DAY TWO

EXERCISE

video transcript

THE URBAN MONK
Welcome back to day two. Today we’re dealing with exercise. We know we need to do it, sometimes but grudgingly. We used to love it, we used to do it, or we never loved it, doesn’t matter, we got to talk about it because the frustrations that come around exercise are common. Whether you have an old injury that’s hampering you now, or you just simply don’t have time: the soccer practice went too late, you’re trying to get to the gym but you couldn’t because the kid had to go here or there. That’s life, right?

It gets harder every year but what’s also harder is trying to figure out whose advise to follow. There’s always like weird people talking about all kinds of things that you need to do for exercise, and I got to say, most people hate gyms. Personally, I don’t like the gym. I tolerate the gym because I know that strength training is important. A lot of people hate running, I love running, I can’t do it because I’d hurt myself in the martial arts for years, so it’s just running doesn’t do well for me. What I did is I went back and learned all the fundamentals and realized I was never taught that in school, and you probably weren’t either.

At the end of the day, active daily life used to be life. Now, cars, trains airplanes sitting, sitting, sitting, and not enough time to keep moving. Not enough time to keep walking is what’s slowing down our metabolism, it’s keeping our blood from flowing, and it’s making us feel unattractive and undesirable. At the end of the day, we all want to be able to be fit and agile because that’s our survivor genes, and we also all want to feel attractive, and we want people to look at us. That’s just part of our survival as well.

This kind of hits a square on the forehead here. We need to do the exercise thing just like we needed to figure out the food thing, but we just don’t quite know how to turn that corner. That problem has become a problem for millions. The average person in America is sitting for about an hour a day in a car. Old injuries keep us from being able to get back in and then we go and we hurt ourselves again. The old saying, “Still water breeds poison” couldn’t be more applicable here. Think of a creek and water flowing down the creek, it’s beautiful, everything is great and then the rains stop. The middle of the creek might still go on, but the sides start to pick up these little like pools where the water isn’t flowing, and then what happens? Green, funky, sick, mosquitoes yucky.

Same thing with our bodies. If we are not moving, we are not flowing, and that’s the biggest problem with modern life. We eat food that gets us stagnant and then we don’t move. To top it all off, we’ve taken a three-dimensional earth and we’ve flattened everything, so we’re walking on straight concrete, we’re walking on asphalt, we’re walking on ... The floor on my house is not bumpy on purpose, but my brain is accustomed to having ups and downs and bumps because that’s how we developed. Being back in 3D, doing some hiking, doing some bordering, doing things that I’m going to recommend as part of kind of the Urban Monk gestalt is a big part of that, because life is not a spectator sport. If you’re injured right now, we’re going to get you back in rehab so you can get back in life. If you’re just kind of working out and trying getting back in the full throttle, getting back into the complex movements that have made us this amazing adaptable creature that is now able to do so much, but not doing it is the problem.

One of the biggest solutions here is getting your legs strong. I’m going to show you in a couple of days from now some Kung Fu stances that will really power up your legs. Agility is incredibly important, and so is flexibility, so you’re going to get some tools for all of those here in this seven day reboot. Again, it’s all free. It’s just my way of saying, “Hey, go get it, go get better, go get yourself to the next level,” and then from there once you have the agility and the flexibility and some of that functional strength, then you could do sprints, you could do burst activity, and you could do the things that are going to kind of help you move the needle further, lose the weight that you need to lose, and kind
of get your metabolism revved up. If you do that stuff before your body is ready for it, you’re going to pull something, and you’re going to be back on the sidelines on the sofa.

Quick note on running by the way is ... This is something that I see a lot of with injuries that come at the clinic is people who’re like, “That’s it, I’m done I’m going to start running, I got to get fit,” and so the hips aren’t strong and they’re not well aligned. The legs aren’t strong and then the knees start buckling and so you do it, you’re like, “Ah, my knees are kind of bothering me, my knees are kind of bothering me,” boom! you’re out. Running and feeling joint pain is not natural, so there are functional exercises to build the stability so that you can do it, and then once you have that recovery and you’ve learned some of the basic stretches to be able to flow correctly and get your stride down, yeah go for it then, go run forever. That’s fine, that’s your birthright. The problem is the office chair, the problem is the car, the problem is, we’re not active all day.

One quick tip that I love and I say this with authority because we have 2200 corporations that we take care of at well.org, and my background is going into big organizations and being like, “All right, let’s fix it” is the 25/5 rule. What I mean by that is to have a timer. I got an apple watch right here, you could have it on your computer, you could have a Pomodoro App, there’s lots of apps for this. But every 25 minutes, I have something blink or beep at me and say, “Hey, get up and do your thing.” I will do at least ten reps of something: walk around, stretch, get some water, run to the bathroom, take a five-minute break and then go back. That means I have ten minutes of break every hour which keeps me moving and flowing and those ten reps... I have increased that now, so I’ll do five sets of ten reps. I’ll do lunges, I’ll do squats, I’ll do some barbell stuff, I’ll do some pull-ups whatever it is just keep the energy flowing and if you take that break once every half hour, you’ll find that (a) you just got 2 300 reps of stuff in all day and (b) you feel better, you’re at the coffee pot less, you’re not craving sugar. This has worked for thousands of people, this is something that I know works. I invite you to start doing today, which is, just get up and get the show on the road during your workday because guess what, the science is out now and just because we if, if, if, you can get to the gym for one hour a day which is what the surgeon general recommends, it’s still not enough to offset the eight hours of sitting that damages your body. The math has changed, we now understand that you’re going to get up and stay up and keep moving all day, and use that as your athletic base, then when you go to the gym, it’s gravy, then it’s for strength training and all the other stuff, but it’s not to just try to jumpstart an engine that’s been chocking all day.

Another piece here and I have a video for you is a Chi Gong workout for your core. One thing I need you to understand here, is when you’re talking about full body balance, the core isn’t your abdominals. It’s not those days of just crunching your abdominals and trying to get a six-pack. The core goes from the tip of the xiphoid process down to the pubic bone, and it wraps all the way around the body. It’s three-dimensional, so learning how to do complex three-dimensional movement and be strong doing planks, doing side planks, doing some of the stuff that I’m going to show you in some of the videos in the seven-day reboot is going to really help you connect up so that then when you’re running, you don’t have this desperate limp out here not connected with your brain, and then sending a signal that is confusing or hurting yourself.

One of the other recommendations I’ve loved giving, but it’s something that you’ve got to kind of tiptoe into, no pun intended, is going barefoot more often and building the feet. Building the arches of the feet so that, that becomes the foundation, as it should be, and has always been, for the orthopedic system, the biomechanics of the entire body. Just starting to do things barefoot will help a lot, there’re some functional movement training and plenty of great resources out there, I have some resources for you to go and plug in to that and really figure that out. We talk a lot about that in the book,
but one of the things that I love is, “Hey if you can ride a bike do that,” if you have to drive...

In every automatic car that I’ve ever seen, there’s a little footpad on the left, and that’s for your left foot because what happens is when we’re driving, the right foot typically, unless you’re driving stick which is less and less common now, right foots do know the work, left foots hanging out, so most people start getting this kind of anterior tilt to their pelvis and then you go to the gym, you get on the treadmill and you’re like, “Ay, my back hurts.” There’s a reason for that, it’s hundreds of hours of hitting a gas pedal in that position. That’s something that we can clear up relatively easily, and it’s just by counterbalancing and using the left foot to push up against.

You are getting some basics stretches that you can do at the office, you’re getting a workout that you can do at the office. There are a couple other bonus videos including the core exercises that I talked about, all here in this section. Get to work, get to move, get your body doing what it’s supposed to do. This is day two of a seven-day experiment. Day one we were talking about food, today, you could start layering in some movement and some exercise, and I promise you by day seven, you’re going to start feeling better. It’s not because I’m some sort of genius, it’s because we know this stuff works. At the end of the day when the rubber hits the road is action on your behalf. You’ve got to do it. I can teach you all the stuff, I can kind of lead you to water, you’ve got to step into this, just take a break at the 25-minute mark, move around. Start with that, and then start looking at the resources and go on from there. I’ll see you tomorrow.