. I tend to over focus at work. I get obsessed. I'm into what I'm doing, and before I know it four hours have passed. That's pretty normal for a lot of people. But if you have a little alarm clock right on your desk, and once an hour it dings and it rings, you know you have to get up and you have to move around. Just moving your body gets your mindset to start to change. Slowly but surely the reasons why we make these excuses go away and over some time we find ourselves wanting to exercise. This sounds really bizarre, especially for somebody like me who never goes to the gym and I have no intention of going to the gym.

There are little ways that we can very easily start to build a bit of momentum as it relates to exercise. Maybe it's setting that alarm for once an hour to get up and move from your desk, or it's never ever taking elevators if it's less than 10 floors, walking instead. Or maybe it's parking your car further away from the store, these are some of the things that we can do to get our minds into a process where we're looking at different ways to get little bits of exercise. It depends on the individual and we can all move in different ways. I spent a lot of time because I wanted to understand why at different times in

my life I have not exercised versus times when I do exercise. What is it that's really making that difference?

One of the things I found was that there are common excuses that we make. The three most common excuses that we make, the first one is, "I'm just too tired. I'm too tired to get up and do that exercise. I can't do it in the morning. I've got to get the children ready for school," or whatever it may be, "I'm tired. I need to sleep."

But what we realize now through all the research is that when you start to move and exercise, it actually energizes your body. That excuse number one, which is what we all tend to use, if you start to do a little bit of movement, you're transforming that thought process because you won't be as tired, and it will be that much easier. I'm not saying you're going to run out and do a ton of exercise. In this module I'm going to show and teach you the specific techniques to activate autophagy through exercise. And less can be more.

Another excuse that we tend to make is that I don't have the time. I have way too many things going on. I can't figure out how to get the time in my schedule. Well, when you look at seven days in the week, what we're asking in Glow15 is for you to exercise simply on the high days. Four out of the seven days I want you to exercise for 30 minutes and that's it. Two hours out of your entire week is what I'm asking for from an exercise perspective. I think we can all find that time to do that exercise during the Glow15, two weeks. At the end of it you can make a decision, do I want to keep exercising four times a week, less can be more, or do I want to go back to the way I was doing things before. That's going to be your choice but take this journey with me.

The third big mistake that so many of us fall into, and it's a belief that's just totally wrong, is that when I exercise I get so hungry and I have to eat that much more. But the opposite can actually be true. When we exercise at the right time of the day in the right amount, our body can suppress hunger and we can get more energy and more well-being and improve our metabolism. Not only can exercise help suppress your appetite, and that's according to quite a bit of research, but it can help you gain muscle and improve your bone density. It can improve your overall cardiovascular health and help you defy aging, ultimately activating autophagy.

In this module I'm going to show you the exact ways to exercise to activate your autophagy in as little as 30 minutes four times a week. Just on your high days you're going to be exercising. Think about it this way. Fear of exercise can actually be good to activate your autophagy. Huh? Yes, there are two different types of stress. There's acute stress and chronic stress. Acute stress can also be called good stress. When you put acute stress or good stress on your body, you activate your body's youth promoting behaviors. Why? Because that exercise, that feeling of fight-or-flight in that moment where you feel that acute stress, can help your body stimulate the production of all of the youth hormones and autophagy.

Let me give you an example. When you put acute stress on your body, you're tearing tiny little parts of your muscle, and those tiny little tears are great for activating your youth. On the other hand there's chronic stress, and that's the kind of stress that I want you to avoid at all costs. That's the ongoing stress that actually ages us and suppresses our autophagy and only has negative results on our overall well-being.

An example of some chronic stress is an unhealthy relationship, a situation at work that doesn't go away and keeps nagging at you. It's almost like a low-grade fever, which is a low-grade stress. If you have those areas of your life that are constant, that low-grade stress, you need to deal with them to figure out what it is that you can do to transform that chronic stress.

There's been a lot of research in recent years that looks at how autophagy is impacted through exercise. Studies show that the cells both in our heart and in our bones are affected by exercise and how autophagy activates in those two areas of our body. Recently Dr. Beth Levine has done some pioneering research on how exercise affects our muscles. She started the research with mice and it looked at how putting the mice on treadmills for 30 to 80 minutes would affect their autophagy. What she found is that their autophagy was activated by at least 50 plus percent when they exercised for 30 minutes and then 100% when they exercised for 80 minutes.

The American Aging Association did another study on older adults and was able to support those findings. We know that autophagy is absolutely activated by exercise and that our muscles, bones, and heart all dramatically benefit from 30 up to 80 minutes of exercise. I want to talk to you about the 30

that you're going to do on the four high days in the week. We've said I'm looking for just two hours of exercise a week, and in those two hours you're going to break it up over four days.

There are two types of workouts that I want you to be doing. The word workout may not be the one that you want to use. I like to use the word exercise. I get pretty particular when it comes to movement and each of the words that I use affects my thought process around it. However you want to think about this exercise or this autophagy activation, there are two forms of movement that you're going to be doing. You can do just one. You can do both. It doesn't matter. There's tons of flexibility and tons of types of exercises you can do.

The first one is high-intensity interval training. Now when you think about high intensity, that's different for each and every one of us. High intensity for me can be speed walking and for someone else it could be jogging or running. There's many different ways that we can have high-intensity interval training, but ultimately what it means is going back and forth in two different types of exercise. Take walking for example, you can be walking at a slower pace and then a minute later you can go into speed walking. Once your heart rate starts to go up a minute later you'll go back to walking at a slower pace. You'll go back and forth over the 30 minutes, fast, slow, fast, slow, working to keep your heart rate at a higher place. When you're doing your high-intensity workout what you're looking for is a target heart rate.

Let me tell you a little bit about what I mean in looking for your target heart rate. You're going to do this work before we get into this module. It will be in the workbook, but let's talk through it and you can pull out your workbook while we're doing this right now, so that you can get your target heart rate. First and foremost, a resting heart rate of anything less than 80 is considered good, the lower the better. So whatever your resting heart rate is, if less than 80, that's good. We want it as low as possible.

I tend to check my resting heart rate first thing in the morning while I'm still in bed to see where it is because that tells me a lot about my health. Then you're going to look at your maximum heart rate. You'll take 220 minus your age. Let's say someone's 40 years old. Take 220 and minus the 40, which is the age, and it gets you to 180. Then if you want to see what your target heart rate is, look at somewhere between 70 to 85%, and that will give you the number that's going to be your target heart rate. In this case it's going to be 126.

When you're exercising you want to get your heart rate to that target place throughout those 30 minutes. If you're doing a walk and then you're speed walking, if you can get to the 126, then that is an adequate enough exercise for you to reach your goals. If you can't get to the 126, then you might try walking and jogging, or you might try sprinting a couple of times. There's different ways to see how you get to your target heart rate. Over time that's also going to be more and more interesting as you build your energy and your autophagy is activated over those 30 minutes. You'll see what that does for your ability to get your target heart rate up more quickly and what your resting heart rate will be in the mornings.

I really like the flexibility that we have with high-intensity interval training. It doesn't matter where you are. It's all about your heart rate. Once you're paying attention to your target heart rate, your resting heart rate and maximum heart rate, you're working with your body. You're looking through a lens of, okay, how do I activate this youth in my body, and I'm not going to be told I have to do specific exercises in a specific way. All I'm going to do is for 30 minutes work to get my heart rate to that 126 back and forth through that interval training. It's a very flexible way of exercising and I think you're going to find it to be very fun.

The next type of exercise that I think you'll also really like, is resistance exercise training. Resistance exercise training can be with weights, but it can also be with your own body weight, and that's what I like to do. A couple of examples of resistance exercise training are squats or lunges. Every day that I'm exercising, the four high days out of the week, I love to do lunges. I'll do backward lunges. I'll do forward lunges. I find that they really have an incredible effect on my legs and on my energy and well-being, so I'm a huge fan of lunges, and of course squats.

Another form of resistance exercise training is when you do yoga. Yoga is a great form of resistance exercise. You can use your own body weight to do this resistance exercise. You can even use little household items if you want to, like bags of complex carbohydrate-- rice or different things. There's so many ways that you can do resistance exercise. What I'm really looking for is that you get a little bit of interest and excitement as you start to build that muscle. We know that as we're building muscle, the muscle is improving our metabolism, we're building lean muscle. That lean muscle is improving our

overall metabolic health. There's so many added benefits as we start to activate the autophagy in our muscular cells.

Let me just give you a couple of examples. When the autophagy is working in our cells, Dr. Heather Hausenblas from Jacksonville University tells us that all of the junk that's in the cell starts to be removed and recycled. When you activate muscle cell autophagy, you're taking the junk that's in that muscle and eliminating it, you're removing it out of your body. Dr. Heather Hausenblas from Jacksonville University that did the remarkable study on Glow15, likes to refer to high-speed internet versus low speed internet. Once you've got the autophagy activating in the muscle cells, that's like your high speed internet because you're getting all the junk out, everything's moving quickly, and you can start to feel that really quite fast once this process begins.

It's an exciting, exciting way to exercise. There's so many varieties that you can do. You don't need to be afraid of it in any way, shape, or form because you're going at your own pace. For those of you that love to exercise and are on an intense routine, this is an opportunity for you to just up your game. Resistance training not only helps to build your muscles, but in turn it actually helps your posture and gives you more overall energy as you're exercising. Again, there's just so much research pointing to the effect that resistance training has on our body.

My recommendation is during the week if you can do resistance training two of the days and then the interval training the other two days, there's a variety of exercise that can give you a whole host of benefits. Look for the variety. Know that you're going to be able to watch in this module a great interview with Dr. Heather Hausenblas. She is a professor of exercise physiology, and has done so much research on how we as women really can benefit from different types of exercises. She did a lot of research around Glow15. She conducted an incredible study. You've got to tune in and watch this incredible little video because you're going to learn so much from her, a lot of different things on how she looks at exercise. She's going to teach us about how the physiology of our body is impacted by autophagy and a lot of different pieces of information that you may or may not have heard. I can't wait for you to watch this video.

Interval training can be done in a lot of different ways. You can think a little bit about running, swimming, spinning, rowing, all different forms of exercise. From Orangetheory to Barry's bootcamp to

CrossFit, these are all ways that you can interval train. I love the variety. I love the opportunity to do different things.

What's also really interesting about interval training is that a study in the journal of Cell Metabolism showed that interval training improves the health as well as the number of mitochondria within our cell. The reason we care about it, is that's where our energy comes from. Mitochondrial energy is what gives us the ability to go for a long day, to exercise a little bit longer, and it gives us the ability to have the energy and the vitality that we're looking for. Just by doing this interval training to activate your youth, you're in fact activating your youth right in your mitochondria, which are the energy houses within your cell.

A really great tip and way to get even more out of your exercise is to what I call run on empty. When you're exercising, exercise on an empty stomach. It can make a very big difference, and here's why. When you exercise, let's say first thing in the morning or one or two hours after you finish eating, your body goes into more of a state of acute stress. That good stress is now being placed on your body and you're actually able to activate more autophagy during that time. I typically will exercise first thing in the morning before I do anything else. Well, I always have my water first thing in the morning, but right after that I want to start exercising because I know that if I run on empty I'm getting a lot more out of that exercise than if I didn't.

You can pregame with caffeine. What do I mean by that? Drink a cup of AutophaTea, or drink some coffee before you exercise. A new study done in the Journal of Applied Physiology shows that when you pregame with caffeine, your body actually can exercise better, activates more autophagy, and can burn more fat. That's why I love to pregame with a little bit of caffeine first thing before I start to exercise.

Another way to activate autophagy through exercise is through heat shock. A study done in the Journal Autophagy shows that when you have a temperature of 86 degrees and you can get your body temperature up through that, what happens is you create these heat shock proteins. These in turn activate different genes in the body, which have an impact on our brain health and all different areas of our overall well-being. These heat shock proteins have been shown to improve cardiovascular health, improve longevity, and even improve and reduce the reduction of plaque formation within the brain.

It may seem very counterintuitive to increase the temperature of the space that you're exercising in, but there are easy ways to do it. You can just turn up the heat, you can add a couple of additional layers on to what you're wearing when you're going for a jog or whatever it may be. All of these things help. In addition, if you want, taking a hot or warm bath after you've exercised to get your core temperature up creates these heat shock proteins. After you're done exercising, you still can get some of those benefits.

You can refuel with protein. This also may sound a little bit counterintuitive because we know that protein can deactivate autophagy. But studies are showing that once you're done exercising on a high day, that 30 minutes after you've exercised if you refuel with protein, you're actually helping to activate the autophagy right in the muscle cells. I always recommend getting one serving of protein 30 minutes after you're done exercising and refueling with it to get the autophagy to really activate within your muscle cells.

You really don't want to give up when you're exercising. Studies have shown that when you get out of the habit of exercising for just two weeks, the benefits that you've been achieving of activating your autophagy actually start to diminish and ultimately will go away. Don't stop. Keep it going. If you find that you're getting a little bit bored, just try a novel form of exercise. Studies also show that when you do a different form of exercise, you create a different type of stress, a different acute stress because you're having to learn something new. That is again another way to boost up the autophagy activation in your body. You want to keep trying, doing different things, seeing how you respond, seeing what you might like, and don't give up.

The theme of this module is less is more. I'm looking for 30 minutes four days a week of either interval training or resistance training. There are a variety of ways that you can do that. I've given you a lot of different techniques to up the game from using caffeine to pregame, protein after you've exercised 30 minutes later, using heat as a tool to help you get more out of your exercise, and a variety of other ways that you can benefit from movement.

Again, we're not looking for perfection, we're not perfect and that's not the point of exercise. It's just about getting moving, getting momentum, and not stopping so that you don't lose the great

benefits. Even if you do stop, you can always get back and get started again. Even if it's just for a couple of minutes a day, that will help you. Give yourself the extra little bit of care that it takes, the little bit of time, and you will reap the rewards in an incredible way.

Watch the video of Dr. Heather Hausenblas. The interview is truly remarkable. She is an unbelievable woman who has helped millions of women really learn how to exercise in a very fun and easy, non-stressful manner. Although she does like to talk about some acute stress, which we now know there's a difference between chronic and acute stress. We're going to stay away from that chronic stress.

This week the homework is to write out a list each day of where you've had chronic or where you've had acute stress. I want you to really begin to learn the difference between the two and know what is good stress versus bad stress. At the end of this week, once you've done that exercise, you'll be able to take a look and see all of the areas that are pulling you down, pulling your energy down and pulling your well-being down so that you're just barely surviving. Then you can look at the areas where the acute stress is where you're actually starting to thrive. We're going to start to do that comparison this week in our homework.