

EPISODE 267

[INTRODUCTION]

[00:00:19] AVH: Hey folks, you are listening to Paleo Magazine Radio. I hope you're doing great, I hope you're all busy planning some awesome summer vacations and if you are looking for some inspiration, you want to go on a nice, healthy, beautiful adventure. Paleo Magazine has recently expanded into the adventure retreat world. The magazine is now offering its own wellness retreats where you can immerse yourself in nature, healthy food, community and connection and see some beautiful places you may not otherwise see and they have two retreats coming up this year.

One is soon, in July, in the Azores in Portugal. Another one is in November in Yelapa, Mexico and as far as I know, I'm not going to either of them, maybe someone will invite me at some point but they do look like a lot of fun and maybe you guys can go and let me know how it is. You can head to paleomagazine.com/retreats, all the information about all of the events are there, you can buy tickets there, if you have any questions about attending, you can reach out to us on social media, @paleomagazine and yeah, they look fun, so it's worth checking out.

Anyway, today, I am reading an online exclusive article for Paleo Magazine from Darryl Edwards about being fit and healthy and happy and how to move a lot to get there and I think you can really never have too many tips about movement and healthy living, honestly, because I think the joy of it is that you get to learn and take bits and pieces from everybody else's plan for health and turn it into your own personalized approach, right?

You can take a couple of things from Darryl, a couple of things from me, a couple of things from some other smart people and turn it into your own awesome plan, so that's what I'm hoping happens. Anyway, if you don't know about Darryl Edwards, he is a nutritionist and a movement coach, an expert and speaker and author. He has developed the Primal Play Method which is a focus on fun functional movement that's adaptable for all ages and ability.

It helps kind of boost your mind, improve your health, your overall wellbeing by kind of bringing it back to sort of more primal movement, being outdoors, moving your body in kind of fun ways,

different ways, maybe than we're used to. He's won a number of best of Paleo Magazine awards, he is kind of a big deal in the ancestral health world and you know at Paleo f(x), he's a celebrity. He has a free ebook that you can actually check out called the importance of play. If you head to his website primalplay.com.

He just came out with a new book called animal moves and he's got a ton of resources on his website and all of it about how to just kind of get outdoors, move your body and some primal, fun, natural ways, how to incorporate family and it talks a lot about how this can increase your strength and mobility. Because just because things are fun, this is something he told me before. Just because it's fun doesn't mean it isn't also super challenging and hard work. That is appealing to all of you type A worker-outers out there.

Yeah, all of us at Paleo Magazine are very big fans of his approach and so I wanted to share this article with you and it's just a reminder that the opinions expressed in this article are Darryl's, not mine, not the magazine's. But I do think they're valuable so I'm going to share them with you here and feel free to subscribe online, so you can get access to all of the exclusive recipes, workouts, awesome research articles, a ton of content on the website that you can go to and peruse at your leisure, if you go to paleomagazine.com.

All right, before I get into his awesome article, quick shout out to our awesome sponsor Just Thrive Probiotic. They make really high quality effective, all natural spore based probiotic supplements and I interviewed the founder, Tina Anderson in episode 263 of Paleo Magazine Radio so you can go back and listen to that, it was really good. I learned so much about probiotics that I did not know leading up to it and I thought I kind of knew what you needed to know about probiotics and turned out I was very wrong.

But one thing that makes their product really special is that it actually has a lot of research behind it. That the strains that they use actually can reduce leaky gut, they've got clinical trials still ongoing, that show that the spores that they use in their supplement actually make it to the gut, where it can survive hot temperatures and make it into your stomach and do what it needs to do.

Apparently you can even bake with this product, like put it into your baking, into your cooking whereas other probiotics supplements are telling you, you got to keep it in the fridge or else it will die. Well, newsflash that I learned, if your probiotic can't survive in room temperature in your cupboard, how is it going to survive in your gut when you swallow it and it's traveling through your body?

These are just a couple of the things that this company is actually teaching you that you don't know and you aren't getting from the other companies. I've been using it, it seems to be pretty effective to me and my digestion's great, I'm feeling good, no complaints there and yeah, check it out, the website is thriveprobiotic.com and they're offering a discount for you, it is 15% off if you use the code `paleomag15`.

If you're into probiotics, if you want to give it a shot, I can't think of a better company to try out, thriveprobiotic.com. Do it.

[INTERVIEW]

[0:05:37.7] AVH: 7 Tips to Get Paleo Fit.

While the benefits of physical activity have long been recognized, the modern environment tends to encourage a lifestyle of inactivity. Humans are lured by gadgets, transport options, labor-saving devices, and technological solutions that have led us down a path of reduced movement. It's a temptation that's hard to resist, and for many people, physical exertion is becoming increasingly optional, if not extinct.

Recent research suggests that sedentary behavior is a significant risk factor for chronic disease and mortality. A meta-analysis of 43 studies amounting to more than 43 million people found that significant periods of sitting were associated with a 21 percent increased risk of lung cancer and a 24 percent increased likelihood of colon cancer. This was independent of the quantity of exercise undertaken, meaning that high levels of activity alone do not cancel out the ill effects of extended periods of sitting for several hours a day.

The American College of Sports Medicine proposes reducing sedentariness for all, regardless of one's physical activity level, by interspersing intervals of standing with short bouts of physical activity between periods of time spent sedentary. In other words, doing a little bit more often and sitting less can be more healthful than one significant work effort at the end of the day after slouching at the desk for several hours.

[0:06:58.4] Most exercise programs target a few specialized areas. For example, we often just focus on doing cardio, or resistance work. We may concentrate on a particular skill or movement alone, to the detriment of others. But these approaches have one fundamental flaw, they ignore our ancestral heritage and nature's prescription for adaptation that got us here.

The human genome was not framed around enduring ultra-marathons or engaging in exclusive, repeated heavy lifting to develop fitness. Through natural selection, we thrived on a broad repertoire of activity and intensity. We were designed to be movement generalists, multi-skilled and multi-faceted, rather than specialists in one or two areas—and our training should reflect this evolution.

The types of exercise for which we are evolutionarily adapted include a variety of activities performed intermittently, at moderate intensity, for reasonable durations. This variety not only improves our physical capability, it also lowers the occurrence of repetitive stress injury, provides inherent motivation, and increases the likelihood of long-term adherence to exercise programs.

One possible solution is to get back to basics and reference the movement patterns of our hunter-gatherer ancestors, who were naturally lean and strong thanks to the activities they had to do daily. Paleo fitness is a model used to tune into how our bodies evolved and to get us to move as nature intended, by training above and beyond function to meet life's challenges.

Here are my seven tips to get paleo fit.

[0:08:23.3] Number one, get outdoors. Take the opportunity to go outside to train. Research demonstrates the profound impact that fresh air, grass, trees, and colors in the natural environment have on mental health and physical well-being. A study at the University of

Queensland in Australia found that people who exercised outdoors on a regular basis had higher levels of serotonin, a hormone that regulates mood, than those who exercised mainly indoors.

The outdoor exercisers also had higher levels of endorphins, which cause the “rush” that occurs after exercise. Science even has a term for this, biophilia. It means “love of life,” and it refers to our deep affinity for the natural world. We don’t need science to confirm that being outdoors is good for us, most of us feel this instinctively.

Evidence for biophilia demonstrates that exposure to and interaction with nature can have a profound effect on mental performance, self-awareness, vitality, and appreciation of our environment and of others. Being outside more is also associated with higher levels of vitamin D thanks to additional sun exposure. This has significant health benefits, including boosting the immune system, improving heart health, improving calcium absorption and bone health, and preventing cancer.

[0:09:32.7] Number two, be playful. Make activities fun as well as challenging. Use your imagination to create scenarios that will make your workouts more enjoyable. For example, when doing a bear crawl, imagine you’re crawling under low-hanging branches covered in thorns at varying heights.

It sounds like child’s play, but engaging the brain in this fashion will increase muscle activation and make you work harder. Athletes often use visualization when training to improve their athletic performance. Scientific studies demonstrate that visualization brings about quantifiable improvements as well as physiological changes.

Research has also shown that using mental imagery for muscle movement can create similar electrical activity to that seen during actual movement. Imagination also helps to increase motivation, and allows us to create whatever environment we need to accomplish our goals.

[0:10:18.6] Number three, be practical. Think of fitness as the ability to improve what you need to do day-to-day as well as the capacity to complete the extraordinary tasks that life sends our way. Make your fitness not just functional but practical. What does your fitness allow you to do?

Are you strong enough to push a car, or would you rather wait for help? Quick enough to sprint for a bus, or would you just wait for the next one? Would you be able to climb to a position of safety or just succumb to the danger?

Number four, integrate movement. Integrate movement into your day, even when you're not exercising, by avoiding sedentary options. Don't feel that your training needs to be specific to a time or place. Fitness regimens are often structured around a set place or time of day that may or may not be convenient, which can become another reason to avoid exercise.

Integrating physical activity into your daily routine will reduce the need to fall back on the "lack of time" excuse. Avoid segregating or isolating movement from your day-to-day life. If you treat exercise as a hobby, then you will fit it in only after all the other priorities—instead, make physical activity something you do all the time by avoiding sedentary options. This doesn't mean you have to dedicate all your time to movement.

For example, begin to explore and expand the possibilities that you have to move. Run, or even better, sprint for the bus, take the stairs instead of the elevator, walk to the local grocery store and carry back several bags of items, stand up when talking on the phone, and take movement "snacks"—engaging in brief periods of opportunistic, whole-body movement a couple of times an hour, to get you out of the chair.

[0:11:46.2] Number five. Sleep more. Just a few nights of sleep deprivation can increase the levels of hormones that boost appetite and reduce your ability to register the "full" signal. A lack of sleep increases the stress hormone cortisol, increases the risk of lifestyle diseases such as type 2 diabetes, heart disease, and high blood pressure, and promotes fat storage—especially around your middle. Don't let your training regimen get in the way of your sleep; aim for a minimum of 8 to 9 hours of restful sleep daily. And ensure you find time for rest and relaxation to get full recovery after physical exertion.

Number six, be mindful. How often have you exercised aimlessly and mindlessly, doing an exercise without paying attention to what, how, or why you're doing it? Instead, focus on the experience of the moment, and ensure a mind-body connection with everything you do. Move

with intensity and purpose, as our ancestors did. Think less about exercise prescription, but dwell on your individual movement philosophy.

Number seven, avoid overkill. Regular exercise is protective against chronic disease, but extended periods of intense activity can be detrimental. We were designed for routine light-intensity activity such as walking and carrying things for several miles a day, as well as intermittent moderate-intensity and -duration activity, with very brief periods of vigorous, high-intensity activity. Extended periods of high-intensity exercise are associated with damage to the heart, joints, and muscle.

[0:13:15.1] Okay, that's it for this week folks, short and sweet like I'm assuming you like it. I don't know, you got to tell me otherwise, if there's something you want to hear about on the podcast, if there's a guest you want me to have, if you want me to do another awesome Q&A cohosted episode. Anything at all, you'd like to learn about on Paleo Magazine Radio, just let me know.

Message me on Instagram, @themusclemaven. Reach out to us across the social media platforms @paleomagazine or you can leave some nice feedback on iTunes. I am receptive to all of it, I listen to everything, I promise. Connect with me and let me know what you want to learn about.

Thanks again to Just Thrive probiotic for sponsoring the show. Head to thriveprobiotic.com and use the code paleomag15 to get a discount on their awesome, high quality tested, effective probiotics so that you can improve your gut health and your poops because I'm not a doctor guys but we all know the good poops are a sign of good health. Poops. Health.

Okay, on that high note, I hope you join me next week, have a great day guys.

[OUTRO]

[0:14:40.8] AV: The intro music for Paleo Magazine Radio is a song called Stronger performed by Alter Ego and I hope you love it.

[END]