

Welcome to the replay! Most of you have no idea how many times I've done this show tonight and that's all about doing a live video. However this information is so important, and you can hear me, I've got this turned on to get your comments. But this information is so important because it's how to get a consistent work out, that I am persistent in terms of sharing it with you. My name is C.J. Johnson. My passion is helping people who are over age 40 to look and feel their best and age well. Tonight I want to talk about how a wedding tradition shows us three keys that we can use to start or reignite our fitness program. My question of the day for you is this, when you look back on 2017, and you look at your work out consistency, is it what you wanted it to be? If it was put YES down in the comments below.

If it wasn't put NO. If it was sometimes, go ahead and put Inconsistent or maybe whatever you like but put that down in the comments below. Did you meet your consistency expectations for workouts? Many of us don't even if we're, unless we're top elite athletes. If we're recreational athletes, which most of us are when we're over the age of 40. For recreational athletes, there are so many times that we don't meet our expectations in terms of consistency. As I've worked with clients, I've come up with some things that I'm constantly recommending to clients to to create habits that will make us more consistent. Now how are they tied in with a wedding tradition. I know that sounds kind of crazy. OK. I occasionally, I don't watch much TV.

One of the TV shows that I mindlessly binge watch, and my husband John doesn't understand this, is Say YES to the Dress. If you've never seen it before it is set in a big, one of the world's biggest bridal salons Kleinfeld's in New York. It's the drama, they follow a woman who is going there to get her wedding dress. All the emotions and the feelings that go through picking the perfect dress for the perfect day for the rest of your life. Along with the family drama and everything like that.

Got to admit, I'm kind of addicted to that show.

I happened to be watching an episode of Say Yess to the Dress while I was working on the outline for this topic. How do you get consistent and stay consistent in your workout routines. It dawned on me that some of those keys are exactly like one of our most famous wedding traditions. Something old, something new, something borrowed and something blue. At least it's an easy way to remember it. So that's how the wedding tradition and these consistency keys got tied together.

So one more time. If you haven't had a chance to answer the question of the day, I'm going to take a look down here and see if Facebook is actually streaming some comments. By the way if you do have a question, I'd love to answer your questions, make sure that you put a question in front of it that way I will see it right away. And Facebook is not yet streaming comments but that's ok. Sometimes it comes up after a while. So make sure if you have a question that you put a question in front of. But if you would give me a little thumbs up, give me a little heart, so I can maybe get this streaming actually working.

Let's take a deeper dive into how something old, something new, something borrowed and something blue can give us the habits that will ultimately create work out consistency. Let's start with the first one something old.

Chances are at some point in time in your life somebody has talked to you about pre-planning or goals. Ok, Don't shut me off. Don't stop the video there. I know that that's an old concept. It's more important today than it's ever been and I'll tell you why. Because our time is so, life's just moving faster than it's

ever been moving. We're plugged in all the time. We have dozens of distractions that we are dealing with on a daily basis. So that's where we need to take and we need to really plan because I don't know about you if it's not written down. I don't get it done. It has to be written down. It has to be part of my schedule for me to finish it. That's why pre-planning is so important. Another big reason is scientists have found out that we have a limited number of decisions that we can make in a day.

They say around thirty five thousand. I know that that number sounds pretty high but when you consider that we'll make 200 decisions just around food during the course of the day. That doesn't always leave us with decision making power until the end of the day. In fact how many times have you, in the middle of the afternoon, thought I can't make one more decision. Anybody? Give a little thumbs up or a little heart. Well I've definitely felt that way. Like I just don't want to decide one more thing. If you don't preplan your work out, you're leaving it to something that might get put by the wayside. And as we age it gets more and more important that we take care of our bodies because that's one of the keys for healthy aging.

So here are a couple of things that can help us to preplan that workout. The first thing is sit down the same day every week to plan out your whole entire week. As an example I sit down on Sunday nights. It takes me about 15 minutes to plan out the whole week, and the very first thing that I do is I pencil in all of my commitments. So I sit down Sunday and I look at my calendar for the next seven days and I pencil in every single commitment I have. When I'm working. When am I meeting friends. When am I planning time with my hubby. All those different commitments get put down in the calendar. Remembering that some of those commitments, like work are concrete, you can't change those. If you're commuting, you can't change the commute.

Some of those are negotiable. If you're picking kids up after school maybe you have a spouse or a partner who could help you to do that. Or maybe you have a carpool group that could help you to do that so you can fit workouts in. Once you've got all those commitments down for the entire week, then the next thing you want to do is you want to go ahead and you want to add your workouts. Plan your workout in. When can you fit it? What do you have to move around? Think of that like a big puzzle. And what you want to do as you plan this, you also want to make sure that you're putting in what you're doing for a workout and where you're doing that workout. So what I'm doing for a workout would be I'm going to the gym.

I am going to go hiking with friends. I am what ever it is that you're going to do and really get specific. If you're going to the gym. What are you going to do while you're at the gym. Are you doing a cardio workout or are you doing a strength training workout? Those types of things. So really get specific. What and where you're doing it. So now you've kind of got your whole plan laid out for you for the entire week. Now I don't know if you're like me but your week goes absolutely perfect, it always goes according to plan. Yeah not! Me neither. Everything is changing in fact sometimes between the time I wake up which is 5:30 and the time 8:30 in the morning everything in my whole day has totally been rearranged. Anybody, can anybody relate to that?

If you can give a little heart, give a little wave, thumbs up in the comments something like that. Everything is constantly changing. In order for that plan to work, I need to spend a couple of minutes every day really looking at it and refining it. So one of the things that I do is the night before I look and I adjust that plan. I make sure I see what is it that I can do? What do I have to do? Is there something that needs to, that I need to change. What has to be adjusted in order to make it work? Because here's the big thing. We talked about those 35000 decisions. If I haven't looked at the night before and I get to

later in the afternoon I might be out of decisions. In fact by that point in time usually my brain is starting to really get fried.

I'm going to look at it and if I don't have all the time to do everything I planned I've run the risk of just not doing a workout at all. If I'm looking at the night before and I know that that workout might not fit into that time of day. I still have the ability to rearrange my day. Can I change my day? And if I can't change my day, can I change my workout? I could change from an hour to a half hour. I could change our cardio to some stretching into some yoga. I can still do something. The bottom line is this doing a portion of a workout is better than, is better than doing none of the workout.

You want to at least be doing something. And if you know about it the night before you have the opportunity to make changes and still get your workout in. The very last thing that you want to do to make, in the pre-planning process is go ahead and make it easy. What I mean by make it easy is pretty simple. Plan your, pack your gym bag the night before. If you're going for a bike ride put your bike on the rack. Do the things that are going to make it easy for you to get out the door. If you're running, put your shoes by the door. If you're working out first thing in the morning, say you are like me you like to work from home, instead of getting up and getting into a different set of clothes. I go right into my workout clothes. That way I am there ready to go ahead and I'm ready to do it.

So that's the pre-planning part. And the thing about pre-planning is this, it doesn't have to take forever. This can take, this takes me literally, it takes me 10 to 15 minutes to look at the whole entire week. It takes me one to two minutes in the evening to adjust my day. That's all it takes. You get into this habit and you do something old, which you know works. Pre-planning, you know that works. If you do something old, you start to build that consistent workout habit. So I'm going to take a look down here see if the comments are coming through yet. They're not. Sorry about that. I'm not seeing them come through yet. It's stuck. Darn you Facebook! I promise, if you put a comment and you have a question below,

If they don't, if they don't start scrolling during the live I will make sure and I will get those questions answered. As well as many of the things that I'm talking about. I'm going to have some links in the description. I will post those later so that you can have access to this later as well. So let's move on. We have talked about something old and that was the preplanning. Let's move on to something new. I don't know about you but I'm a shiny object kind of girl especially when it comes to fitness. I was one of those people, do you remember Billy Blanks's Taebo. (Karate noises) Anyway I have every VHS tape that Billy Blanks made. Then I run into my Tony Horton phase.

I did P90 X, P90X 2 to Tony Horton live. Then I tried Chalene Johnson. Then I did Insanity with Sean T. As you can tell I have gone through a lot of different phases and one of the things that happens for me when there's something new I get excited and I want to learn a lot about it. It's like that shiny object that gets my attention. So by taking something new and applying it to our fitness we get reignited and excited about it and we want to do it more often. So the very first thing is that new work out. What I want you to look at is when can you, what can you incorporate, into a new work out for you. In fact. I was looking up a couple of the latest and the greatest. What's the Taebo of this day and age.?

There are a few things that I found. One is called Physique 57. It's a combination of dance and barre, ballet type of exercises. It is the rage. Another one I saw, you've probably taken a spin class, I think most of us have and they are killer. A good spin class is a great cardio workout.

There are some clubs doing under water spin. Yes. They put the bikes in the water. I've seen the pictures. They put the bikes in the water.

Like spin isn't a good enough cardio work out to begin with. And now you are going to add the resistance of the water? If you have done under water spin I want to know about it. You better put some comments down below. Tell me how it was. Is it as hard as I am thinking that an underwater spin workout should be? Those are a couple of the new things. My latest fascination is a sport called pickleball. Great sport, crappy name, really really bad name. Named after a dog named Pickles. Long story. Pickleball is the number one fastest growing sport in the States, amongst people over 60. It's a sport that you play with a paddle, kind of like a ping pong paddle, a composite paddle. The ball is the consistency of a wiffle ball. You play it on a badminton sized court and you either use a hard asphalt surface like a tennis court or a gym surface.

It's usually played in, you can play singles or doubles, but the more popular is doubles. It can be a phenomenal workout. It's a fun game to learn. I am going to put some links down below to the United States Pickleball Association. One of the great things about pickleball is not only is it a wonderful work out, it's a phenomenal way to meet people. Very very social game. Pickleball players will be more than happy to give you the equipment and to teach you how to do it. So at that USAPA site, that I'm putting in the show notes, you just click on places to play you'll see where it is and how you can learn to play that sport. And it's tons of fun. Look at what you enjoy doing if you enjoy dance look at a dance class.

If you enjoy strength training perhaps look at a boot camp do something like that. Let your fingers do the walking see what is new. Go on the Internet, make some calls to your local health club see what's new in your area and start a new workout to create some of that consistency. The next thing you can do is how about new clothes? I don't know about you but when I put on a new shirt or new outfit something I feel like a million bucks. And it doesn't have to be something that's extremely expensive. When I weighed over 250 pounds. When I started working out and I started losing weight my shirts, obviously I was changing size my shirts were starting to hang on me. It took me a long time and it was actually at the suggestion of my trainer that I go get a new workout shirt.

I'd been working hard. It was time to feel good about how my body was looking and new clothes can do that and they don't have to be very expensive. So if you're hitting some goals you're feeling good about yourself don't reward yourself with food. Reward yourself with a new workout shirt or a pair of leggings or shorts or something like that. But new clothes can really make a difference. Another thing that motivates me is music. Do you like music? Do you have playlist? If you do, give a little thumbs up make a comment. Yes I've got playlists C.J.. Playlists are phenomenal. Good heart pumping cardio music helps to motivate me and to get me through the workout. If you're like me you'll love the music but you hate putting the playlist together.

I have found this new service. It's actually called Fit radio. Fit radio. I found it on Groupon and I'm going to put the Groupon link down below. Fit radio is Station, it's an app that you put on your phone and you pick your music genre and they have all different sorts of genres. Once you've played some out of your playlist it starts picking out music for you. So you get all these good songs that maybe you haven't even thought about. The cool part to this is you can also set it to do interval work outs. There's different training programs on it. It cost 18 bucks with the groupon for a year subscription. It saves me immeasurable amounts of time and I get new playlists all the time. I'll put that link down in the show notes below.

Another thing that helps me to change my workouts every once in a while is to get some new equipment. So if you are into strength training, have you ever tried a Kettlebell. That can be some new equipment that can make it fun for you to do and that you'll do it more often. How about a Bosu Ball. A bosu is a balance ball. Playing on a bosu ball for me and doing some the hops, is great for ski conditioning but I get to be like a kid. So incorporating all these different types of equipment into a workout can also change it up enough for you that you get that feeling of something new. One of, certainly one of the newest fitness craze. You can't go around without seeing people, they have a wearables right. Whoops, I'm sorry I jumped ahead, I jumped ahead to something else but anyway.

So I'm going to back up a little bit and talk about self-assessment, because that's what is on my notes. How does that go? You may not know where to start so you may be looking for something new but you're not sure exactly how to start or where to start. Last week's show I did a self assessment. I showed you how to do one. Looking at the five key areas of fitness. And being able to take a couple of tests that won't take very long to do to see what's your strong areas and what's your weakest areas. Once you do that you can continue to do things that enhance your strength but you can also work on areas that will build up your weaknesses. That's going to give you more overall fitness and better health and make aging so much easier.

At the very end of this at the very end of this live I'm going to give you the link to that resource as well so that you can go in and take you can take a self assessment test. Then the last comment I want to talk about the last thing under the new category is just 10 minutes.

This is a concept that has worked so well not just for me but for a lot of my clients. Have you ever gotten to the point in time where you you're ready to go dp your scheduled work out and you just don't feel like doing it? I should be doing X or I should be doing Y or I just don't want to do it. You end up not doing it and then you feel guilty later. Has that ever happened to you? It certainly has happened to me. Multiple times. Just 10 minutes is this, when the talk comes to your mind and it eventually will. Say to yourself OK, what I'm going to do is I'm going to do whatever activity you have planned for just 10 minutes. If at the end of 10 minutes I don't feel like continuing. I give myself permission to stop and I'm not going to beat myself up over it.

That concept has helped me to complete so many workouts. Most of the time the first 10 minutes of a work out for me just sucks. My body is like what are you doing to me? Why are you putting me through this? And huffing and puffing and feeling pretty rotten. After 10 minutes, my blood is starting to flow. My body temperature is elevated. My muscles are ready to work.

And frankly I'm ready to get into the workout. By doing that for 10 minutes, I usually end up completing the whole workout.

So whenever your mind starts giving you grief try a new technique. Say OK mind, just ten minutes. So as we look back on the things that are new. These are the things that you can put into your workout routine. Pick out one of these, add it to your routine. Kind of give it that shiny penny concept so that you can put something new into your routine. I'm going to look down here and see, yeah no. My comments are starting work hey Angelic. How are you? It's been a long time. How are you doing? It's good to see you here. Again if you have any questions, make sure you put it down below. Put the question in front of it and I will make sure that I get those answer. So we talked about something old and something new the preplanning and the shiny new object. Let's go ahead and let's talk about something borrowed.

What we want to borrow is motivation. When ever I have stopped my fitness and workout routine whether it's for two days or maybe I'm sick and it's been a week.

When I put on a bunch of weight in my thirties. I stopped working out for 10 years. It was so hard for me to get back in the workout routine. I applied these two concepts. The first one was the concept of a workout partner, looking around and finding a workout partner and my first workout partner. was my husband John. I weighed over 250 pounds. I was not in any kind of shape to do much of anything. I started walking. I asked him to walk with me three nights a week Mondays Wednesdays and Fridays. John is 6 2. He's got these really super duper long legs. Walking with him at the time, I felt like I was at a dead run. It was miserable. We had this mile long driveway. We walked to the end of the driveway and then walked back.

He stuck with me. He stuck with me long enough for me to create a workout habit. I started to lose some weight. Felt a little bit better about myself got some of my confidence back. I was ready to head to the gym. Now at the time, I had this big corporate job and I convinced myself that the only way that I would continue to be successful was I worked these incredibly long hours. Six and seven days a week, 12 to 14 hours a day. In order for me to realistically take time from my schedule, I knew that I was going to have to make a commitment to somebody else and that's when I went out and I hired a trainer. So John had been my Monday Wednesday and Friday buddy. I went out and I hired a trainer and I met her Monday on Wednesdays and Fridays at 6 p.m. I was going to get out of work and I was going to make the commitment to be there because I was paying her and if I didn't show up she was going to get paid anyway.

Those were the two commitments I needed to make in order to start developing work out consistency was that work out partner and hiring a trainer. Now you may not be able to do either one of those. Workout partners you might be able to find at a gym or a family or friends, spouse significant other. You may not be able to afford to hire a trainer. However there is a service out there that has some low price and no price options. You get to work out with people who have like interests and that's Meetup.

I don't know if you're familiar with Meetups, I'm going to post the link below but it's [meetup.com](https://www.meetup.com). Meetups are events planned around specific activities. So there can be meet ups all the way from, there's pickleball meetups, there our shopping meetups, antiquing meet ups. You imagine it, people are creating meetups. Here in Reno Tahoe we have a hiking club meetup. They have several thousand members. They go on multiple hikes during the course of the week all the way from easy hikes, all the way to very difficult hikes from different locations. Here you get to go out and you get to be healthy and fit around an activity that you enjoy and you're going to go ahead and get to meet people doing that activity as well.

So if if a workout partner or a trainer aren't right for you you might want to consider a meetup. The next one we're going to look at that, I started to talk about this a few minutes before I thought I was in the last slide, now it's in this one. It's the wearable party. Everybody seems to have fitness trackers on these days. What one of the cool things about fitness trackers is we can connect with our friends or we can on some of these trackers on the apps they have people who don't know each other get together and do a fitness challenge. If you are the least bit competitive these can be so motivating for you. If you're part of a challenge, you walk log on to your app and you see that Mary Sue has done eight thousand steps today. Chances are you're going to go put on your shoes and get out there and get that many if not more steps.

Use your wearable as more than just something to track what you've been doing. As a matter of fact on December, the first show in December, I think it's December 5th I'm going to be doing a review of wearables just in time for the holiday season. So if you haven't already purchased one or you're thinking about purchasing one for yourself or for a friend I'm going to go through and share with you the things that for you to consider to get the best wearable for you. So you're going to want to make sure that you stay tuned to that show. But if you already have one consider doing a wearable party. Another thing that you might want to do and I don't say this very lightly is a dog.

Dogs, they need to go out and they need to walk. They can keep you active and healthy. Now it's way more, a dog is way more of a commitment than just you being active. But if you have a love for animals and you have room inside of your life, a rescue animal can add so much not only to life but to your activity as well.

About a year ago the Humane Society did a series of videos called mutual rescue. I wanted to make it part of the show but frankly I can't get through it without crying. It's the story of a man and his dog named Peetey. He was, the man was told by his doctor that if he didn't change his life within five years he needed to be planning his funeral. The man called a nutritionist and the first thing the nutritionist told him to do was to go adopt a dog. It's a story of how these two rescued each other. It's a great video. The links down below. Give it a look. The point is if you have room in your life for a four legged friend they can be very very motivating from an exercise standpoint. So it's something to consider.

The last thing or the next thing on this one is going to be signing up for an event. There are so many things that are coming up with the holidays right. Jingle Bell runs, charity walks those types things. If you find, if you sign up for an event you get motivated to finish it. A few years ago I started distance running and I wanted to run a half marathon so I paid my money. I signed up for the Rock n Roll half marathon down in Vegas. I have to tell you I didn't really enjoy the training. I love doing 5Ks, the half marathon just wasn't my bag. As I started to get into the longer distances I wasn't enjoying it that much. However I signed up for this events.

I'd made the hotel reservations I'd done all things so it made me go through and finish the training and actually run the event. Last one I ran. Don't plan to run any more. But the act of signing up for that event made me continue the training and it made me keep consistent workouts in my, into my life.

The very last thing is public accountability. There are so many ways to be accountable to people. We've got social media Facebook, Instagram all those types of things. However sometimes it can be even embarrassing to say I am on a quest to get fit or I want to lose 20 pounds whatever it may be. Another technique that Darren Hardy from Success Magazine used a few years ago on Facebook. Darren started posting that his goal for that year was to see more sunsets. So every so many days you would see a post that said sunset number 23 the picture of the sunset and a brief description of where he was that. He was actually using a technique or a goal setting technique called anchoring. His goal wasn't to see more sunsets. Darren was a type A personality. His goal was to quiet his mind and to have a little bit more quiet time in his life.

When he tried to do that he ended up doing it for about eight minutes. He couldn't do it for any length of time at all. He found a different activity that would help him to reach that goal by going out and looking at sunsets. He knew it was going to take a little extra time. It's not like you just pop out and you see the sunset. You have to go out a little bit early as the sun is setting. It's so nice to enjoy that lovely sunset and take a few pictures of it. He turned that activity into something that would help him to reach

his goal of having more quiet time. It's a technique called anchoring and it's in the show notes. I will put a link to the article so you can see all the different things around anchoring and how to use that as a form of public accountability.

So again our something borrowed, borrow the motivation from somebody else. Pick out one or two of these things. Really if you pick out one of these things that's that's a great place to start. If we do too many things, trying to do too many things at one time, we don't create consistency. So if you pick out something from the something old, do a little bit of pre-planning.

You pick out something from the something new, you pick out a new work out activity and then go here in the borrowed category pick out something in the borrowed category. You're going to be on your way to creating those healthy fitness routines. Now I could tell you the, wedding thing is something old, something new, something borrowed, something blue. I just can't think of anything blue.

I was going to turn myself blue but I'm still new to the whole video system that I'm running so I couldn't figure out a way to do that. I'm sure in six months I'll be able to do that. For now where, I was going to say something super corny like, and then if you do these work you won't be blue but hey you get the picture. Something old, something new, something borrowed and hey you're not blue anymore. I promised you a little bit earlier some access to those of self-assessment tests. If you go to www.agewellwithcj.com/selffitnessstest you're going to be directed to a post where you have videos as well as written instructions and then a self a fitness, a self-assessment scorecard based upon your age to give you some ideas of where you are. What's a good starting point for you and how to incorporate that into these concepts in your workout routine.

So let me go here and take a little bit of a look here see if we have any questions or comments. Again if you have a question, everything's just not coming through right now. Not on my Facebook. Love your Facebook but sometimes the technology just doesn't work. If you have a question put question in front of it and post that question anyway. Even if you do that after replay I go back and I look at all those questions. I will go ahead and I will answer that question for you. Next week next Tuesday night which is going to be the 14th. I am starting a Holiday Survival Series. John and I are going to be on vacation down in San Francisco. We're going to talk about the key things that you need to do keep working out while traveling. Join us here @ 6pm paciific.