

132 - Chad Austin Full ep.

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SPEAKERS

Chad Austin, David Sandstrom

C Chad Austin 00:00

New Year's resolutions would really what it is, is a chance to set goals. But people will shy away from it so much. And they're discouraged by so much, I think because of the negativity, because it's all about failing. And so it's all the stats about New Year's resolutions is all about who failed with their New Year's resolutions. It's not about success. And who determines my failure, I want to know that firsthand. If I miss a workout, does that mean I failed, because everyone is gonna miss a work, you're gonna fail, everyone is going to fail. And so fitness is not about being perfect and keeping fitness a part of your life and using fitness to help you be your best. It's not at all about being perfect. But whenever you fall off track, it's what you do next accounts.

D David Sandstrom 00:39

Welcome to the Natural Health Matters podcast where it's all about maximizing your health potential so that you can look and feel your best at any age. This is episode number 132. Today's food supply is compromised, and it's getting more and more difficult to get all the nutrients we need from the food that's available. That's why I recommend adding quality nutritional supplements to your routine. Now, there's a lot of choices out there. But keep in mind, where you get your supplements matters. There's very little oversight in the supplement industry. So because of ignorance and or unethical practices. A lot of products sitting on the shelves at places like drugstores or warehouse clubs are compromised. The only source I recommend is Fullscript. But I want supplements from my family and me, I turn to full script. They only sell to healthcare professionals such as myself. So if you want quality supplements that actually work, and a label that matches what's inside the bottle, look no further. The vast majority of full scripts offerings are not available at the retail level. And they're third party tested for quality, all delivered directly to your door. And right now they're offering free shipping on orders over \$50. If you use my link, you lock in a 10% discount for life. You've got nothing to lose, go to my website davidsandstrom.com/fullscript, click on the orange button, create an account and you'll get instant access to all my favorite products as well as my recommended protocols. And you'll be one step closer to looking and feeling your best. You won't be sorry. Today we have in the show Chad Austin. Chad was on the show about almost

two years ago on episode number 73. It was the last audio episode we did so I decided to have him come back on talk about Fitness here in the new year. And we know we have audio and video so you get to see what he looks like he's a good looking guy. Chad is a personal trainer, a gym owner and an author. He helps busy professionals get out of their own way and improve their quality of life by building their consistency muscle and making fitness a priority. Chad, welcome back to Natural Health Matters.

C Chad Austin 02:48

Yeah, absolutely. Thanks for having me back.

D David Sandstrom 02:50

Yeah, it's my pleasure. It's always good talking with you. I know what you've been up to a lot of a lot of work here in the fitness world. So tell us what you're doing today.

C Chad Austin 03:00

Well, I just got home from training my own clients. It's a winter has started in full force here in Kansas City. There's a snow storm out there and it looks like looks like I'm in an igloo right now. That's actually not part of the storm. This is just my unfinished office I'm still working on I I'm making that priority fitness lab. So kind of the the next part of my studio priority fitness and everything downstairs and so this is my office above it, but it looks like Nick

D David Sandstrom 03:28

If you're listening audio only Chad is in his attic, I think and his walls are filmed behind him. So probably he's gonna make for a great studio.

C Chad Austin 03:38

It's going to be awesome when I'm done right now it just looks like covered in snow. Yeah.

D David Sandstrom 03:44

Looks cool. Yeah, so So what are you up to? What's what's going on?

C Chad Austin 03:51

Well, like I reason I reached back out to you is I kind of evolved a little bit of my message a little bit more. And so when we talked before it, you know, make fitness a priority. That was my book series that kind of started everything with the question of what are your top priorities in life and fitness always being the thing that I realized people don't even think of? When they think of

that question. We always put it off till later. But now the next part of that message that's kind of going forward so I can help really make an impact with people is the fitness reset. Helping people kind of reset after a life change happens is that's really the reason I reached back out and what I wanted to share with your audience.

D David Sandstrom 04:32

Yeah. So how would you define fitness reset? What does that mean to you?

C Chad Austin 04:38

Well, what I think I mean, so my goal as a fitness person and you know, I started out as you know, to, you know, learn understanding it's more about helping people reach their fitness goals and my purpose is to help people get long term success. And what I realized I wasn't really doing that and I was help I was people were still getting on kind of an inconsistency roller coaster that we all get stuck on. I wasn't addressing the main problem. And the main problem is a what what what causes us all to throw off the come off track. And by the way, listeners, everybody falls off track, it doesn't matter who you are doesn't matter, it doesn't matter if you're really fit, it doesn't matter if you've never worked out, or if you're a personal trainer, everyone falls off track from time to time. So it's nothing to be ashamed of, or beat yourself up or begin with, the reason we all fall off track is because no one is immune to life's curveballs or unexpected challenges that we face, and those unexpected curveballs and changes as to what caused us to fall off track. And what the fitness reset does, it's just a very simple, easy process, to go through kind of a self evaluation, just kind of a reset button to hit with yourself, to help figure out how fitness fits in your life now that it's different. And so there's, it's, it's very simple, there's a lot of parts to it, but it's very easy to learn. And it's something that I think people can reuse over and over again, so that no matter what is going on in their life, they can use fitness to help themselves show up as the best versions of themselves when they go through it.

D David Sandstrom 06:06

Yeah, that's a great point. You know, I just one of the reasons why I do what I do. And that is, you know, if you have compromised health, sometimes you might have been dealing with health challenge for years, maybe decades, and just becomes your new normal. And when we're in a compromised state, whether we're lacking in energy, or we're dealing with some chronic pain, or whatever it is, we have a hard time showing up as the best version of ourselves, you cannot be the best dad or the best husband, or the best mom or the best wife, or the best employee that you're capable of being. Right. And one of the verses this speaks to me over the over the years is John 10:10. Jesus said, I came to give you life and life abundant, you know, I don't want to just survive life. I want to live life to the fullest. And for me, that includes fitness, that includes wellness, that includes all the energy that I need to accomplish, what I need to do throughout the day, and have little margin, you have little margin left. So if I don't want to be completely spent at eight o'clock at night, I want to have some energy leftover. Can you say a few words to that.

C Chad Austin 07:06

I love that. I think that it's really a lot of the same language that I have. And kind of the thought process I went through. I mean, I know and no matter. I mean, fitness started externally, for me, probably my motivation was how I looked. But definitely as I've become a trainer, and I mean, it's realized that so much more of it is how I feel. And I know I handle my my, my moods better I handle my stress, my energy, my anything going on any adversity I've gone through, I handle all of it better, and it's that, that affects my relationships affects my work affects everything, it just literally makes me the best version of myself. But the flip side of that, when you're not keeping fitness a part of your life, the opposite is true, I believe when I don't take care of my fitness. So when something changes in my life, and it causes me to fall off track, if I the longer I take to adapt to that change and keep fitness a part of my life, the more it hurts all the parts of my life that are most important to me, whether it be my relationships, my work or whatever, because I because I have a hunch, that's when I'm the worst version of myself is when I'm not taking care of myself.

D

David Sandstrom 08:11

That's right, it's absolutely true. Give us an example of of a curveball that somebody might come across, that knocks them off their fitness program, and how they can overcome that and get back into the groove.

C

Chad Austin 08:25

Well, and so their life changes, I call them curveballs, but sometimes they are. So what it means what I mean by a curveball just means we couldn't we didn't see it coming, it was unexpected. And so we get those all the time. And it could be big, it could be small, but it doesn't matter. Or it could be good or bad too. So it could be maybe you got married that's a big life change could be you got divorced, could be you got fired, could be you got promoted could be your job changes from being sedentary to traveling or vice versa. It could be you have kids could end or maybe you have multiple kids now or your kids have just gotten to the age where they're involved in everything. And so that takes up some of your time could be move. And so it can be you got you maybe you are going through some grief, or some loss. And that's affecting you, it doesn't really matter what it is, it could be good or bad could be big or small. But it could be as small as just your schedule changing even. And we haven't adjusted adapted to that. But those changes can really just kind of throw us off track and we have to we were very quick when changes like that happen when those curveballs come, we're very quick to adapt when it comes to our family, our career, our faith. We're quick to adapt to those things. But the last thing we even think about is our fitness. And then when we when it comes time and like this time of year at the beginning of the year where our our desire for change is at its peak, then we get into trouble because we want change so bad. We don't think about what fits in our life right now. We think about what gets us the fastest results and then we go into our history of in the past what gave us great results in the past, but just because it worked in the past doesn't mean it's gonna work. Now the Because now your life is completely different. So you have to figure out what fits now.

D

David Sandstrom 10:03

Yeah, absolutely. So let's say somebody lost a job. And they were doing good in their fitness

regimen up to that point. But now they're they're getting busy, you know, getting their resume dusting the resume off doing interviews, you know, getting on LinkedIn, making connections, they're looking for a job. How could you help that person? You know, get back on track? What would you say to that person?

C Chad Austin 10:30

Well, I'd say, you lost your job. That's, that's a, that's a kind of a gut punch, right. So you, you're going through some adversity, you need to be able to be yourself, you need to be able to show up as your best self to help get through it. And so I mean, the making sure that exercise and healthy eating good sleep, hydration, all those things, that would be fitness. And I think taking good care of yourself, is going to help you take that problem on, take that challenge on as your best self. And so I think when we're going through a tough time like that, when we're going through a change like that, I mean, that's an example of something that that kind of devastating that happened that you have to work yourself through. But what doesn't matter if it's that change, or even something that's happy, that's good, that you, you're gonna be able to go through it better and handle it better and show up as the best version of yourself to get through it. If you're keeping yourself a priority, so I would that that is your why. And when people wonder, you know, how can I work out when I'm going through something like this, that is why because you're going to, you're going to be better able to handle it by making sure that fitness, fitness fitness to me fitness is just, this is why I'm so passionate about it. Because I know with the impact that it makes fitness is the vehicle that brings us all the best version of ourselves. It doesn't matter what is the most important thing in your life, whether it's something to do with your family, or it's something to do with your career, or whatever you're passionate about. If fitness is not part of the picture, you won't be able to show up as the best version of yourself for that. And so the faster I can help people, the better I can do to help people keep fitness a part of their life, the more of an impact I can make. Yeah.

D David Sandstrom 12:09

So when you find your why you'll find your way, right.

C Chad Austin 12:12

Yeah, yeah, that's exactly true. Yeah.

D David Sandstrom 12:15

So for that person. What if they said, Well, yeah, that all sounds that sounds great chat. I'd love to do that. But I'm just too busy. I don't have enough time. What would you say to that?

C Chad Austin 12:26

Well, I will say what, when people say that phrase that I don't have time, what they normally mean is I don't have time to work out like I used to. So this is part of where the fitness reset kind of comes into play. So whenever our desire is at our peak. like it could be this time of year.

where we're ready to make change, we normally think of a time in our past, when we got the best results, or when the last time we got great results maybe or when we were in the best shape or our life. And whatever we did for our exercise or whatever did for nutrition for all those things. And that is the bar. It's like doing anything less than that is not doing enough, right? We have to like that way. We failed, right, we have to take that way of thinking and throw it out the window, doing less does not make it less of a priority. I'm gonna say that again, doing less does not mean it's less of a priority. All it means is it fits differently now. And that is okay. And that is a very important thing to know, you have to know that what you do for fitness has to fit in your life. If it doesn't fit, it's going to be temporary.

D David Sandstrom 13:27

Yeah, yeah, for sure. So I think what I hear you saying is make adjustments. Don't be stuck into a single way of doing things, you know, evaluate your life, evaluate how much time you could fit in a day. I mean, we all have the same 24 hours, right? evaluate where you want to put your priorities. And, you know, you might be working out half as much as you used to when you're at your peak, but that's okay.

C Chad Austin 13:53

Yeah, yeah. And so the fitness reset is very simple. But that is this basically just means and it requires you to answer two questions. And this is something that you'll do every time that a life change happens. And every time you hit the reset button here, you might answer these questions differently. And that's okay. So it just starts with going into it knowing I'm gonna be honest with myself to get the best results. But that's the first question. How does fitness fit in my life right now? And so whenever something happens, whether it be good or bad, big or small that you got to adjust to Now, how does fitness fit in my life? And you just have to be honest, when your answer that question, and then all the rest of that the rest of that what I do for my workouts, you know, when when they are that's that's gonna help that's going to help you answer those questions, too. But how does fitness fit in my life right now?

D David Sandstrom 14:44

Yeah. So I know and you, you often talk about people wanting short term results because they have a short term goal. And I know you're all about fitness for life. So could you talk to that for a minute about what is what does it mean when somebody says, Hey, you I'd like to lose 20 pounds before the wedding, or I'd like to fit better into my summertime clothing. What do you say to that person if you're their personal trainer?

C Chad Austin 15:13

Well, there's a little bit there that I would, I would first, any motivation is awesome. And so that that is going to have that kind of goal that's coming up, you have something coming up, most of us are fueled when we start were fueled by short term motivation. So there's something coming up as important to us. And that is where the motivation is coming from. And then it's important to lean into that I think it's important to lean into that because motivation is

awesome. Anyway, you can get it is great. But as you lean into that, we I also have to help my clients dig a little deeper, as I know, so why is this important to you? And we want to make that that'd be part of the long term plan. So why is it Why is it so important that you look good in your wedding dress that your wedding dress fits? Why is it so important that you lose his 20 pounds? And that helps us get to the deeper reason? And so it could be but but that is an important question is first it's, you know, lean into the short term motivation. But we need to dig a little deeper with that and figure out how can we make this? How can we use this? Why fuel? Why this is really important to us to help us get longer success?

D

David Sandstrom 16:16

Yeah, for sure. Well, I'm gonna ask the question now, what I think is on a lot of people's minds will just pass the new year is, how do you lose weight? How do you lose weight and keep it off? Is it about exercise? Is it about eating less? Is it? Is it more than that? Is it emotional? You know, how do you help people lose weight and keep it off?

C

Chad Austin 16:38

Well, I think it comes with constantly resetting to understand how fitness fits in your life. And so what you do for fitness, like, like I've said this a few times, now what you do for fitness has to fit in your life. And by that I mean, it doesn't mean that what you do for fitness doesn't change over time. Like if you if you have a big goal to start the year, like I'm going to lose 20 pounds or have something come up, I'm gonna lose 20 pounds for then you eventually have to ask yourself, what's next? So like, when if you don't ever ask yourself that question, then the answer is going to be answered for you, it's going to be nothing. And so that is a problem with the short term goal is we put all our motivation is for this event, this date coming up. So hopefully you reach your goal and you feel great. But after that date has come and gone, then what there's all there's no more motivation. And so you eventually have and it doesn't mean you have to keep if you're working out is really hard goal to reach. And you're obviously working really hard, doesn't mean you have to keep working out that hard forever. Nobody in the world keeps working out the hard drive. That's why even the best athletes and world that have seasons, and their intensity goes up and down throughout the course of the year. And that can be for you to maybe you even have maybe it's the other end you you have this goal and it makes you even more motivated, you can make a bigger goal. And that can happen to you. Or maybe it is you're going to take a little bit break. But I want to maintain what I did. So how are you going to do that? So you always have to have a plan of what's next. And you all but that is part of figuring out how fitness fits in my life right now. And so that's the that's important part of that question. How does fitness fit in my life right now? And so after you reach your goal, it's a good time to hit the reset button again, how does fitness fit in my life right now? What does it look like? And what my goal is, if it's to maintain what I got, then how do I do that? What's fitness? Look for me? What's my exercise? Look for me? What's my nutrition? Look for me all those things. But that I think is how you keep it a part of your life. If you do the opposite how people kind of get stuck on the inconsistency roller coaster where where fitness is just a part of their lives in spurts is they probably never ask what's next. But then every time they start a new program, they're probably starting something that doesn't really fit in their life. And so it's just gonna lead them to temporary success. And it might even hurt the balance of their lives who want while they do it, because they're forcing something in their life that doesn't really fit.

D

David Sandstrom 18:52

Well, you know, when I want to have my practice, I would talk along these lines with people and and try to get them to think long term. You know, I'll ask them questions like, What have you given up because of your health challenges? What would you like to do? If you had your health back? If I could wave a magic wand over you right now? And cure every ailment you're dealing with? What would you do? You know, would you like to take that epic vacation, learn how to surf, play with the grandkids? You know, age more gracefully? What is it in it? I think, you know, what I advise people is you know, think more long term. You know, get over the short term stuff and think look down the road look 10-20 years down the road and say yeah, I want to I had a guy on he was a he was a health and wellness guy and he said, I want to be able to wipe my own but when I'm 105 You know, I mean? It's really not really about quality of life. It's more about quality of life, I believe. I want to I want to live the last 10 years of my life active and vibrant and I want to have my mental clarity. I want to be aware of my surroundings. I want to have my flexibility and my agility and my balance. That's all important. You know, so if you think along those lines, I think it's a lot easier to, you know, do stick to your fitness program or get to the gym or even do your workout at home, whatever it is, if you have a longer term goal that you're working towards, and, you know, as you said, I mean, if you've reached the 20 pound goal, okay, lost 20 pounds. Now what? And you know, that that leads to the real roller coaster dieting, and you know, and all those things which were not at all healthy, right?

C

Chad Austin 20:26

Yeah, I mean, I think there was a stat when I was doing some research for one of my books, whereas most people, most people fall out if it is completely at least twice a year. I mean, so if this is something that happens, the majority of us, we all fall off track. And so even if you're not planning on it to happen, eventually it could happen, you could have some some big change that happened in your life, and you just didn't adapt fast enough. But what you want is to be able to have the tools to be able to reset and figure out how fitness fits in your life, so you can get back on track. So, so that's the thing. I mean, this important message, I think, this time of year, because New Year's resolutions, I think we should as a as a everybody, we should set goals more often and reset goals more often than we do. But New Year's resolutions would really what it is, is a chance to set goals, but people will shy away from it so much. And they're discouraged by so much, I think because of the negativity because it's all about failing. And so it's all the stats about New Year's resolutions is all about who failed with their New Year's resolutions. It's not about success. And who determines my failure, I want to know that firsthand. If I miss a workout, does that mean I failed, because everyone is gonna miss a word, you're gonna fail, everyone is gonna fail. And so fitness is not about being perfect and keeping fitness a part of your life and using fitness to help you be your best. It's not at all about being perfect. But whenever you fall off track, it's what you do next, that counts. How do you get back on track? How do you reset? How do you come back to do even better?

D

David Sandstrom 21:59

Yeah, yeah. When I was doing my nutritional counseling, people come in, you know, they give an eating program, and they do girl good for a week. And then they have the office party. And there's cookies and cake and wine and booze. And they say, Yeah, I went to the party. And I

you know, I just totally lost it. And I just I just stopped. Why'd you stop? You know, one day of of the binging is not going to hurt anybody. You know? There's no reason to quit in this. I think it's probably just an excuse. Would you agree with that? Or, you know, what, what's going on with that person?

C Chad Austin 22:33

That's the phrase that always comes back. Well, I'll start again on Monday. Yeah, because I already already blue this week. I'll start again. I'll start again next next week, or I'll start again tomorrow until.

D David Sandstrom 22:42

Yeah, I'm thinking of the Rocky movie with Apollo Creed. And Rocky is trying to train. And Apollo's there and he's like, ah, tomorrow, you know, I just I'll just train tomorrow. And he's like, tomorrow never comes.

C Chad Austin 22:53

There is no tomorrow.

D David Sandstrom 22:54

There is no tomorrow. That was it. Yeah, there is no tomorrow. You know, it's a it's true. You know, it is true. And it's we live in moment. And that's all we've got is the moment.

C Chad Austin 23:05

Yeah, I mean, that is that is that that is true. I mean, that seems kind of intense, maybe for somebody listening about keeping fitness a priority, but there is no tomorrow. But that really is the point. You can't keep putting off getting in shape. You can't keep putting off putting your health first, because you're doing yourself a disservice. Because you're not able to show up to be your best self for life, and for everything that you love. So that's why it's so important. And that's why David and I are so passionate about this.

D David Sandstrom 23:32

Well, you know, another criticism I hear is that I'm not going to become a gym rat. You know, that's, that's kind of selfish, you know, these people just go to the gym, and they're just looking at the mirror and flexing their muscles. It's selfish. No, it's not. Because you can only give out of your abundance. And if you want to serve other people, you want to love on other people, you've got to have something left, you've got to you can't you can't give what you don't have. If you don't have the vitality, you don't have the energy, you don't have the mood to to think and put yourself in someone else's shoes and serve that person, then you're going to have a

problem it's going to you're not going to be able to maintain it very long. So I really believe that staying fit and pursuing wellness is the least selfish thing we could do. And it's the most selfless thing we can do. Because it puts us in better positions to serve and love on other people.

C Chad Austin 24:22

Yeah, you can't you got to put the oxygen mask on yourself first, right you can't help others without being the best version yourself. I would first say if if you're that person that look are looking at somebody else and think that they're showing off, then you might first dig a little deeper and ask why you feel that way. Because it may have a lot more to do with you. And then it does that person and if you address it take the time to actually address that you may be way better off. Yeah, just just that that's the the brutally honest, personal trainer answer to someone who is having a tough time with that. But if you want to really be the best version Have yourself. Sometimes we have to make a hard look in the mirror sometimes to it might be something about yourself moreso than that person.

D David Sandstrom 25:07

Yeah, yeah, little introspection will go a long way sometimes, wouldn't it? Yeah. Ask yourself why? Why do I do the things I do? Why do I say the things I say? Why do I think the thoughts that I think? Yeah, sometimes those are some hard questions. You know, you don't want to face that. It's it's inconvenient, it's uncomfortable. But it can go a long way towards helping us reach our

C Chad Austin 25:29

Your comfort zone is the best answer though. Yeah, always gonna lead to good thing.

D David Sandstrom 25:33

Yeah, yeah, absolutely. So I got a question for you, your fitness guy. And you know, one of the things I've noticed when you watch sports, of course, is a lot of football players, but I know they spend a lot of time in the gym. But you can, you can watch the sprint runners that like they specialize in 100 yard dash. And of course, they have muscular legs, but the upper bodies are ripped too. Why is that? I mean, they're spending most of their time training in the sprint running, right? But why? Why is it that their arms and chest and back are so muscular as well? What are they what are they doing to do that?

C Chad Austin 26:07

Well, they're fast, which explosive athletes and so everything they do, I mean, they're working their whole body. They're working their whole body. And so everything they do is more about explosive, fast rep. To think of a sprint, and football players, you know, most plays are like six seconds long. Yeah. And so they're they're training to go as hard as they can for six seconds at a time. And so they're going to be they're going to be more explosive are going to have bigger

muscles, because their their intensity is going to be higher, rather than someone who has a long distance sport. That's going to be more about perseverance. It's going to be more about longevity, it's going to be more about, you know, endurance. Yeah.

D David Sandstrom 26:48

So So you would say that, do you believe in the high high intensity interval training is that for a useful HITtraining?

C Chad Austin 26:55

Yeah, I believe in, you know, you have to enjoy what you do. For one, I mean, it has to fit in your life, but you also have to enjoy it. And sometimes they're unable to find something. So if you're intimidated a little bit by high intensity training, but if you've never done it, then I would, I would, I would dare you to give it a shot, I'd encourage you to give it a give it a little go. Okay, so sometimes we stumble across what really works for us. And some of the best things we we stumble across by by just getting out of our comfort zone a little bit. And so let's always do something new and different with my clients from time to time. And one thing they know about me is they're never going to get the same workout because you don't want your workouts to start getting boring, you do the exact same thing over and over again, that's one thing that's going to lead to burnout, and eventually you fallen off track. And so you always have to keep changing your workouts for and for your body didn't adapt to it, but also so it doesn't get boring in your head. And so finding something new that could be challenging to you, you may stumble across a new love. I know I've done that so many times, but I may have someone that maybe their main goal is, is mobility training or the or they're they're trying to just increase their range of motion. And so they can squat down the floor with their grandkids, but maybe one day, I'll throw a curveball at him. And we'll do some boxing or MMA training or something, because there'll be such a change. And it might it'll be it'll be such a change. So it can be a really fun change. Am I stumble across something they love. But if none is, so the lesson they did something hard. And that's very empowering.

D David Sandstrom 28:26

Yeah, yeah, that's cool. So for a lot of people listening to this show, they're into graceful aging, and I want to help people age more gracefully. What type of exercise would you recommend for somebody that say in their 50s 60s, even 70s or older, to to maintain their youthfulness? What What would you recommend for those people?

C Chad Austin 28:48

Someone in their in their 50s. I think, actually, the majority of my clients, I'd say over half of my client base right now is actually 50 or older. And so just personal training, or just working out in general exercise is different for everybody. And so a lot of a lot of times in the past, I've had conversations with people, and I've helped them kind of realize that some people have their own have a misconception about what personal training would be or what resistance training would be. And so they'll sometimes they think personal training, or they think of they think of

bodybuilding or they think of just going to the gym to work out they think of bodybuilding and it could be something completely different for somebody else if your goal is to increase your range of motion. So you want to be able to go upstairs without paying you want to be able to squat down on the squat down to the ground and play with your kids without paying you want to be able to bend over and pick up a suitcase without any problems. That could be more about your resistance training might be have a lot of body weight. It might be a lot of smaller, smaller movements and more about flexibility and mobility and balance. Someone else that has more of a goal of lifting heavy things or being faster or stronger. It could look a lot different But But I would suggest there's there's there's everybody's everybody's goal is a little bit different. It doesn't matter what age you are. I think the big thing is, you don't stop working out when you get older, you get older when you stop working out. So I would definitely say, resistance training, whether you've done it a lot, and you haven't done it in years, or maybe even if you're 60 years old, and you've never done it before, it can help increase your lifespan, it can help improve your quality of life doing resistance training, and so don't be scared away by the phrase resistance training. Because there's there's all different forms of it. But I mean, bodyweight training is resistance training. Yeah, as you're lifting because you're you're just lifting your own bodyweight. And so but it could be different from everybody. So I would first ask yourself, what are your goals? What do you want? Do you want to be more mobile? Would you want to add more energy? You want to have more strength? What is it that your goal is and go from there? But don't shy away from resistance training and fear? There's really nobody out there that resistance training wouldn't help.

D

David Sandstrom 30:56

Yeah, yeah, very good. And get with somebody like yourself that can, you know, help you pick the right exercises, the right intensity, the right duration, all that would help put into the right form? You know, I know there's a lot to it, you know, it's hard to just walk into the gym, if you haven't been in a decade or more in startup, so hiring professionals, so

C

Chad Austin 31:15

Don't shy away from it, though, people Yeah, I don't envy anyone that hasn't done it before, it is hard, I would say the heaviest weight in the gym is the front door. So sometimes getting started is the is the hardest part. But trust me, you won't regret it can improve your quality of life. So you might it might just be changing the way you think of it a little bit, though, if you're like my dad was and you think of resistance training, you think of bodybuilding because it doesn't necessarily mean that it's different for everybody.

D

David Sandstrom 31:42

Yeah, that's good word. You know, while I'm thinking as far as anti aging goes, one of the things that I think has benefited myself is balance. You know, I had a serious foot injury few years back, and I still do physical therapy for that and my back. And when I go in that oftentimes they'll have me standing on one foot and you know, moving a ball around with the other foot or taking a weight in one hand and, and tossing it putting it to the other hand while I'm standing on one foot or on one of those, what are they called BOSU balls, you know, the balance thing, you know, sending out a Bosu ball, and shifting that weight around just to get used to balancing

on my weak foot. And I think of myself, you know, this is gonna go a long way when I'm 90 years old. Because, you know, that's what happens to people, when they lose the balance. They fall, they break a hip, you know, they get big problems, you know, they're in the hospital, they're on all kinds of medications. And this, you know, a lot of trouble associated with losing your balance when you get older. So, I you know, that's the I'm not an expert, but that's something I found to be useful.

C Chad Austin 32:41

Yeah, you're absolutely right. I mean, it all balanced, your grip strength or mobility, all those things as you as you age, the more you can keep your flexibility, your balance, your stability, strength, all those things are just going to improve your quality of life.

D David Sandstrom 32:54

Excellent. So any other low hanging fruit that you'd like to share with the audience? Chad?

C Chad Austin 33:01

Well, just a little advice for you. For everyone this time of year. Just one more time. I know I said it earlier. But I think it's just such an important lesson right now that making fitness a priority is not about being perfect. Failing is not failing. If you do fail right now, if you're if you if you started the year strong and you haven't made a mistake yet. And, you know, eventually you probably will, you probably won't make it the whole year without falling off track. But whenever you do the first time, whenever you make a mistake the first time if you miss a workout if you eat something you didn't intend to, because you didn't plan ahead, or whatever happens. That doesn't end your fitness journey. Okay? It doesn't end your fitness journey where you just have to wait till next year. And failing doesn't stop you at all this this is failing is really part of it. And really what makes you stronger and better at keeping fitness a priority is how you respond. It's how you respond and how you get back on track and just keep it going.

D David Sandstrom 33:54

Excellent. That's a good word. So tell us about your fitness pivot app and the mini course that goes with it.

C Chad Austin 34:00

Yeah, so the the fitness pivot, you can find it on Google or Apple apps. And it's a it's a very useful app if you'd like some of the conversation that me and Dave have had today about figuring out how fitness best fits in your life and using fitness as a vehicle to be your best self and getting long term success getting off the inconsistency roller coaster. That's what the fit the fitness pivot app is all about. And so when life throws you a curveball and plan a no longer works just like anything, you have to figure out what's Plan B, so I can move forward. And so the fitness reset that we've talked about a lot today that I think everyone would need to start to

if you go to the fitness pivot my app, there's a free mini course on there that will walk you through the two questions I talked about about that is the fitness reset. And if you learn how to do that, you're going to be what I call a fitness fisherman, and to me fitness fishermen. I'm sure you've heard the phrase before, where if you give someone a fish you feed him for a day You teach someone to fish you feed him for the rest of your life. So what I want to do with my clients I want to make, I want to make an impact with my clients long after I my time with them is over, just like David is with his listeners on the show. And so I want to teach people how to keep fitness a priority in your life. So no matter what curveballs they get going forward, they can keep it as a priority and keep showing up as the best version of yourself. But that is what the tool the fitness reset will teach you how to do it. It'll teach you how every time something unexpected happens in life and causes you to fall off track, you will know how to reset to what fits in your new life going forward. And that is how you're gonna keep showing up as the best version of yourself. But the fitness app or the fitness pivot, that's what that's the app, you'll go get on Google or Apple. And the first thing you'll do is go to my free mini course the fitness reset.

D David Sandstrom 35:49

Okay, so the course is within the app. Is that right? Yep. Okay, great. All right, super. And if someone wants to get a hold of you personally, what's the best way to do that? Chad?

C Chad Austin 36:00

Chad@ChadAustinFitness.com. Or MakeFitnessaPriority.com. You can email me from there. But Chad@ChadAustinFitness.com. And get a hold of me there. And if you have any questions or something triggered you in this in this or if something just got you wondering, and you have some questions. I love helping people. So don't hesitate to reach out to me.

D David Sandstrom 36:22

And what's the name of your book chat?

C Chad Austin 36:25

We'll make fitness a priority. That is the book series I have. And you can find that on Amazon.

D David Sandstrom 36:30

Excellent. All right, Chad, thank you so much for your time. Appreciate you being here today.

C Chad Austin 36:35

Thanks. Thanks for having me on.

D

David Sandstrom 36:38

For more, go to the show notes page at davidsandstrom.com/132. There you can find a video as well as an audio version of the podcast always put links to all the resources that we mentioned, and a whole lot more. And don't forget, I'm still looking for people to talk with I'd love to get to know you better. If you'd like to do a 10 minute zoom call with me. If you have any questions, be happy to answer them. I just really want to get to know my audience better. Nothing, no strings attached here. No ulterior motives. I just simply want to get to know my audience. Go to my website davidsandstrom.com/CoffeeTalk all one word. Pick a time and a date in the calendar and you can schedule a 10 minute zoom call with me love to hear from you. That's it for now. I appreciate you listening. I'll talk with you next time be blessed.