



Fatal Conveniences™: Unhealthy Exercise Routines

[00:00:00] Intro to Unhealthy Exercise Routines

Darin: Ancient humans didn't take time to exercise. Their entire way of life was moving around. It's the way they were living that allows them to move all day long, naturally. Running from animals and predators, forging, hunting, building homes, carrying heavy things for miles, this is what life was. As humans evolved, we began to move less and less. So in order to maintain a healthy lifestyle, we need to add in that regular exercise to our daily routine. And obviously there is too little movement and there is way too much in exercise as well. So whether you exercise too much or too little or not at all, how do you know if your exercise habits are unhealthy or healthy? We are going to dive into all of that on today's episode.

[00:00:58] Podcast Intro

Darin: Welcome to Fatal Conveniences™ where we address the things, we may be doing in our daily lives that are actually harming us. And in some cases, slowly killing us, tap water, Teflon, caffeine, blue light, food additives, you name it. We dive into it. We take a critical look at everyday products that really are affecting us and our bodies and the environment and how we can avoid them and find a solution. So, let's dive in.

[00:01:47] Fatal Convenience - Unhealthy Exercise Routines

Darin: And digging into the research around the human body and when it became necessary or became aware in our lexicon of, hey, maybe this body reacts to what we do to it and it's not just set. It seems to around the 14 hundreds, we started to take an interest because they started publishing the male and female anatomies.

[00:02:08] The history of modern exercise routines

Darin: And then in the 16 hundreds, the idea of quote and quote, the perfect body started to take form. Artists focused on the beauty of muscles and the curves and the painting and the sculptures and the highlighting of the significance of health and a fit body. In the mid 17 hundreds soft fitness, starting to become part of the everyday lifestyle, including some of the foundation of what we know today, the thought of working out to keep the mind, body and soul in a better and perfect condition was the undertow of the 17 hundreds. Europe happened to be on the forefront of all of this through movement of sport and games and the exercise aspect. And then especially Germany focused on it, in the early 18 hundreds Friedrich Jahn known as the father of gymnastics helped physical education take form by encouraging people to go out and live an active and healthy lifestyle. That was in 18 hundreds, the primitive human before 10,000 BC, after they were successful in the hunting and gathering, they would then go out on excursions to celebrate. And those excursions itself was 6 to 20 miles to the neighboring tribes. So they could visit with friends and other families and dance and sing. So movement, movement, movement was just a part of what we did. And now obviously we've created fatal conveniences all over the place. So we don't do anything. We have people build our houses for us. We have food that we can go pick up hell, we can have anything delivered. We don't really have to do much, which is why we



know now the body needs to move. And even in the longevity world, hopefully we don't lose this, but getting up, being active, going for walks is an incredible thing to do. Obviously eat well, eat fresh whole plant foods and move your body; get up, stretch, lay down. We will get into some of the solutions later. So what makes exercise convenient?

[00:04:36] Why exercise makes you feel good?

Darin: Well, to feel good, it's connected to those endorphins. We have to move in order for the metabolism, the endocrine system and the feel good chemicals and molecules of serotonin and dopamine in order for that to proliferate throughout our system. And now other conveniences, hell, you can get a gym membership. You can get an app like Beach Body on demand. They have thousands of workouts you can do right from your home. Hell, that was great during COVID you could go on your phone, you could go on your laptop and have an endless amount of all kinds of different workouts. That's super convenient, there's endless apps, YouTube videos, all of this stuff. These technologies make it super easy, as well as personalized nutrition stuff and nutrition apps and everything else. That's what we did on 1, 2, 1 tribe. We created a community so people can move and eat and commune and come together and celebrate life and celebrate healthiness. And what is exactly the problem we should care about? Now, listen, exercise itself is obviously not bad. We need to move and stretch and breathe and do all those things we need to do on a daily basis. Purpose of this episode is to explain the healthy side of exercise patterns, as well as looking at the underside of it. If we are doing it too much and beating ourselves up, it gets into almost a mental health kind of issue. Our bodies require balance.

[00:06:08] Too much vs. too little exercise

Darin: So, obviously this is a very big topic. There's a lot of things going on, but I just wanted to kind of set the table a little bit, but if you are not moving your body enough, according to the CDC about one in two adults and 77% of all high school students don't get enough aerobic or physical activity. Think about that; and around 117 billion dollars in annual healthcare costs are related directly to low physical activity. Why aren't we talking about that? Why are we not talking about that? What we are putting in our mouth, the lack of exercise is directly causing a healthcare crisis that we are not even mentioning. It's killing people, leading cause of death, lack of movement, horrible food choices, some other harmful effects of not getting enough exercise. If you need to know these; heart disease, type two diabetes, high cholesterol, cancer, osteoporosis, metabolism changes. The immune system is in the toilet, low blood circulation, increased inflammation, hormone imbalances. Listen, you know, if you are not moving. So yeah, I am speaking to you. Don't go into shame, don't go into blame, all you have to do is get up, go for a walk, not a big deal. Just go for a walk, take your next call on a walk, get out, get some fresh air, all that stuff. We don't have to make this a big deal. Just start, don't go into all of these stories that's stopping you. I have this, I have that, I am done, I don't have time, bullshit, bullshit, bullshit. Research has shown that inactivity causes more deaths around the world than cigarette smoking or diabetes. Physical activity plays a critical role in how the body processes, carbohydrates and missing. Just a few workouts can impair the control of blood sugar levels.



Darin: According to a study by the journal of medicine and science in sports and exercise, physical activity plays an important role in daily maintenance of these glucose levels. Most prediabetic and diabetic people aren't moving enough. Assistant professor John five Volt of the university of Missouri states that even in short term, reducing daily activity and ceasing regular exercises causes acute changes in the body associated with diabetes that can occur before weight gain and development of obesity. According to John Hopkins medicine, lack of physical exercise can also add feelings of anxiety and depression to your life. Another amazing study showed that a lack of exercise and chronic diseases found that lack of physical activity affects almost every cell, organ and system in the body causing sedentary, dysfunction and accelerated death. I mean, how much more do we have to resist this very basic thing, move like even now sitting on the podcast, I got to get up after I do this, I got to get up. Been sitting here too long. I got to get up. I got to stretch. I got to move my body. I just have to, once you are more in tune with yourself, your body will let you know what it needs.

[00:10:00] The dangers of obsessive exercise

Darin: Listen, switching gears over exercising can go hand in hand with obsessive tendencies. And some researchers say compulsive exercises and disordered eating go hand in hand are strongly linked. So over exercising goes right with eating disorder, pathology, perfectionism, neurosis, obsessive compulsive traits. So, you got to watch yourself. I slipped into that a bit. Who am I? Identified through my physical, I always have to work out blah, blah, blah, can't take a day off. Of course, on the one hand, it feels good because you get the benefits of feeling good during and after the workout. But if you are doing it and you are overindulging and you are feeling beaten up and you have reoccurring injuries and having depressive and mental issues as a result. Now, we are having some problems. Overindulging, in endurance exercise can increase your chances of arterial fibrillation, which is fast in irregular heart rhythm caused by extreme, rapid and chaotic electrical pulses originating in the heart's atria while a sedentary life can bring on also atrial fibrillation. People who chronically perform endurance exercises have up to fivefold increases in developing this condition. Didn't know that, did you? Wow. A study at Mayo clinic also found more potential heart issues in chronic intense and sustained exercise, including patchy, myocardial, fibrosis inflammation, chronic arterial, calcification, elevation, and biomarkers of myocardial injury and Dr. Marcy a Goby medical director of the Woman's Sports Medicine Center at HSS notes, some lifestyle related signs of over training, prolonged general fatigue, increased tension, depression, anger and confusion, irritability to relax, poor quality sleep, lack of energy, lack of joy from things that were once enjoyable, watch yourself. And some of the health effects of over-training increased occurrences of illness, increased blood pressure, irregular and missed menstrual cycles for women, weight loss, appetite, loss, constipation, or diarrhea. So if you are listening to this episode and you are like, well, I am definitely not in the overtraining category. Well, here's what you need to do. Start moving, be sure to start slow. Don't get all hyped up, try to get it all tomorrow. You get so damn sore, you won't be able to move for a week and then you just screwed yourself over.

[00:12:58] How to create a healthy exercise routine that works for your body?



Darin: Start with adding more and more walking every day and stretching and breathing. These things are great ways to activate your body. Again, some light resistance, body, weight squats, you know, on the knees, pushups like things like that, just chill. Let it come to you, but you got to show up each day. Hell you can use reminders on your phone at this time, this day, every day or every other day, just start moving, make your house work, make your gardening, make your yard work more of a physical workout; you can do this. So go garden, go pull weeds, get a shovel, plant some new stuff, mow your lawn. All these things are great. Just make sure you are moving every day. Keep moving you know, if you are watching TV, grab some weights, stretch, lay down. If you are returning emails, Kelly Starret, Kelly Starret had a great one. I saw on a video where he has a low coffee table. So he is sitting on the ground and he's returning emails and he is just stretching, stretching his hamstrings, stretching to the other side, holding positions, maybe sit in different positions. There's a lot of things that you can do and hack your way into moving and stretching your body, workout at home again. Beach body on demand's an amazing one there's no excuse. You could find a different workout hell on YouTube every day, but you want to do ones that make sense.

Darin: You don't want to hurt yourself. So I would encourage you to go to Beach Body on demand. They have got a great program, thousands of workouts. I am biased, go for a walk with a friend. This is my big thing I said, listen, you don't have to go buy expensive equipment. You definitely can but if you have some use them, treadmills, ellipticals, walkers, whatever you have do that. I used to love working out by myself because I couldn't find people who had the same level of intensity. But now for the last 15 years I have been working out with a group of friends, find some friends, either you are starting together in the same scenario and you haven't worked out enough or you are upleveling yourself into a group that's already working out. So start a group, start your community in your neighborhood, go for walks and come up with a scenario, maybe consult a personal trainer or consult a professional and get some routines. You don't have to do that every day, but just start doing it and showing up for people instead of the elevator, take the stairs like, just look at life differently, move when you can. And then also recover when you can. So flipping into the excessive training, we need to also acknowledge this. The first step is being mindful of how much you are working out. If you can't recover and feeling exhausted, feeling into yourself, then just take a day off, man. And if you are having more injuries and you are feeling more fatigued, take a day off. I need to listen to these things. I have probably overtrained a hundred times, probably more thousand as an athlete throughout high school and college I was overtraining my ass off, I didn't know what I was doing. Then I learned about this stuff exercise, physiology, nutrition, studied it. So then you start to learn and then you have to apply it. If you are over training, it can't stop then you have to start looking at what is the addictive obsessive aspect of this thing.

[00:16:25] Looking for the signs that you may have a problem

Darin: And then maybe you are identifying yourself to it too much. So these are things to think about. These are things to contemplate. It's about having this body and being the greatest version of yourself and not beating the hell out of your body. Respect it, it's your



vehicle here. It's great, it's wonderful, acknowledge it. Be grateful for whatever it is today. You can be better with it than you were yesterday. Just a little bit of improvement, a little bit of awareness. Listen to your body, it will tell you everything. The body is electric, there is no lies, it does not lie. It shows up with mental, emotional, physical patterns. It shows up in the body and it will tell us exactly where our emotions are stuck, where our obsessions are going rampant, where we don't love ourselves. It's all there, but I am not getting into that. Now I am just giving you a little insight. There's a lot going on, but the body can tell you everything.

Darin: So, recap. If you are not moving, move, if you are moving too much and beating yourself up, slow down man, find a different routine, switch it up. Find some workout, partners, get a check, listen to yourself. You know yourself, listen to yourself. That's the key to the kingdom and we try to get all this information from out there. Information's great because we learn, but we have to apply it to our truth, to what's going on for us. And then also keep that ego in check man, keep it and check because that thing will run around and doesn't have your best interest. It's afraid, it's scared, it's narcissistic. You got to say, what am I doing this for? What do I want? Yeah, cool. You want six pack? You want your body to look great, I get it cool. We all do but then what, when you have that goal, when you get that goal, what do you want that for? You want that body to carry you through life and then contribute to life itself, contribute to your better environment, to a better household, to a greater community and that community at large, that's what you are here for. You have a unique gift don't get caught and just obsessed over, not working out or working out too much. Just find your zone, man, and then go live your super life. Go kick ass, remember I love you.

[00:19:07] Podcast Outro

Darin: That's it for today's Fatal Conveniences™. Thank you so much for tuning in. If you want this valuable information and email form, you can sign up for my fatal conveniences newsletter at fatalconveniences.com. I send out an in-depth breakdown of what we covered in each episode, every Monday after an episode airs. And if you make any changes in your life or home from these episodes, I want to see them, tag me in your Instagram posts and show me how you are avoiding these harmful products and making better choices. It's awesome to see the impacts these episodes have. And I love seeing how creative my audience is. Remember small changes can have a big impact. Oh, and if you haven't had a chance to check out the interview I released earlier in the week, here's what you missed:

[00:20:04] Snippet – APPICS Empowering People with Blockchain

Uma: When we saw that there's now a blockchain that allows you to turn your social media interactions into a cryptocurrency token. We took that model and applied it to a platform. And so we built our own app combined that and created a reward system that allows people to just interact on the platform without having to understand what is blockchain? How does it work? Just use it like they would any other social media platform, but actually get something in return without you having to have a huge following or having to have brand deals and all of that.