

WEBVTT

1

00:00:00.910 --> 00:00:04.480

[Nolan] Inescapably, inescapably, inescapably.</v>

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00:00:05.430 --> 00:00:10.200

[Nolan] Inescapably, foreign. Welcome to Without Borders. I'm your host, Nolan Yuma.</v>

v>

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00:00:10.220 --> 00:00:13.720

If this is your first time tuning into the show, you know that this, um,

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00:00:13.720 --> 00:00:16.600

if this is your first time tuning into the show, you don't know [Laughter] uh,

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00:00:16.600 --> 00:00:20.680

but this is the podcast for nomad, expats, immigrants,

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00:00:20.680 --> 00:00:25.640

third culture kids, or anyone else that feels inescapably foreign. Today,

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00:00:25.740 --> 00:00:29.680

I'm here with Paul, uh, Dermody, an online personal trainer,

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00:00:30.190 --> 00:00:30.860

podcaster,

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00:00:30.860 --> 00:00:34.960

and part-time professional writer who's also passionate about travel and

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00:00:35.200 --> 00:00:38.600

languages. In other words, I think we have a lot in common,

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00:00:38.900 --> 00:00:43.840

and I'm looking forward to exploring how culture influences fitness and

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00:00:43.840 --> 00:00:46.840

nutrition. Um, I have a bunch of studies to bring up,

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00:00:46.940 --> 00:00:50.280

but first I want to know a bit about your travel, um,

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00:00:50.300 --> 00:00:54.320

and how it's influenced your work, your experiences, and well, Paul,

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00:00:54.320 --> 00:00:55.240

where are you right now?

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00:00:56.430 --> 00:01:01.130

[Paul] Thanks, man. So first, thanks for having me. I appreciate it. It's strange,</v>

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00:01:02.000 --> 00:01:04.890

it's interesting hearing how you're introduced in a podcast. Uh,

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00:01:04.890 --> 00:01:06.730

part-time professional writer is cool. I mean,

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00:01:06.830 --> 00:01:08.370

one part of me thinks that is so cool.

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00:01:08.390 --> 00:01:11.250

And then the other part of me saying I've met a couple of hundred books over

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00:01:11.260 --> 00:01:14.410

about a year, it's nothing to go too crazy about, but, uh,

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00:01:14.410 --> 00:01:16.870

thank you for the kind word I have to say. But.

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00:01:17.010 --> 00:01:20.070

[Nolan] You're, and even though maybe money-wise, only a couple hundred bucks,</v>

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00:01:20.070 --> 00:01:22.590

but you're successful, you have a lot of a,

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00:01:23.070 --> 00:01:26.550

a lot of comments and a lot of engagements with your writing, I've noticed.

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00:01:27.350 --> 00:01:28.710

[Paul] I, I've don't,</v>

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00:01:28.710 --> 00:01:33.550

I've broken onto medium and I've managed to qualify for the paid articles from,

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00:01:33.750 --> 00:01:35.310

I think you've, to get a hundred followers.

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00:01:35.620 --> 00:01:38.350

It's one of those things where I think every creator says this.

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00:01:38.390 --> 00:01:42.110

I joined the platform form a little bit later than I would've liked in terms of

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00:01:42.110 --> 00:01:45.150

kind of getting the, the spoils. But no, I, I love it, dude.

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00:01:45.190 --> 00:01:46.590

I don't do it for the cash. I mean,

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00:01:46.630 --> 00:01:49.910

I would love to be full-time professional writer at some point in the future,

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00:01:49.930 --> 00:01:53.270

but I don't do it for the cash. I wouldn't sustain it if I did it for the cash,

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00:01:53.350 --> 00:01:55.910

I wouldn't be able to, I think you have to have a deeper motivation.

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00:01:56.250 --> 00:01:58.950

But do your question. Currently I'm back in Malaga.

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00:01:59.490 --> 00:02:02.230

My travel story is a little bit long-winded.

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00:02:02.230 --> 00:02:06.350

So the long story short is I left home in 2018,

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00:02:07.370 --> 00:02:10.870

uh, to go to Barcelona. I was only originally going for three months,

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00:02:10.930 --> 00:02:15.230

and I actually haven't been on to live since. I found, interestingly,

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00:02:15.750 --> 00:02:20.650

client sent me an article asking me if I would read it around the winter of

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00:02:20.650 --> 00:02:24.370

2018, and it was about seasonal affective disorder.

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00:02:24.510 --> 00:02:25.730

And I had never heard about that,

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00:02:25.990 --> 00:02:29.330

but I noticed that every winter I was getting progressively more anxious than

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00:02:29.590 --> 00:02:31.770

sad. And on my last winter in Ireland,

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00:02:32.160 --> 00:02:35.250

some days I would just be lying in my bed and I just couldn't drag myself out of

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00:02:35.250 --> 00:02:37.330

bed. And I've never had any mental health problems.

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00:02:37.330 --> 00:02:40.980

I've never really had any mental health issues of any sort. And I thought,

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00:02:40.980 --> 00:02:43.580

this is getting strange, like I'm getting sadder and sadder.

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00:02:43.800 --> 00:02:45.220

And then my client sent me the,

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00:02:45.280 --> 00:02:47.460

her article she wrote on Seasonal Effective Disorder.

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00:02:47.680 --> 00:02:51.340

And it was like she had written to me about me,

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00:02:51.920 --> 00:02:54.060

and I went to my girlfriend that day and I said, look,

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00:02:54.200 --> 00:02:56.140

are you up for leaving Ireland? Do you wanna go travel?

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00:02:56.790 --> 00:02:58.250

And she was a bit apprehensive at first,

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00:02:59.070 --> 00:03:01.690

and so we decided to go away for the summer to Barcelona.

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00:03:02.030 --> 00:03:04.370

So we spent the whole summer of 2018 in Barcelona together.

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00:03:04.510 --> 00:03:07.090

And then she said to me, she goes, you're such a better person here.

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00:03:07.470 --> 00:03:10.850

You should stay. I'm gonna go back to Ireland and teach.

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00:03:11.710 --> 00:03:13.210

So I stayed for a couple of extra months,

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00:03:13.210 --> 00:03:14.810

but we decided not to do long distance.

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00:03:15.430 --> 00:03:19.370

And I suggested she moved to Barcelona with me full-time,

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00:03:19.370 --> 00:03:23.170

but she didn't want to. She felt it was a bit too much of a culture shock,

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00:03:23.170 --> 00:03:25.770

which is going to blow your mind, because then she came back and said,

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00:03:25.980 --> 00:03:29.130

let's move to Ho Chi Minh City in Vietnam. So I'm [Laughter]

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00:03:30.640 --> 00:03:34.540

I'm thinking Vietnam really that much more familiar than Barcelona.

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00:03:34.540 --> 00:03:37.460

But she had a few friends, private school teachers, she had a job lined up.

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00:03:37.840 --> 00:03:40.580

So we went from Barcelona to Vietnam, spent two years in Vietnam.

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00:03:40.840 --> 00:03:44.500

We went back to Malaga for one year when my visa expired in Vietnam,

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00:03:44.730 --> 00:03:47.940

then back to Vietnam. Uh, spent a few months in Vietnam,

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00:03:48.110 --> 00:03:50.900

lived in Malaysia for a couple of months, and now we're back in Spain.

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00:03:51.970 --> 00:03:55.900

[Nolan] Nice. We actually have a, kind of of a similar story there, because I, well, I,</v>

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00:03:56.140 --> 00:03:58.340

I didn't really live in Vietnam, I say four months.

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00:03:58.420 --> 00:04:02.340

I don't know if you can consider that, that living, but I was in, uh, Hanoi.

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00:04:02.360 --> 00:04:05.420

Did you spend time there as well, or just in, uh, Ho Chi Min City?

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00:04:06.140 --> 00:04:10.220

[Paul] I spent, I took a trip to Hanoi. I Okay. Lived in, in per two and a half years.</v>

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00:04:10.240 --> 00:04:13.380

But I can, I kind of always say I lived in Malaysia, but if,

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00:04:13.720 --> 00:04:15.700

if your thing doesn't count, then mine doesn't count.

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00:04:15.740 --> 00:04:18.460

I think we were a few months in Kuala Lumpur, so I didn't really live there.

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00:04:18.500 --> 00:04:20.100

I just spent a few months in Qual Lumpur.

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00:04:20.710 --> 00:04:24.200

[Nolan] Yeah, I think, I think four months are kind of on the borderline, right? Uh,</v>

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00:04:24.460 --> 00:04:27.840

you're still in this phase of aculturalization where everything's really

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00:04:28.120 --> 00:04:30.480

exciting and I don't think you kind of reach the,

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00:04:30.740 --> 00:04:34.180

the dips and you don't really get into all the more,

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00:04:34.180 --> 00:04:38.700

the negative sides of immigrating somewhere. Right. Um, so, well,

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00:04:38.700 --> 00:04:40.060

what I found really interesting too is that you,

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00:04:40.060 --> 00:04:42.940

you were in Barcelona and now you're near Malaga.

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00:04:43.780 --> 00:04:48.550

What made you choose to go to Malaga instead of go back to Barcelona or

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00:04:48.550 --> 00:04:49.710

pick somewhere else in Spain?

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00:04:50.730 --> 00:04:52.660

[Paul] Barcelona was amazing experience,</v>

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00:04:52.960 --> 00:04:56.660

but I just guess I had no desire to go back when I left.

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00:04:57.060 --> 00:04:58.860

I always wanted to live there, and I just,

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00:04:59.620 --> 00:05:03.520

it felt like that time was over the chapter of my life had done.

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00:05:04.390 --> 00:05:07.310

I like the climate in Malaga. I like the nature of the people in the south.

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00:05:07.630 --> 00:05:11.470

I think the lifestyle is really nice. It's quite relaxed. It's sunny year round.

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00:05:12.330 --> 00:05:15.170

And, um, yeah, I think that honestly, I,

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00:05:15.290 --> 00:05:18.370

I don't think there's anything to it other than I just googled a couple of nice

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00:05:18.370 --> 00:05:21.210

places and I decided to take a few trips around Spain and just,

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00:05:21.830 --> 00:05:24.290

I'm sure you felt this Nolan, but when you,

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00:05:24.800 --> 00:05:27.850

when you land in the faith and you instantly feel, yeah, this could be home,

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00:05:28.160 --> 00:05:28.993

this could be home.

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00:05:30.010 --> 00:05:34.260

[Nolan] Yeah. Yeah. I, I've, I've felt that in a way in Spain as well.</v>

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00:05:34.800 --> 00:05:37.500

Um, but I've, I mean, I'm a third culture kid,

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00:05:37.520 --> 00:05:42.460

so I've never really had a place where I say this is home. Right. But, um,

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00:05:42.600 --> 00:05:45.020

the longer I live here, the longer I'm starting,

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00:05:45.240 --> 00:05:47.940

the more I'm starting to adapt to the culture. And, uh,

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00:05:48.470 --> 00:05:52.100

maybe it'll end up being a long-term home, but I really don't know.

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00:05:52.180 --> 00:05:53.340

I think I'm like you as well. I,

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00:05:53.420 --> 00:05:58.060

I like to travel and have new experiences all the time. Um.

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00:05:58.680 --> 00:05:59.513

[Paul] No, uh, but.</v>

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00:05:59.520 --> 00:06:00.353

[Nolan] Uh, yeah.</v>

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00:06:00.770 --> 00:06:03.660

[Paul] I've heard you say third culture quite a few times. Do you mind,</v>

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00:06:03.830 --> 00:06:06.580

maybe it's just me and I have not heard that phrase before. You,

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00:06:06.650 --> 00:06:08.460

will you elaborate a little bit on that one?

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00:06:09.210 --> 00:06:11.020

[Nolan] Sure. So I've, I've brought it up on the show before,</v>

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00:06:11.040 --> 00:06:13.660

but just for the listeners that don't know and for you, uh,

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00:06:13.740 --> 00:06:18.500

a third culture kid is someone that was raised in more than two

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00:06:18.580 --> 00:06:22.860

cultures, forget what age before a certain age with, uh,

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00:06:22.860 --> 00:06:25.060

so during childhood. Um,

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00:06:25.760 --> 00:06:30.420

so they've never really had the time to just adapt to one culture, right?

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00:06:30.560 --> 00:06:32.820

So they're, um, and what, what these,

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00:06:33.090 --> 00:06:36.460

what they've noticed is that often third culture kids,

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00:06:36.760 --> 00:06:41.660

the pros are that they adapt easily. They're kind of like chameleons. Um,

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00:06:41.890 --> 00:06:45.580

they're able, and usually more open-minded and things like that.

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00:06:45.640 --> 00:06:49.380

But then the negative side is you don't really have much of a stable identity.

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00:06:49.480 --> 00:06:52.740

You might have some identity issues, obviously, um,

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00:06:52.980 --> 00:06:56.980

your values might clash with the culture that you're in. And, uh, yeah,

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00:06:56.980 --> 00:07:00.900

pretty much all the symptoms, or not symptoms, but characteristics that they,

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00:07:01.090 --> 00:07:04.780

they write down for third culture kids. Kids are just spot on. Um,

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00:07:04.780 --> 00:07:06.180

at least from for my life.

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00:07:08.730 --> 00:07:11.550

[Paul] Um, I was just interested, I heard you spoke what our mutual friends desire,</v>

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00:07:11.550 --> 00:07:13.110

so I just wanted to actually get a very,

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00:07:13.140 --> 00:07:15.890

just to make sure that I'm following along well.

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00:07:16.550 --> 00:07:18.920

[Nolan] Yeah, well, I thought it was interesting with Cesar as well,</v>

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00:07:18.920 --> 00:07:23.480

because how he describes his personality almost sounds like a third culture kid.

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00:07:23.500 --> 00:07:27.360

But that was just from growing up in a different, or not growing up, but uh,

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00:07:27.360 --> 00:07:29.840

living in a different country as an adult throughout your twenties.

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00:07:30.220 --> 00:07:34.520

And I think there's just not that much research done on that yet. But I think,

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00:07:35.060 --> 00:07:38.320

um, growing up somewhere in your twenties definitely has,

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00:07:38.330 --> 00:07:43.190

plays a huge role on your identity. Has it for you, uh,

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00:07:43.190 --> 00:07:47.150

living in Spain, do you feel like your personality has kind of shifted?

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00:07:47.150 --> 00:07:51.310

You said you're a better person in Spain. Um, what about anything else?

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00:07:51.310 --> 00:07:55.550

Have your values kind of changed or you're just happier and more pleasant or?

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00:07:57.400 --> 00:08:01.760

[Paul] I grew up in Ireland. I left Ireland at 28, so I,

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00:08:01.860 --> 00:08:06.850

I'm as Irish as ham and bacon and cabbage without turning into one

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00:08:06.850 --> 00:08:10.510

physically. Right. And I,

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00:08:11.190 --> 00:08:13.590

I never felt particularly Irish. I have to take,

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00:08:14.130 --> 00:08:16.470

and I think now is ironically,

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00:08:16.470 --> 00:08:21.150

after living abroad for five years across say three different countries and or

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00:08:21.150 --> 00:08:25.070

many cities now is the most Irish I've felt because something I've learned since

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00:08:25.070 --> 00:08:28.230

I've been away is I really like how the Irish represent abroad.

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00:08:28.690 --> 00:08:31.270

The groups of Irish people that I've met are usually open-minded.

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00:08:31.440 --> 00:08:35.110

We're very progressive and will usually listen to an opinion even when it

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00:08:35.110 --> 00:08:38.150

clashes with something we currently believe. At least that's been my experience.

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00:08:39.060 --> 00:08:41.660

I never really felt that Irish when I lived back at home. I,

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00:08:41.740 --> 00:08:46.720

I felt somewhat disconnected from my own culture and I suppose

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00:08:46.720 --> 00:08:49.920

even something small, but people walking in and complaining, saying, you know,

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00:08:49.920 --> 00:08:52.840

it's a, it's a wet all day. It's a rotten all day. It's a dirty all day.

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00:08:52.990 --> 00:08:56.100

Like I'm from the west of Ireland, it rains about three, 300 days a year, right?

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00:08:56.260 --> 00:08:59.560

So it's a wet, rotten, dirty all day, 300 days a year. And I,

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00:08:59.640 --> 00:09:02.600

I had this profound realization around 24,

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00:09:03.320 --> 00:09:07.360

I can't live under a gray sky and a raining on top of me all my life.

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00:09:07.360 --> 00:09:10.960

This is not a life for me. And it didn't, I thought it was strange because I,

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00:09:11.040 --> 00:09:12.520

I seem to be the only person that it bothered.

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00:09:13.020 --> 00:09:15.920

And it really bothered me to the point where it's not just, oh,

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00:09:15.920 --> 00:09:17.600

I don't like the rain. It's like my mood.

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00:09:17.740 --> 00:09:20.800

You just chop 50% of my happiness away under a gray sky.

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00:09:20.950 --> 00:09:25.680

Like even I spent a month at home this year between moving away from Vietnam

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00:09:25.820 --> 00:09:30.480

and moving here to Spain and all the, the things that my brain cues for,

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00:09:30.480 --> 00:09:34.120

like going for a walk, go to do some chin-ups, go to do some push-ups, it's,

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00:09:34.120 --> 00:09:37.480

it's almost like it stopped queuing for those. And I had to really flex,

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00:09:37.580 --> 00:09:40.400

say more discipline and willpower to the point where I skipped about four

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00:09:40.400 --> 00:09:44.440

workouts a week when I was back home every, every week for about three weeks.

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00:09:44.460 --> 00:09:47.320

Cuz my, my shoulders would creak and I felt sore and I felt stiff.

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00:09:48.150 --> 00:09:51.650

And I mean friends, my Spanish teacher from Colombia, my,

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00:09:51.670 --> 00:09:55.290

my one of my best mates in Vietnam from England, uh, they've both said to me,

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00:09:55.400 --> 00:09:58.410

when you used to talk about the weather, I thought you were such a drama queen.

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00:09:58.590 --> 00:10:02.570

But I'm, after going back home with the winter and I get it now, oh yeah.

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00:10:03.590 --> 00:10:04.770

So I'm a better person,

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00:10:04.800 --> 00:10:07.770

more so in the sunshine and sunny weather just because I'm happier. But yeah,

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00:10:07.770 --> 00:10:11.530

in terms of Irish culture, the most Irish I've ever felt.

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00:10:11.870 --> 00:10:14.730

But I had to leave home for a prolonged period to get that,

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00:10:14.750 --> 00:10:15.850

if that makes any sense.

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00:10:17.190 --> 00:10:18.160

[Nolan] Yeah. What,

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00:10:18.160 --> 00:10:23.120

what about the parts of you that are Irish that have made it difficult to adapt

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00:10:23.300 --> 00:10:24.133

in Spain?

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00:10:24.500 --> 00:10:28.480

Or maybe there's just a lot of correlations and it's just been easier to adapt

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00:10:28.480 --> 00:10:29.880

in Spain as an Irishman?

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00:10:30.530 --> 00:10:32.900

[Paul] What, it's been easy. It's been so easy.

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00:10:33.020 --> 00:10:35.460

I think having a few words of the language has really helped.

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00:10:35.940 --> 00:10:40.060

I think being generally quite curious and open-minded has helped.

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00:10:40.800 --> 00:10:43.980

Um, none of my transitions have been difficult. None of them. I,

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00:10:43.980 --> 00:10:45.540

people I know people say, you know, the,

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00:10:45.540 --> 00:10:48.940

the first night away from home or the first week I wanted to go home,

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00:10:48.940 --> 00:10:52.100

turn the plane around. I've never had that experience in any of my travels.

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00:10:52.180 --> 00:10:55.180

I have landed in Kuala Lumpur, ho Chi, min City,

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00:10:55.530 --> 00:10:59.580

Malaga, Barcelona with this sense of cool, like, the world is so huge,

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00:10:59.820 --> 00:11:03.260

I can't wait for this. My first night in Ho Chi Min, I had this feeling of,

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00:11:03.810 --> 00:11:08.140

holy crap, where am I? But it was, it was amazing.

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00:11:08.200 --> 00:11:10.660

It was exactly what I needed at 29 years of age.

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00:11:10.660 --> 00:11:13.380

And Ho Chi Minh was the best two years of my life. It turned out it was,

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00:11:13.560 --> 00:11:16.740

it went so much better than I expected. I remember my girlfriend said to me,

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00:11:17.170 --> 00:11:21.420

babe, I I hope you really adapt. And I remember thinking, I'm fine.

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00:11:21.420 --> 00:11:25.900

Worry about yourself. I'm good. I'm gonna have a great one. Oh, she should have.

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00:11:26.000 --> 00:11:28.900

It was actually legal Ho Chi Min and coming back to Spain, the,

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00:11:28.920 --> 00:11:31.500

the second time, I found that a particularly difficult transition,

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00:11:32.230 --> 00:11:33.690

but that wasn't because I don't love Spain.

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00:11:33.690 --> 00:11:35.690

It was because I wasn't actually ready to leave Ho Chi Min.

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00:11:35.690 --> 00:11:38.050

It was just visa complications. So, I mean,

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00:11:38.050 --> 00:11:39.410

I've gone on a bit of a tangent there,

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00:11:39.430 --> 00:11:42.330

but I've never struggled to adapt Nolan in any of my travels.

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00:11:42.530 --> 00:11:43.970

I have loved every moment of the.

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00:11:44.990 --> 00:11:48.750

[Nolan] I I feel you man. I'm, I'm the same way. Um, but no, just a,</v>

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00:11:48.750 --> 00:11:51.190

just to tie this into one of your articles, uh,

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00:11:51.370 --> 00:11:56.200

the problem with travel no one talks about. Yeah. And um,

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00:11:56.200 --> 00:12:00.520

like I was going through it and if I were to sum up the article in one line,

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00:12:00.680 --> 00:12:03.840

I think it's a little bit difficult cause you, you cover so much. Uh,

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00:12:03.840 --> 00:12:06.200

but the one line, uh, I'll look for it one second.

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00:12:06.380 --> 00:12:11.120

Our mental images of travel are hugely edited constructs of the mind

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00:12:11.540 --> 00:12:15.960

duping us constantly with the same mechanism that makes us curious if

221

00:12:15.960 --> 00:12:20.560

happiness lies elsewhere with another partner, place or in another

222

00:12:20.880 --> 00:12:24.160

scenario. Um, can you expand on that a bit?

223

00:12:24.160 --> 00:12:27.800

Because I always love talking about the positive aspects and we will talk more

224

00:12:27.800 --> 00:12:29.240

about the positive aspects of travel,

225

00:12:29.460 --> 00:12:33.760

but I think that's one thing that you highlight that is kind of a problem and

226

00:12:33.760 --> 00:12:37.280

something that could be negative, um, in, in travel.

227

00:12:38.500 --> 00:12:42.880

[Paul] Do you know, it's kind of a metaphor for life really. I've, um,</v>

228

00:12:43.390 --> 00:12:46.600

I've probably fallen guilty even there talking to you to something I believe,

229

00:12:46.600 --> 00:12:48.120

which is the trap of nostalgia,

230

00:12:48.120 --> 00:12:52.840

which is taking Paul from the past and heavily editing them with the ro

231

00:12:52.840 --> 00:12:54.760

tinted goggles. You know, I was happier when,

232

00:12:54.760 --> 00:12:58.240

because I can't extrapolate my own insecurities from the past and bring them

233

00:12:58.240 --> 00:13:00.680

into this moment. And that's the same ones that I feel now.

234

00:13:01.320 --> 00:13:05.750

I think with travel as it is with romance and love as it is with

235

00:13:06.630 --> 00:13:07.020

anything,

236

00:13:07.020 --> 00:13:11.830

it's easier to envision that there's a better moment anywhere

237

00:13:11.830 --> 00:13:14.870

else in some other place, just not here and just not now.

238

00:13:15.470 --> 00:13:19.710

I think it is a common mechanism of the mind that traps us. I see it,

239

00:13:19.710 --> 00:13:23.380

if I can relate it back to my career, I see it a little bit with clients who,

240

00:13:23.380 --> 00:13:27.730

some people might be like dieting for fat loss or dieting for weight loss and

241

00:13:28.120 --> 00:13:28.800

they, they,

242

00:13:28.800 --> 00:13:32.090

they envision how happy they'll be as soon as they go out and have that burger

243

00:13:32.110 --> 00:13:33.730

and fried that they decided to forego.

244

00:13:34.070 --> 00:13:36.530

But then they're eating the burger and the fried and they're no sooner doing

245

00:13:36.530 --> 00:13:39.170

that. Then they want to be back on routine instruction, feeling good.

246

00:13:39.630 --> 00:13:42.250

And I think there's a real tendency of the mind to

247

00:13:43.760 --> 00:13:48.120

constantly look over the shoulders of here and now and into the future.

248

00:13:48.140 --> 00:13:51.320

And I think that's very normal. I don't think you can ever resist that. Um,

249

00:13:51.480 --> 00:13:53.920

I think the mind tends to edit things, though. It's like,

250

00:13:54.040 --> 00:13:56.760

I love the sun more than I love anything in the world.

251

00:13:57.270 --> 00:13:59.920

I'll be the first to tell you that sunscreen spills into my eye.

252

00:14:00.040 --> 00:14:03.160

I get sand all over my socks and my girlfriend gets irritated with me because I

253

00:14:03.440 --> 00:14:06.960

walked through the tile floor with grains of sand follow following me from the

254

00:14:06.960 --> 00:14:08.840

beach. Like, it's not some utopian dream,

255

00:14:09.820 --> 00:14:14.360

but it's my idea of a relatively happy light. Um, so yeah,

256

00:14:14.460 --> 00:14:18.280

and even even things like, you know, there's an idea from Alanda Batan,

257

00:14:18.320 --> 00:14:19.680

I dunno if you're familiar with his work,

258

00:14:19.780 --> 00:14:23.550

but he's been a huge influence for me where he talks about how

259

00:14:24.540 --> 00:14:25.910

once you have a crush on somebody,

260

00:14:26.670 --> 00:14:30.610

you should really enjoy that moment because the only thing separating you from

261

00:14:30.680 --> 00:14:33.890

that and then the reality that they're not as perfect as you think is time and

262

00:14:33.890 --> 00:14:34.970

getting to know them. [Laughter] .

263

00:14:35.600 --> 00:14:38.610

[Nolan] Yeah. A lot of dream to that one.</v>

264

00:14:39.660 --> 00:14:42.530

Don't think there's one person listening to that right now, be like, no,

265

00:14:43.010 --> 00:14:43.843

[Laughter] .

266

00:14:44.900 --> 00:14:47.570

[Paul] Ultimately when I talk about travel and the problem with travel,</v>

267

00:14:47.640 --> 00:14:49.130

it's the idea that, you know,

268

00:14:49.510 --> 00:14:53.720

in your suitcase you put in your shorts and your t-shirts and your sunscreen and

269

00:14:53.720 --> 00:14:54.340

your shampoo,

270

00:14:54.340 --> 00:14:57.600

but you are bringing your anxieties and your insecurities and your shortcomings

271

00:14:57.600 --> 00:14:59.280

and your, your mental wellbeing.

272

00:14:59.940 --> 00:15:04.320

And sitting on a beach in Malaga doesn't make me happier.

273

00:15:04.380 --> 00:15:07.160

If I'm not a happy person back home, I'm, yes,

274

00:15:07.280 --> 00:15:10.680

I get the sun does change my mood. Of course it does. I I get that. And that's,

275

00:15:10.680 --> 00:15:11.840

that's the point I'm trying to illustrate.

276

00:15:11.840 --> 00:15:15.200

It's a very consciously created value that I have, which is good weather.

277

00:15:15.620 --> 00:15:16.520

But aside from that,

278

00:15:16.540 --> 00:15:19.960

I'm not just going to be more confident in myself or I'm not going to just

279

00:15:19.960 --> 00:15:22.960

happen to love myself just because I've changed from point A to point B.

280



00:15:23.140 --> 00:15:23.900

And I do think you,

281

00:15:23.900 --> 00:15:27.960

you risk disappointing yourself when you place happiness elsewhere.

282

00:15:27.990 --> 00:15:29.440

Just not here and not now.

283

00:15:29.470 --> 00:15:32.840

Only to get to that destination and realize that your mind has constantly been

284

00:15:32.840 --> 00:15:35.720

fooling you into I'll be happy when I'll be happy in the future.

285

00:15:35.790 --> 00:15:36.960

I'll be happy in this location.

286

00:15:37.870 --> 00:15:39.740

[Nolan] Definitely. Now, Paul,</v>

287

00:15:39.740 --> 00:15:43.180

everything you just mentioned right now is something I want to get a little bit

288

00:15:43.290 --> 00:15:46.540

into later on because you're, as you mentioned, right,

289

00:15:46.540 --> 00:15:50.820

is kind of a metaphor for life and the way that you're talking about travel is

290

00:15:50.890 --> 00:15:55.740

also the way that you talk about fitness, um, nutrition,

291

00:15:56.090 --> 00:15:59.420

love as you're mentioning right now and just life in general. Uh,

292

00:15:59.420 --> 00:16:01.340

but before we get into all that,

293

00:16:01.340 --> 00:16:04.340

and also I have some studies I want to ask you about. Um,

294

00:16:04.340 --> 00:16:08.100

I'm just curious a little bit more about the travel side of things because on a

295

00:16:08.300 --> 00:16:11.540

previous episode, uh, Why we travel with Dr.

296

00:16:11.540 --> 00:16:16.300

Matthew Niblett and Chris Beret, uh, they wrote a book, why Travel?

297

00:16:16.560 --> 00:16:17.060

And, um,

298

00:16:17.060 --> 00:16:21.720

they're Britain's foremost independent transport and land use think tank,

299

00:16:22.020 --> 00:16:26.680

and they work with various researchers. So you got like the sociological, uh,

300

00:16:26.680 --> 00:16:28.920

physiological, economical, spiritual,

301

00:16:28.980 --> 00:16:33.440

and all these different perspectives in this textbook about why travel. Uh,

302

00:16:33.480 --> 00:16:38.000

I think you'd enjoy it in a lot of the listeners. But, um, one study,

303

00:16:38.140 --> 00:16:39.240

and I'm just curious if,

304

00:16:39.260 --> 00:16:42.560

if you've experienced it with your writing or any of your other creative

305

00:16:42.800 --> 00:16:43.633

pursuits,

306

00:16:43.820 --> 00:16:48.560

but researchers found that participants asked to solve a problem.

307

00:16:49.110 --> 00:16:52.160

They are told originates from a far away place,

308

00:16:52.590 --> 00:16:56.280

give more creative solutions to the problem, um,

309

00:16:56.280 --> 00:17:00.160

than those participants who believe the problem is local in origin.

310

00:17:00.900 --> 00:17:03.640

And I was just wondering if you've ever utilized this like subc,

311

00:17:03.990 --> 00:17:05.360

like without even knowing it,

312

00:17:05.360 --> 00:17:09.680

maybe you were writing about something and at the time you were just thinking

313

00:17:09.680 --> 00:17:13.200

about a far away place and it had, it had an effect on your creativity.

314

00:17:15.000 --> 00:17:19.860

[Paul] And it's such a good question and I'm not even sure I fully understand it. So.</v>

315

00:17:20.860 --> 00:17:24.440

[Nolan] Imagine you, you are like, you're, you're,</v>

316

00:17:24.460 --> 00:17:26.600

you're preparing for one of your articles, right?

317

00:17:26.690 --> 00:17:29.480

Which they're often about fitness and nutrition,

318

00:17:29.480 --> 00:17:33.600

but they're also about psychology and life in general and love. Um,

319

00:17:33.670 --> 00:17:36.920

have you noticed that maybe you're sitting in Ireland or now you're sitting in

320

00:17:36.920 --> 00:17:39.080

Spain and before you write the article,

321

00:17:39.500 --> 00:17:44.320

you are imagining these situations in a country you haven't been

322

00:17:44.340 --> 00:17:48.400

to or maybe a country you've been to once and it just is far away from the

323

00:17:48.400 --> 00:17:50.880

environment you're in right now. Ha.

324

00:17:50.910 --> 00:17:54.240

Have have you noticed it ever plays a role in your writing or,

325

00:17:54.340 --> 00:17:55.800

or any of your other creative works?

326

00:17:56.910 --> 00:17:59.710

[Paul] I don't know if this is cheating, but Vietnam,</v>

327

00:18:00.290 --> 00:18:03.670

my favorite counter in the world has the lowest rate of obesity in the world.

328

00:18:04.620 --> 00:18:09.340

And when clients are starting with me and they have weight management goals,

329

00:18:09.410 --> 00:18:13.980

sometimes they will pay something that instantly, I don't know why I go there,

330

00:18:14.040 --> 00:18:18.100

but it clashes with a lot of the cultural eating values in Vietnam that I've

331

00:18:18.100 --> 00:18:18.933

experienced.

332

00:18:19.360 --> 00:18:23.540

So I might be writing an article on something like weight management and there's

333

00:18:23.540 --> 00:18:27.540

a, I like to think there's a philosophical undertone because I don't think

334

00:18:27.540 --> 00:18:30.540

philosophy, big words and complicated things in grumpy old men.

335

00:18:30.700 --> 00:18:32.700

I think philosophy is quite simply how you live your life.

336

00:18:32.700 --> 00:18:36.050

And I think everyone's a philosopher at heart, whether you realize it or not.

337

00:18:36.050 --> 00:18:39.170

Just like I think everybody has kind of personal values at heart. It's just,

338

00:18:39.240 --> 00:18:41.010

have you taken time to create your own?

339

00:18:41.470 --> 00:18:44.450

So sometimes I'll be writing about fat loss and I always come back to the idea

340

00:18:44.680 --> 00:18:49.050

that what I've seen in Vietnam and Ho Chi Min city specifically

341

00:18:50.030 --> 00:18:53.210

is so different to what I see in the, in the west say, you know,

342

00:18:53.210 --> 00:18:58.010

people tend to not obsess over every individual food or every individual

343

00:18:58.010 --> 00:19:01.170

ingredient in Ho Chi Min. They tend to eat in three or four times a day.

344

00:19:01.170 --> 00:19:02.850

It tends to be quite structured and regimented.

345

00:19:02.850 --> 00:19:05.890

They seem to have a genuine appreciation and just a, a real

346

00:19:07.600 --> 00:19:12.510

happy outlook say compared to those of us who take it for granted because let's,

347

00:19:12.510 --> 00:19:14.830

let's be real, if you're not enjoying your food right now,

348

00:19:14.890 --> 00:19:17.830

you are taking that for granted. Because if we were taken away from you,

349

00:19:18.130 --> 00:19:20.350

that's when you would really see the, the value in something.

350



00:19:20.500 --> 00:19:23.950

Sometimes you need to lose something or to put yourself in the position of

351

00:19:23.950 --> 00:19:27.030

losing it or to see it done. Another way to appreciate it, you know,

352

00:19:27.470 --> 00:19:31.390

I think acquaintance with struggle is one of the stranger prerequisites for any

353

00:19:31.390 --> 00:19:35.350

kind of gratitude. And, And and,

354

00:19:35.450 --> 00:19:37.750

and it's not even struggle that I've seen in Ho Chi Minh,

355

00:19:37.870 --> 00:19:41.030

although I have seen it in parts of Asia. But yes to, to your question,

356

00:19:41.410 --> 00:19:46.200

and sometimes I struggle to be succinct in my point making,

357

00:19:46.200 --> 00:19:50.830

which I am trying to work on, I will often go back to my experiences in Vietnam,

358

00:19:50.830 --> 00:19:54.990

especially with my Vietnamese friends and the way they eat and live and do

359

00:19:54.990 --> 00:19:56.710

fitness and just do life in general.

360

00:19:57.170 --> 00:20:01.230

It is markedly different than my more say Western or more, more Irish friends.

361

00:20:01.250 --> 00:20:04.710

100%. Same with Spain. Spain have a very rich food culture too.

362

00:20:05.030 --> 00:20:06.710

I don't know what their obesity rate is like,

363

00:20:06.710 --> 00:20:09.390

but I do know the Mediterranean diet is quite high in the list of

364

00:20:09.390 --> 00:20:09.910

recommendations.

365

00:20:09.910 --> 00:20:13.390

So I've seen the lowest obesity rate in the world and the Mediterranean diet

366

00:20:13.390 --> 00:20:18.250

firsthand for the last five years. And not one, the the common thing Nolan, the,

367

00:20:18.350 --> 00:20:19.050

the common thing.

368

00:20:19.050 --> 00:20:23.680

I have never heard one of my Spanish or Vietnamese friends demonize or single

369

00:20:23.740 --> 00:20:26.760

out one specific food on the plate that's, I can't touch that.

370

00:20:26.760 --> 00:20:27.920

That's off my plan. Yeah.

371

00:20:28.060 --> 00:20:31.680

And I've never heard one of my Vietnamese or my Spanish friends.

372

00:20:33.090 --> 00:20:34.950

[Nolan] We had a bit of an internet issue there,</v>

373

00:20:34.970 --> 00:20:37.750

so I'm not quite sure where this is leaving off. Uh,

374

00:20:37.750 --> 00:20:40.950

but Paul was talking a lot about, um,

375

00:20:41.530 --> 00:20:46.390

the attitude towards food and how that affects obesity more

376

00:20:46.390 --> 00:20:47.720

than just what you're eating.

377

00:20:48.700 --> 00:20:51.440

And I was gonna bring this up later on the show,

378

00:20:51.500 --> 00:20:54.600

but since you're already talking about it, um,

379

00:20:54.660 --> 00:20:59.360

are you familiar with the French paradox? Have you heard this term before?

380

00:21:00.560 --> 00:21:04.920

[Paul] I, without having heard it, I would've a theory that I know where it can go,</v>

381

00:21:05.060 --> 00:21:07.280

I'm assuming with the French?

382

00:21:07.340 --> 00:21:10.520

[Nolan] No, I'll I'll go over it. I'll go over it. Um, but you'll,</v>

383

00:21:10.520 --> 00:21:12.920

you'll know exactly what I'm talking about because you,

384

00:21:12.980 --> 00:21:17.440

you actually already talked about it a couple seconds ago. Um, but it's,

385

00:21:17.670 --> 00:21:21.480

despite the greater prevalence of fat and much of the French cuisine,

386

00:21:21.580 --> 00:21:23.560

the French have a longer lifespan,

387

00:21:23.620 --> 00:21:28.520

are thinner and have lower heart disease rates than Americans.

388

00:21:29.210 --> 00:21:30.043

Right?

389

00:21:30.580 --> 00:21:34.480

And the researchers started looking into this and, uh,

390

00:21:34.480 --> 00:21:39.320

two researchers Renauld and de Lord from—

391

00:21:39.320 --> 00:21:42.960

uh, 1992 was the study. And they thought it,

392

00:21:43.430 --> 00:21:45.040

they said it was because of the wine,

393

00:21:45.630 --> 00:21:50.320

because the wine I inhibits plum uh,

394

00:21:50.760 --> 00:21:52.880

platelet reactivity. Um,

395

00:21:52.940 --> 00:21:57.200

and that could reduce the risk of coronary heart disease. But that,

396

00:21:57.200 --> 00:22:00.440

that theory is a little bit iffy. I mean especially since 1992,

397

00:22:00.440 --> 00:22:04.400

we've done a lot more research into alcohol and I think especially our

398

00:22:04.400 --> 00:22:08.160

generation, we know just how bad alcohol can be. Uh,

399

00:22:08.180 --> 00:22:12.720

but then some other researchers started looking at it and it was more about the

400

00:22:12.720 --> 00:22:14.960

portion size and that's, um,

401

00:22:15.010 --> 00:22:18.840

seven that the portions in America are 70 to 80% bigger.

402

00:22:19.740 --> 00:22:22.130

But then they also looked at,

403

00:22:22.150 --> 00:22:26.410

and I think this is the main one and and you've already, uh, hinted towards it,

404

00:22:26.750 --> 00:22:31.690

is that the French view cooking as a leisure activity and they don't,

405

00:22:31.710 --> 00:22:32.930

as you said, um,

406

00:22:32.930 --> 00:22:36.770

when you're talking about Mediterranean cultures demonize the food, right.

407

00:22:36.790 --> 00:22:38.930

And I think, I think that's has,

408

00:22:39.530 --> 00:22:42.890

I think that's the most important thing for people to think about is just love

409

00:22:42.960 --> 00:22:47.210

what you're eating and um, I forget which article it is of yours,

410

00:22:47.630 --> 00:22:52.610

but you lay out all these questions you should be asking yourself while you're

411

00:22:52.610 --> 00:22:54.490

eating. Or just like some of the descriptors,

412

00:22:55.090 --> 00:22:58.330

I was fortunate enough just to be raised that way. Like my parents,

413

00:22:58.780 --> 00:23:02.930

while we're eating, we would always be talking about the smells, the tastes,

414

00:23:03.070 --> 00:23:06.050

the memories it's bringing up and everything like that.

415

00:23:06.110 --> 00:23:09.610

And thought about alcohol being bad. Sometimes we do that with a good scotch,

416

00:23:09.610 --> 00:23:13.050

right? You smell the scotch, you think about the notes, how it makes you feel,

417

00:23:13.150 --> 00:23:17.970

and that also ties into the French with their wine and everything. Um,

418

00:23:19.030 --> 00:23:20.090

so yeah.

419

00:23:20.510 --> 00:23:25.210

Do you wanna expand a little bit more about that and how you help clients who

420



00:23:25.260 --> 00:23:29.170

might not have this mindset, like, I'm lucky enough just to be,

421

00:23:29.360 --> 00:23:32.930

just to be raised with it, but how do you help your clients who,

422

00:23:33.350 --> 00:23:35.290

who need to adapt this type of mindset?

423

00:23:37.010 --> 00:23:39.950

[Paul] Two things stood out for me there about you is the joy,</v>

424

00:23:40.210 --> 00:23:44.190

the actual joy on your face when you spoke about your own diet is very,

425

00:23:45.260 --> 00:23:47.640

um, it was lovely to see, I have to say,

426

00:23:47.780 --> 00:23:51.120

as someone who speaks to a lot of people that have maybe lost the joy in food,

427

00:23:51.120 --> 00:23:53.960

it's lovely to see when someone genuinely has that. And your,

428

00:23:53.960 --> 00:23:58.600

your self-awareness in terms of recognizing the role of your upbringing is key

429

00:23:58.600 --> 00:24:00.920

as well because I, I think that tends to get downplayed a lot.

430

00:24:01.220 --> 00:24:06.070

I'm sure you're very aware as someone with your typical introspection that our

431

00:24:06.230 --> 00:24:09.830

behavior as adults sits on the shoulders of how we were raised as kids.

432

00:24:10.610 --> 00:24:15.470

And I, I see people who have had the joy ripped away from food, uh,

433

00:24:15.470 --> 00:24:17.150

from a young age. Look,

434

00:24:17.190 --> 00:24:20.750

I suppose the biggest thing that I try and do as a trainer and as any kind of

435

00:24:20.960 --> 00:24:25.930

guide or mentor that I might beat to anybody is to distinguish

436

00:24:26.480 --> 00:24:29.050

between really healthy nutrition guidelines,

437

00:24:29.670 --> 00:24:34.610

really harmful food rules, and then maybe personal abilities or personal skills.

438

00:24:35.150 --> 00:24:38.770

So for example, I think it's a terrible thing to have a food rule.

439

00:24:38.910 --> 00:24:43.850

You're not a machine so that I can't tell you not to eat food X not to eat after

440

00:24:44.090 --> 00:24:47.570

y o'clock or to eat precisely this quantity of such a thing.

441

00:24:48.010 --> 00:24:51.490

I think it's kind kind of like telling you to use the toilet at this hour and

442

00:24:51.490 --> 00:24:54.650

only get sexually turned on by this activity. I don't think it helps.

443

00:24:55.960 --> 00:24:58.480

I think guidelines are fantastic cuz they create routine.

444

00:24:58.540 --> 00:25:02.240

If you're gonna enjoy a flexible dietary pattern, you have to have boundaries.

445

00:25:02.580 --> 00:25:06.200

You can't be flexible unless you have something in order to adhere to.

446

00:25:06.200 --> 00:25:10.280

If you are just eating quote on quote junk foods, and I don't love the term,

447

00:25:10.300 --> 00:25:13.760

but roll with me here. If you're eating low, low nutrient food all day,

448

00:25:13.980 --> 00:25:16.520

that's not really flexible because you're not adhering to anything.

449

00:25:16.580 --> 00:25:17.320

To be flexible,

450

00:25:17.320 --> 00:25:21.560

you need to have an feel to say no and the skill to say yes appropriately.

451

00:25:22.460 --> 00:25:25.860

And with guidelines you might say, you know, create a routine,

452

00:25:26.280 --> 00:25:30.020

eat every so many hours, um, really figure this out for yourself.

453

00:25:30.160 --> 00:25:32.540

And then skills are more personal aspects.

454

00:25:32.840 --> 00:25:35.060

Do I really need this mindless snack right now?

455

00:25:35.560 --> 00:25:39.180

If I'm gonna have a delicious scotch, do I really need the third,

456

00:25:40.040 --> 00:25:42.860

the third getting into hangover territory? Could I stop at two?

457

00:25:42.860 --> 00:25:45.060

Could I have the joy in two? Could I leave it at two?

458

00:25:45.190 --> 00:25:47.380

Could I be happy that I'm saying no? It,

459

00:25:48.480 --> 00:25:52.930

and and it's like you're just touching base with yourself

460

00:25:53.070 --> 00:25:56.890

skills. Like, like I said, right? There's being taught about safe sex,

461

00:25:57.190 --> 00:26:02.120

but then there's knowing what and when turns you on and who and with

462

00:26:02.120 --> 00:26:04.720

what and what the boundaries of that relationship. To some people,

463

00:26:05.440 --> 00:26:07.200

monogamy is the norm. And to others,

464

00:26:07.670 --> 00:26:10.400

like to some people a third party would be the ultimate portrayal.

465

00:26:10.400 --> 00:26:12.480

And to others is the casual evening when they open up.

466

00:26:12.940 --> 00:26:16.120

And I'm saying that as somebody who is in a very healthy, committed,

467

00:26:16.120 --> 00:26:17.120

monogamous relationship,

468

00:26:17.480 --> 00:26:20.960

I would not like anybody else's ideals inflicted onto me.

469

00:26:21.260 --> 00:26:23.800

So I have no interest in inflicting my ideals onto someone else.

470

00:26:24.080 --> 00:26:26.640

I think values are vital and,

471

00:26:26.640 --> 00:26:28.720

and that I think it's values that ties it back together.

472

00:26:29.330 --> 00:26:30.840

Nolan comes to me today and says, Paul,

473

00:26:30.860 --> 00:26:35.120

I'm gonna have a slice of cake and a scotch and I'll say, why? And you'll say,

474

00:26:35.440 --> 00:26:38.780

I couldn't be bothered cooking and I'm not so sure I'll,

475

00:26:38.780 --> 00:26:39.980

I'll tell you it's the best option.

476

00:26:40.200 --> 00:26:43.280

But if you say it's my birthday today and I want cake and scotch, I'm like,

477

00:26:43.280 --> 00:26:43.920

knock yourself out.

478

00:26:43.920 --> 00:26:48.770

That sound that sounds amazing and values is knowing that you will

479

00:26:49.010 --> 00:26:51.330

probably have goals that kind of conflict with each other. Like,

480

00:26:51.330 --> 00:26:54.410

I love being healthy and I love getting stronger at chin ups and I love beer.

481

00:26:54.600 --> 00:26:57.770

They immediately conflict with each other unless I dig deeper and think, okay,

482

00:26:57.770 --> 00:26:59.090

well I'm gonna need to negotiate here,

483

00:26:59.350 --> 00:27:01.650

but I can eat 20 beers a night and get better at chin ups.

484

00:27:01.670 --> 00:27:04.130

But I [inaudible] three and I twice a week.

485

00:27:04.440 --> 00:27:07.450

Like I think you always have to put yourself in a wise way,

486

00:27:07.590 --> 00:27:08.890

but nobody can do that for me.

487

00:27:09.310 --> 00:27:13.240

And when I'm trying to bring clients to a better understanding of themselves,

488

00:27:13.240 --> 00:27:17.030

ultimately I'm trying to remind them you're going to come face to face with a

489

00:27:17.030 --> 00:27:20.910

really ugly part of the process that has to make you be a philosophically

490



00:27:20.910 --> 00:27:21.690

different person.

491

00:27:21.690 --> 00:27:24.030

You're gonna be tempted to quiz and go straight back to the old pattern.

492

00:27:24.570 --> 00:27:27.230

That's the moment I need you to tap into that value system,

493

00:27:27.230 --> 00:27:28.670

that wisdom that you're trying to cultivate.

494

00:27:28.830 --> 00:27:30.830

I can't tell you what to do in that situation. And I,

495

00:27:31.030 --> 00:27:34.430

I would argue you find yourself in that situation cuz you've constantly

496

00:27:34.430 --> 00:27:37.510

outsourced the what should I eat, when should I do it to somebody else?

497

00:27:37.610 --> 00:27:40.910

And I think it's a subliminal out of doing the, the,

498

00:27:41.050 --> 00:27:45.720

the value work needed to create a good relationship to food. And I mean,

499

00:27:46.020 --> 00:27:48.760

no, I could talk about this all day long and barely scratch the surface,

500

00:27:48.860 --> 00:27:51.600

but that covering a little bit of the labor of what I think feather of the

501

00:27:51.600 --> 00:27:52.433

trainers day.

502

00:27:53.040 --> 00:27:54.770

[Nolan] Perfect. And yeah, a as you said, you,</v>

503

00:27:54.770 --> 00:27:58.330

you can only scratch the surface right now and it's something that is an ongoing

504

00:27:58.330 --> 00:28:00.650

battle. And I think that's the mistake.

505

00:28:00.650 --> 00:28:04.610

Well I used to work as a personal trainer as well, um, and like you,

506

00:28:04.630 --> 00:28:07.090

I'm just very into fitness and nutrition,

507

00:28:07.350 --> 00:28:11.130

but I've never been someone that's followed all the fads and the trends.

508

00:28:11.650 --> 00:28:14.930

I always like to look at the rules and look at all the new things that are

509

00:28:14.930 --> 00:28:19.370

coming out just to kind of like learn from it and pick and choose. Um,

510

00:28:19.430 --> 00:28:21.290

but I think a lot of personal trainers,

511

00:28:21.290 --> 00:28:25.570

they make the mistake because it's easier to just give the rules, right?

512

00:28:25.600 --> 00:28:28.610

Like this is what you're supposed to do. Try this, try this trend.

513

00:28:29.080 --> 00:28:32.770

It's so much harder as a personal trainer to do what you are doing.

514

00:28:32.870 --> 00:28:34.610

And that's actually like changing the mindset,

515

00:28:34.990 --> 00:28:38.750

but it's also going to have such a better result on the,

516

00:28:38.770 --> 00:28:42.710

on the people and such more long, long-term results. But as you say, it takes,

517

00:28:42.720 --> 00:28:45.550

takes a lot more work as well. Uh.

518

00:28:45.700 --> 00:28:50.350

[Paul] Well Nolan, the why, why are you beaming with joy when you talk about food?

Why,

519

00:28:50.450 --> 00:28:53.390

why are you not sitting anxiously now worried about those things?

520

00:28:53.390 --> 00:28:54.223

You can't have?

521

00:28:54.580 --> 00:28:58.430

It's because you clearly don't have a dichotomy that you can't have the thing,

522

00:28:58.690 --> 00:29:01.510

the thing isn't on your mind cuz you're not thinking about the thing.

523

00:29:01.810 --> 00:29:04.950

So as soon as I tell you you can't have the thing, it becomes a thing.

524

00:29:05.410 --> 00:29:07.550

And if I say think, yeah, not my

525

00:29:08.870 --> 00:29:11.150

[Nolan] I, I, so I've never had it with food.</v>

526

00:29:11.150 --> 00:29:14.710

I've always had a really healthy relationship with food. Fitness, Um,

527

00:29:15.330 --> 00:29:20.030

I'm addicted. Like I can't go three days without uh,

528

00:29:20.030 --> 00:29:24.390

working out. If I'm not a little bit sore, I just feel awful. Uh, [Laughter]

529

00:29:24.390 --> 00:29:27.030

that's more of an addiction there. But alcohol,

530

00:29:27.030 --> 00:29:29.630

that's one where I've noticed that kind of mindset.

531

00:29:29.890 --> 00:29:34.510

And I know that with alcohol, genes can play a role as well. But for me,

532

00:29:34.810 --> 00:29:37.430

um, when I lived in Canada and uh,

533

00:29:37.450 --> 00:29:42.080

one of my partners was someone who didn't like when I got wasted and the more

534

00:29:42.230 --> 00:29:45.880

like mentioned like, don't drink more than three beers, don't do more than this.

535

00:29:46.020 --> 00:29:50.680

Be careful with this, you act like this. The more I would try to drink less,

536

00:29:51.100 --> 00:29:54.320

but then when the opportunity would come, I would just lose control.

537

00:29:54.390 --> 00:29:58.680

Like after four drinks, it's like, okay, uh, [Laughter] let,

538

00:29:58.690 --> 00:30:00.120

let's just keep this going.

539

00:30:01.180 --> 00:30:04.920

And it's always been something like I've kind of had to, to keep an eye on.

540

00:30:04.990 --> 00:30:09.000

Luckily with my fitness addiction, I, I couldn't get hungover very often,

541

00:30:09.060 --> 00:30:12.400

so it would only be like, you know, maybe twice a month or something like that.

542

00:30:12.940 --> 00:30:17.840

But I've noticed that I've got rid of this in Spain and I don't know

543

00:30:18.160 --> 00:30:22.560

if it's like what you talked about earlier with the sun or if it's just a

544

00:30:22.560 --> 00:30:23.260

culture here,

545

00:30:23.260 --> 00:30:28.200

people don't get wasted like they do in Ireland or in Canada or in

546

00:30:28.200 --> 00:30:32.400

England, right? People drink at 9:00 AM here sometimes [Laughter] .

547

00:30:33.100 --> 00:30:37.720

Um, but they're not getting wasted. And it's, it's again, with that mindset.

548

00:30:37.900 --> 00:30:42.560

And I think I've adapted to that now because now even if I have three beers,

549

00:30:43.100 --> 00:30:45.880

I'm not all of a sudden like, oh, I want to drink more. I'm like, I,

550

00:30:46.280 --> 00:30:48.880

I feel way more in tune with my body.

551

00:30:49.340 --> 00:30:52.200

And that wasn't like a conscious thing. It was really,

552

00:30:52.600 --> 00:30:53.840

I think just from moving here.

553

00:30:55.110 --> 00:30:58.870

[Paul] I, it's so funny, me and my girlfriend talk about the same thing the whole time.</v>

554

00:30:58.970 --> 00:31:01.190

We could go out with friends here and we often do,

555

00:31:01.410 --> 00:31:05.630

and you might have four or five cañas of those little beers throughout a

556

00:31:06.480 --> 00:31:10.060

six hour evening, say three hours for dinner and a couple of drinks after.

557

00:31:10.200 --> 00:31:12.940

And it would be the equivalent of having say, two pints back home.

558

00:31:13.320 --> 00:31:17.210

But I'd have two pints in the first half an hour back home, just the culture.

559

00:31:17.720 --> 00:31:21.130

It's just how we drink. It's just the norm. So yeah, I,



560

00:31:21.210 --> 00:31:24.210

I have found my relationship with alcohol has changed drastically. Like,

561

00:31:24.210 --> 00:31:25.290

I drank heavy when I was younger.

562

00:31:25.650 --> 00:31:28.730

I quit entirely in my mid twenties when I became a trainer and I wanted to build

563

00:31:28.730 --> 00:31:30.810

up a business. But since I've moved to Spain,

564

00:31:31.010 --> 00:31:33.970

I have a very good relationship with alcohol. I,

565

00:31:34.880 --> 00:31:38.170

it's another thing I suppose that I don't resonate with, with the Irish culture.

566

00:31:38.330 --> 00:31:41.130

I find a lot of people are kind of on the beer or off the beer.

567

00:31:41.550 --> 00:31:42.930

You know where I'm off now? Yeah.

568

00:31:42.930 --> 00:31:43.050

[Nolan] Well,</v>

569

00:31:43.050 --> 00:31:46.210

it's a little bit freaky how much we have in common because it was same routine

570

00:31:46.210 --> 00:31:47.330

with me, like early twenties,

571

00:31:47.330 --> 00:31:52.050

like had a couple party years and then mid twenties actually took like an entire

572

00:31:52.050 --> 00:31:53.970

year off of drinking. Uh,

573

00:31:54.070 --> 00:31:57.130

and then now have more of like a healthy relationship with it here in Spain.

574

00:31:57.200 --> 00:31:58.033

It's crazy.

575

00:31:58.410 --> 00:32:00.850

[Paul] I I think we have, we have a very similar trajectory.</v>

576

00:32:01.490 --> 00:32:05.470

I think when you leave your home, when you see other cultures,

577

00:32:05.470 --> 00:32:08.270

when you see other people, it does expand.

578

00:32:08.270 --> 00:32:09.910

It's the most cliché thing in the world. It,

579

00:32:09.910 --> 00:32:12.910

it expands you in just ways that you didn't think were possible.

580

00:32:12.930 --> 00:32:16.070

You can't know what lessons you're gonna take on the journey. Um,

581

00:32:16.090 --> 00:32:19.550

if you'd have told me that this would be my relationship to alcohol and to food

582

00:32:19.550 --> 00:32:22.870

and to my body, even say five, six years ago, I would've never believed you.

583

00:32:23.370 --> 00:32:26.110

But there's something in the water down here in Nal Lucia. It,

584

00:32:26.130 --> 00:32:29.510

it just gives me a better relationship to all the things that I enjoy.

585

00:32:30.340 --> 00:32:31.080

And you know,

586

00:32:31.080 --> 00:32:35.720

I wish it for everybody to find the place or to find the environment that makes

587

00:32:35.720 --> 00:32:37.640

you a more enriched person of yourself.

588

00:32:37.640 --> 00:32:40.480

Because I know not everybody's fortunate to get that. I am lucky,

589

00:32:40.480 --> 00:32:43.870

I have good friends, I have good people, and I live in a nice place.

590

00:32:44.950 --> 00:32:49.290

And once you kind of find that, that's a real sense of enough. So,

591

00:32:50.080 --> 00:32:52.900

and, and then the nature of my work as well, I, I see what,

592

00:32:53.450 --> 00:32:56.700

what bad relationships to food and to alcohol and to certain things.

593

00:32:56.740 --> 00:33:00.780

I see what they do to life. And you can only see that so many times before you,

594

00:33:00.880 --> 00:33:03.900

it, you question your own relationship to certain things too, you know,

595

00:33:03.900 --> 00:33:04.940

that kinda way.

596

00:33:05.630 --> 00:33:08.540

[Nolan] Yeah, definitely. Here now pause, since we're talking about,</v>

597

00:33:08.540 --> 00:33:11.180

we talk a little bit about our personal connections and you talk a little bit

598

00:33:11.180 --> 00:33:12.860

about your clients. Um,

599

00:33:13.400 --> 00:33:16.500

and we're talking about how culture influences the,

600

00:33:17.200 --> 00:33:18.980

the nutrition and our own health.

601

00:33:19.210 --> 00:33:21.140

Something that's a little bit more serious than,

602

00:33:21.210 --> 00:33:25.500

than our issues here is when we're looking at like eating disorders and even

603

00:33:25.530 --> 00:33:26.860

that is culturally bound.

604

00:33:26.860 --> 00:33:30.700

So I just wanna read a couple things here and just get your thoughts on it. Uh,

605

00:33:30.700 --> 00:33:31.410

like bu uh,

606

00:33:31.410 --> 00:33:36.300

bulimia is a culture bound syndrome because it's mostly just in the modern

607

00:33:36.540 --> 00:33:39.020

cultures, uh, with Western influence.

608

00:33:39.720 --> 00:33:41.660

And like if we look at the historic literature,

609

00:33:41.660 --> 00:33:43.660

there's little evidence of it existing,

610

00:33:44.360 --> 00:33:48.380

but then anorexia is a lot more complicated.

611

00:33:49.320 --> 00:33:54.020

Um, like they did one study in 1992 and they found no evidence of

612

00:33:54.180 --> 00:33:58.020

anorexia among Pakistani schoolgirls. Um,

613

00:33:58.130 --> 00:34:02.940

they also found fewer instances of anorexia in China compared to the

614

00:34:02.940 --> 00:34:04.420

west. Um,

615

00:34:05.620 --> 00:34:10.400

so it seems like anorexia is less culture bound than

616

00:34:10.990 --> 00:34:14.320

bulimia. What, what, what do you think, what, what,

617

00:34:14.320 --> 00:34:19.210

what are some of the reasons this might be or have you noticed it with clients

618

00:34:19.350 --> 00:34:23.930

at all or have you had to use any of your knowledge to

619

00:34:24.120 --> 00:34:25.930

kind of adapt to this?

620

00:34:27.470 --> 00:34:31.930

[Paul] My big I have a, a theory that I believe on good evidence. I would,</v>

621

00:34:32.490 --> 00:34:35.250

I would even like to look into it further before I really speak on the air.

622

00:34:35.250 --> 00:34:36.010

But I'm happy to,

623

00:34:36.010 --> 00:34:39.530

on the basis that I'm confident what I'm about to say isn't incorrect.

624

00:34:39.750 --> 00:34:43.730

And if somebody does have knowledge who listens and can, you can let me know.

625

00:34:43.790 --> 00:34:48.290

But I, I have worked say on a binge eating course with Dr.

626

00:34:48.290 --> 00:34:52.210

Jake and Arden. So this isn't me just pulling a theory randomly on the air.

627

00:34:52.760 --> 00:34:56.420

It's, I have a strong suspicion that these kind of mechanisms,

628

00:34:57.410 --> 00:34:58.830

individualities aside,

629

00:34:59.330 --> 00:35:04.280

are linked to the rigid diets that one takes up



630

00:35:04.280 --> 00:35:07.160

when they believe that the ideal body images on the other side.

631

00:35:08.290 --> 00:35:09.123

So if you believe,

632

00:35:09.570 --> 00:35:13.990

if you just follow this exact style pattern with no regard,

633

00:35:14.130 --> 00:35:15.510

the toll it takes on your mental,

634

00:35:15.610 --> 00:35:19.690

mental and emotional health because you are going to look like the advertisement

635

00:35:19.690 --> 00:35:23.850

that it promised you that you would look like very possibly unlikely from

636

00:35:23.850 --> 00:35:27.010

someone who advertised that that was taking some kind of medicinal fat burner or

637

00:35:27.010 --> 00:35:30.450

anabolic steroid, you are not going to get that result.

638

00:35:30.990 --> 00:35:34.410

You are going to question why you're going to put the blame solely on yourself.

639

00:35:34.670 --> 00:35:37.480

You're going to attribute a lack of willpower and discipline to yourself.

640

00:35:37.980 --> 00:35:41.680

And then you're going to try and diet yourself up further out of the hole that

641

00:35:41.680 --> 00:35:45.680

you have dieted yourself into. Now I hesitate to say things,

642

00:35:46.400 --> 00:35:47.840

I think eating disorders,

643

00:35:48.030 --> 00:35:52.990

real ones that debilitate lives the pathology there is so, say,

644

00:35:53.860 --> 00:35:54.693

nuanced,

645

00:35:55.560 --> 00:35:59.130

that I feel that that kind of top exact topic should be left to the experts.

646

00:35:59.950 --> 00:36:01.690

And I believe that they, they're somewhere.

647

00:36:02.030 --> 00:36:04.170

And I believe as trainers and coaches, we are in,

648

00:36:04.190 --> 00:36:06.170

in some ways body image coaches not,

649

00:36:06.170 --> 00:36:08.770

not in a sense that I need to be coaching someone to a better body image.

650

00:36:08.850 --> 00:36:12.460

I don't have that ability, but it's my job to look out for the signs.

651

00:36:12.800 --> 00:36:17.260

And if somebody's exhibiting those kind of severe issues,

652

00:36:17.950 --> 00:36:19.980

these binge restrict tendencies,

653

00:36:20.810 --> 00:36:24.060

they are the onset of severe eating disorders.

654

00:36:24.930 --> 00:36:28.670

And I think like roots, they grow when they grow and they grow.

655

00:36:29.420 --> 00:36:33.520

And you mentioned, I think that they, there's no historical evidence long term.

656

00:36:34.620 --> 00:36:36.360

[Nolan] For, for uh, bulimia.</v>

657

00:36:36.550 --> 00:36:40.600

They haven't found much historic literature. Anorexia, yes. Um,

658

00:36:40.840 --> 00:36:44.760

actually among Cath um, sec of Catholics, there were, uh,

659

00:36:45.000 --> 00:36:48.680

Catholic saints and um, then later that,

660

00:36:48.680 --> 00:36:51.080

cause I think I have to go double check think the 12th century,

661

00:36:51.210 --> 00:36:54.800

don't quote me on that. Um, and then later in the 17th,

662

00:36:54.800 --> 00:36:59.560

18th century teenage girls started modeling themselves after those,

663

00:36:59.940 --> 00:37:04.320

uh, those saints, um, I gotta look into the specifics there again, but,

664

00:37:05.260 --> 00:37:08.960

uh, that, that's, that's anorexia but bulimia, they couldn't find anything,

665

00:37:09.300 --> 00:37:13.120

any evidence of that outside of the west, the modern west.

666

00:37:13.780 --> 00:37:17.720

[Paul] You, you'd have to suspect that it is the ideals that have been portrayed.</v>

667

00:37:17.960 --> 00:37:21.040

I know for sure that I've had my own problems with, uh,

668

00:37:21.040 --> 00:37:22.840

certainly bulimia and binge eating in the past.

669

00:37:22.840 --> 00:37:24.560

That's why I'm so passionate about what I do now.

670

00:37:24.560 --> 00:37:28.680

And that's why I'm so obsessed professionally with helping people get a really

671

00:37:28.680 --> 00:37:31.800

good relationship with food. You know, I've been asked so many times,

672

00:37:32.140 --> 00:37:35.840

was my upbringing a part of why I developed severe body image hangups?

673

00:37:36.100 --> 00:37:40.280

And I don't believe it was, I don't, I didn't have an upbringing.

674

00:37:41.220 --> 00:37:43.520

Um, I would, I'd be hesitate to say it was any difficult,

675

00:37:43.620 --> 00:37:45.080

any more difficult than anybody else's.

676

00:37:45.320 --> 00:37:48.800

I genuinely believe it was picking up fitness magazines at 15 years old and

677

00:37:48.800 --> 00:37:52.080

seeing a really jacked guy who was on steroids telling me that eat,

678

00:37:52.140 --> 00:37:53.080

eat big to get big.

679

00:37:53.080 --> 00:37:55.360

And then you do that for three weeks and then the next month is a really

680

00:37:55.360 --> 00:37:57.680

shredded dude and it's, you know, zero carbs for the,

681

00:37:57.680 --> 00:37:59.160

for this amount of fat loss.

682

00:37:59.160 --> 00:38:02.120

And you try that and all of a sudden you don't really know what you're doing,

683

00:38:02.220 --> 00:38:06.480

but you're tired and you're hungry and you're starving and you can't flex your

684

00:38:06.880 --> 00:38:07.620

critical thinking muscle.

685

00:38:07.620 --> 00:38:11.120

You've taken no time to create your personal values and then you just find

686

00:38:11.280 --> 00:38:12.520

yourself exhausted.

687

00:38:12.520 --> 00:38:15.600

Or you eat something that makes you feel guilty and you just think maybe I'm,

688

00:38:16.540 --> 00:38:20.080

I wasn't supposed to eat that. Maybe if I get sick it will help.

689

00:38:20.540 --> 00:38:23.520

And then all of a sudden that becomes a mechanism every single time you eat

690

00:38:23.520 --> 00:38:25.280

something that's quote unquote not on the diet,

691

00:38:26.340 --> 00:38:29.910

that you make yourself sick to justify eating it and it becomes a really

692

00:38:29.910 --> 00:38:32.150

problematic behavior. Or at least that's what happened to me.

693

00:38:32.410 --> 00:38:35.680

And I spent years on and off in that cycle and not many people would've known

694

00:38:35.680 --> 00:38:36.513

that.

695

00:38:36.620 --> 00:38:39.920

And I'm sure because of my personality and the way I present to my friends,

696

00:38:39.920 --> 00:38:42.320

they would've definitely not noticed to do. But it, you can,

697

00:38:42.340 --> 00:38:43.800

you can play face around people.

698

00:38:43.860 --> 00:38:47.140

You can always pretend to be someone you're not or,

699

00:38:47.140 --> 00:38:49.820

or even not exactly pretending to be someone I'm not.



700

00:38:49.820 --> 00:38:52.940

But you can pretend that part of you you're struggling with doesn't exist and

701

00:38:52.940 --> 00:38:54.420

then you go home and you suffer alone.

702

00:38:55.080 --> 00:38:59.460

So I do suspect big time that these images are a massive

703

00:39:00.370 --> 00:39:04.360

part of it. But then I think I heard you and Cesar there talk about kind of, um,

704

00:39:04.600 --> 00:39:07.800

I know you mentioned woke culture on your podcast and I'm not opening a kind of

705

00:39:07.880 --> 00:39:08.200

worms here,

706

00:39:08.200 --> 00:39:11.040

but I think the pendulum has swung a little bit too far in the other direction

707

00:39:11.040 --> 00:39:11.873

where it's [Laughter] .

708

00:39:12.600 --> 00:39:15.880

[Nolan] I am opening that can of worms cause I was actually just gonna ask you about,</v>

709

00:39:16.810 --> 00:39:18.360

about that. Um, Mary,

710

00:39:18.460 --> 00:39:21.600

say what you're gonna say that I [Laughter] I do have some questions related to to

711

00:39:21.600 --> 00:39:22.480

that I, no.

712

00:39:22.480 --> 00:39:24.760

[Paul] You asked what you've wanna ask cuz I have a feeling we're about to clean up.</v>

713

00:39:24.790 --> 00:39:25.623

Okay.

714

00:39:26.590 --> 00:39:30.800

[Nolan] Okay. Yeah cuz I think the pendulum [Laughter] swung a little bit too far as well.</v>

715

00:39:31.420 --> 00:39:35.480

Um, with any, before I get into one, one quote I wanted Yeah.

716

00:39:35.780 --> 00:39:36.000

[Paul] No,</v>

717

00:39:36.000 --> 00:39:40.120

about any movement and with any ism there's always going to be a subset of very

718

00:39:40.120 --> 00:39:43.920

loud voices that take the best aspects of any given movement and turn a toxic.

719

00:39:46.290 --> 00:39:50.980

[Nolan] Yeah, definitely, definitely. Here I'm going to read a few things. Um,</v>

720

00:39:51.480 --> 00:39:56.130

one comes from um, uh,

721

00:39:56.130 --> 00:39:59.850

what's her name, uh, Anne Helen Peterson.

722

00:40:00.340 --> 00:40:04.970

She's a writer from culture study on. And there was one line from an article I,

723

00:40:04.970 --> 00:40:08.650

or a couple lines or I thought it was pretty clever then I comment on it,

724

00:40:08.650 --> 00:40:10.970

commented on it. But here, uh,

725

00:40:10.990 --> 00:40:15.930

the evils of drinking your calories became a constant drumbeat of diet

726

00:40:15.930 --> 00:40:20.410

culture around the time because we were told that juice flavored milk and non

727

00:40:20.410 --> 00:40:25.370

diet soda were just ways to pile on empty sugary calories that offered no

728

00:40:25.370 --> 00:40:26.203

redeeming value.

729

00:40:26.830 --> 00:40:31.770

And we can already see the classist racist weirdness emerging because this was

730

00:40:31.880 --> 00:40:36.650

also the heyday of smoothie culture juicing and master cleanses to say nothing

731

00:40:36.870 --> 00:40:40.210

of the legacy of SlimFast Slim, slim SlimFast.

732

00:40:40.550 --> 00:40:44.890

So don't drink your calories unless you're only drinking your calories. Cool.

733

00:40:45.670 --> 00:40:49.210

And [Laughter] I thought that was a pretty interesting segment of it,

734

00:40:49.210 --> 00:40:49.760

but what are,

735

00:40:49.760 --> 00:40:53.970

what she was really talking about there was breaking free from diet culture

736

00:40:54.670 --> 00:40:59.260

and then using fat as a neutral descriptor.

737

00:40:59.880 --> 00:41:03.670

Right? And this is where I think it ties into [Laughter]

738

00:41:03.670 --> 00:41:07.990

let's say woke culture and uh, kind of swinging it too far.

739

00:41:08.850 --> 00:41:13.070

Um, I think using fat as a neutral descriptor is excellent,

740

00:41:13.570 --> 00:41:18.190

but it's been so natural in many cultures and I think, uh,

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00:41:18.190 --> 00:41:21.430

especially when I talk to some older generations here in Spain or in South

742

00:41:21.430 --> 00:41:24.870

America, like Gordo, que tal, right?

743

00:41:24.970 --> 00:41:29.630

It was always just like more normal. If I teach my Chinese students,

744

00:41:30.410 --> 00:41:34.160

um, a lot of times it's like they talk about their body size,

745

00:41:34.500 --> 00:41:39.040

the way they talk about, about hair, right? Like, oh,

746

00:41:39.340 --> 00:41:43.800

uh, my mom's fat, uh, my dad's skinny [Laughter] I'm blonde, right? And it's,

747

00:41:43.820 --> 00:41:47.440

it doesn't have this sense of shame, doesn't have the sense of guilt,

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00:41:47.440 --> 00:41:49.880

doesn't have any of that around it. And I,

749

00:41:50.160 --> 00:41:54.360

I think that is something that we should be trying to promote when we're being

750

00:41:54.390 --> 00:41:59.200

more open to like having, you know, like fat models and things like that.

751

00:41:59.280 --> 00:42:02.600

I think it's great to show like, okay, you can have a healthy,

752

00:42:02.740 --> 00:42:04.560

bigger body, excellent,

753

00:42:04.980 --> 00:42:08.800

but that's not what the magazines are doing at this point anymore, right?

754

00:42:08.800 --> 00:42:13.160

They're showing people that are truly obese on like an

755

00:42:13.230 --> 00:42:14.280

unhealthy level.

756

00:42:14.900 --> 00:42:19.440

And I think they're doing it to counter all the other side of it, but I don't,

757

00:42:19.900 --> 00:42:23.640

it always has to be these extremes. Like all these super jack steroids people,

758

00:42:23.640 --> 00:42:28.560

steroid people and anorexic models and then now very obese models

759

00:42:28.800 --> 00:42:33.720

which are also not, um, like showing a healthy body image.

760

00:42:34.460 --> 00:42:38.500

And I'm not like, I'm sure a lot of people right now listening to this show,

761

00:42:38.500 --> 00:42:41.900

they're probably thinking, you're fat shaming, you're fat shaming. I'm like,

762

00:42:42.700 --> 00:42:45.040

really? Like that's the rhetoric around it now,

763

00:42:45.070 --> 00:42:49.920

just because I'm saying we shouldn't have models that are that huge as an

764

00:42:49.930 --> 00:42:53.680

image of health because it's not. And wait,

765

00:42:53.780 --> 00:42:55.240

I'm growing a little bit on tangent here,

766

00:42:55.260 --> 00:42:59.080

but lets put a finish up before we get your side into it. Um,

767

00:42:59.920 --> 00:43:04.860

I mean if we look at the predisposition of a bigger body that

768

00:43:05.040 --> 00:43:06.060

exists for sure,

769



00:43:07.000 --> 00:43:11.540

but if we look at culture and we can see the amount of like

770

00:43:11.970 --> 00:43:16.660

just extreme obesity that exists in the United States and doesn't exist in other

771

00:43:16.660 --> 00:43:20.340

cultures, you can't say it's a like a genetic thing anymore.

772

00:43:20.400 --> 00:43:22.420

It really is like a health,

773

00:43:22.530 --> 00:43:26.460

it's a choice that you're making in those cases, right. Now,

774

00:43:26.460 --> 00:43:29.620

There might be mental issues and everything around that. Um,

775

00:43:30.460 --> 00:43:32.440

but I think that's where it goes a little bit too far.

776

00:43:32.440 --> 00:43:36.400

Like we shouldn't be saying that it's good to be

777

00:43:37.200 --> 00:43:41.640

incredibly huge. And another thing that ties into this is,

778

00:43:41.640 --> 00:43:42.880

I've heard this line before,

779

00:43:43.460 --> 00:43:48.240

one from a really close friend and I didn't know how to react because I don't

780

00:43:48.240 --> 00:43:53.160

want to fat shame and I, I didn't, I didn't really know the correct wording and,

781

00:43:53.180 --> 00:43:57.640

and maybe you do. Um, but he, he and he is a wonderful guy,

782

00:43:57.640 --> 00:43:59.560

but he mentioned to me, um,

783

00:44:00.420 --> 00:44:04.440

the doctors are telling me that I need to lose weight. Um,

784

00:44:04.440 --> 00:44:06.560

like cuz it's on a dangerous level, right? And the doc,

785

00:44:06.560 --> 00:44:08.760

the doctors are telling me that I need to lose weight.

786

00:44:09.100 --> 00:44:10.840

I'm tired of this fat shaming.

787

00:44:12.710 --> 00:44:17.140

And I thought to myself is, is that really fat shaming?

788

00:44:17.140 --> 00:44:21.260

Like are we really at that point now where a doctor can't tell you to try and

789

00:44:21.460 --> 00:44:26.290

lose weight? But yeah, that's kind of my, my tangent and my rant there.

790

00:44:26.400 --> 00:44:30.370

What what do you think? And feel free to disagree, right? It's,

791

00:44:30.370 --> 00:44:31.920

it's something that I'm, I'm just exploring.

792

00:44:32.180 --> 00:44:34.920

[Paul] No, I think it's great. I think you need to be able to explore your thoughts.</v>

793

00:44:35.300 --> 00:44:36.960

Um, so if I'm, to be perfectly honest,

794

00:44:37.040 --> 00:44:41.650

I tend to stay completely away. Maybe I don't even tend to,

795

00:44:41.710 --> 00:44:45.130

I'm just not interested in the pendulum of extremes that the industry swings

796

00:44:45.130 --> 00:44:45.680

into.

797

00:44:45.680 --> 00:44:49.970

I've seen that kind of debate of like super drugged up steroid people versus

798

00:44:50.080 --> 00:44:53.530

then not the other extreme. But I think that's just typical of human nature.

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00:44:53.690 --> 00:44:56.930

I think the pendulum swings from extreme to extreme in any given domain.

800

00:44:57.410 --> 00:45:02.100

I just think weight is very emotional and I understand why I actually take a

801

00:45:02.220 --> 00:45:03.053

slightly different stance,

802

00:45:03.230 --> 00:45:06.980

which is ironic because it's kind of the same stance that a lot of the body

803

00:45:07.300 --> 00:45:10.810

positive movement would take when a client wants to lose body weight from,

804

00:45:10.840 --> 00:45:13.170

from my point of view, I ask them, can they separate?

805

00:45:13.430 --> 00:45:17.210

Say I'll use you as an example just if you had a 20 pound weight loss goal,

806

00:45:18.200 --> 00:45:19.780

we need to separate Nolan the person,

807

00:45:19.910 --> 00:45:23.420

Nolan the character from body fat to substrate body fat to tissue.

808

00:45:23.480 --> 00:45:25.180

We need to view it like a mathematical equation.

809

00:45:25.560 --> 00:45:29.180

If we wanna break down 20 pounds of body fat over a period of so many weeks,

810

00:45:29.210 --> 00:45:32.620

we'd like to essentially break down 70,000 stored calories.

811

00:45:33.330 --> 00:45:36.470

If you can take the emotion out of it and see it as a substrate and a

812

00:45:36.510 --> 00:45:40.790

mathematical equation to breakdown, you can become a much calmer,

813

00:45:40.790 --> 00:45:45.350

clearer strategic observer of your own thoughts and you can finally become aware

814

00:45:45.350 --> 00:45:50.200

of that wonderful sprinkle of human psychology. We all place over our own goals,

815

00:45:50.250 --> 00:45:54.190

right? And honestly, I don't think about it any deeper than that. Uh,

816

00:45:54.430 --> 00:45:59.430

I think the body positivity movement, when I started my Instagram page in 2015,

817

00:45:59.630 --> 00:46:02.910

I really genuinely thought I was about to stare some kind of body positivity

818

00:46:03.430 --> 00:46:04.263

movement. I really did.

819

00:46:04.550 --> 00:46:07.790

I had just come out of kind of men's physique body building and it wasn't a life

820

00:46:07.810 --> 00:46:11.110

for me. And then I kind of went on Instagram and I thought, whoa, hang on.

821

00:46:11.110 --> 00:46:14.110

These guys are saying that all dieting is bad. And you know,

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00:46:14.370 --> 00:46:17.830

the accumulation of fat tissue is harmless and that's not true either.

823

00:46:18.010 --> 00:46:19.470

So if we're going to have the conversation,

824

00:46:19.470 --> 00:46:20.790

it needs to be centered around truth.

825

00:46:21.050 --> 00:46:23.590

And unfortunately extremists don't love truth.

826

00:46:23.940 --> 00:46:27.830

They explain of a traumatized worldview is a very black and white

827

00:46:28.420 --> 00:46:29.950

worldview in, in in a sense.

828

00:46:30.410 --> 00:46:34.750

And it's just the same absence of critical thinking on the other side of the

829

00:46:34.830 --> 00:46:38.190

spectrum to be completely bound by diet culture and then to be completely anti-d

830

00:46:38.190 --> 00:46:42.210

diet values come into it. Values are the main thing. So you,

831

00:46:42.650 --> 00:46:46.450

I don't currently wish to diet, but that doesn't mean I think dieting is bad.

832

00:46:47.190 --> 00:46:51.340

Um, so that's kind of the initial point that I wanted to make. I can't,

833

00:46:51.540 --> 00:46:53.220

I can't even, I've lost my train of thought for the second.

834

00:46:53.560 --> 00:46:56.540

You had two points there. One was the body positivity movement,

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00:46:56.600 --> 00:46:57.433

the second one was.

836

00:46:57.560 --> 00:47:00.020

[Nolan] The body positivity. Um, I brought up a lot there.</v>

837

00:47:00.040 --> 00:47:02.660

And then I was also wondering about your thoughts,

838

00:47:02.880 --> 00:47:07.620

how to approach a friend or a client that says something

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00:47:07.620 --> 00:47:11.860

like, says something like, oh the doctors are fat shaming me. Right?

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00:47:11.960 --> 00:47:14.540

And it's like, you're, you, you are worried about them cuz you,

841

00:47:14.540 --> 00:47:18.780

you want the best for their health. How, how would you approach that? I.

842

00:47:18.780 --> 00:47:23.460

[Paul] Think it's probably difficult for a lot of people who have spent a lot of their</v>

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00:47:23.460 --> 00:47:28.300

life feeling or being judged for a characteristic that they

844

00:47:28.300 --> 00:47:30.440

don't wish to be judged for. Um,

845

00:47:31.160 --> 00:47:35.320

I think there's always an element of whatever element of personal responsibility

846

00:47:35.530 --> 00:47:37.200

comes into any kind of decision making.

847

00:47:39.190 --> 00:47:43.890

I think tact is the biggest thing to involve in

848

00:47:43.890 --> 00:47:48.290

helping anybody change. And I actually don't believe in unsolicited advice.

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00:47:48.610 --> 00:47:52.770

I think some doctors lack tact. So they'll say things in a very unskillful way,

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00:47:52.830 --> 00:47:56.250

in a way that basically reenact the same stigma that somebody's always been met

851

00:47:56.250 --> 00:48:00.950

with. But I suppose I say this as a trainer who has, I I've,

852

00:48:01.070 --> 00:48:04.990

I have had a fully booked up client roster say since 2020 online.

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00:48:04.990 --> 00:48:06.070

Before that I was in person.

854

00:48:06.130 --> 00:48:10.150

So since 2018 I have not not had a full client roster.

855

00:48:10.580 --> 00:48:12.670

Many of those would struggle. I call it this way.

856

00:48:12.670 --> 00:48:13.870

And I'm not trying to be overly pc,

857

00:48:13.970 --> 00:48:17.390

but they struggle with adiposity cause I do separate the person from the tissue.

858

00:48:17.450 --> 00:48:21.590

Cuz I think it makes people more clearer. And I think in the first world,

859

00:48:22.350 --> 00:48:26.110

a lot of our eating habits, it would be easy to dismiss as first world issues.

860

00:48:26.110 --> 00:48:30.310

But I think they're also a symptom of emotional malnutrition and a lot of the

861

00:48:30.310 --> 00:48:34.080

lives that we've been, I guess coaxed into.

862

00:48:34.670 --> 00:48:37.010

And then we realized that this wasn't the life we actually wanted.

863

00:48:37.230 --> 00:48:39.210

And then food is probably the only comfort and joy.

864

00:48:39.260 --> 00:48:43.140

Maybe there's a lot of rigid thinking that comes with it.

865

00:48:43.140 --> 00:48:46.020

And then there's obviously a lot of people that do try diets that don't actually

866

00:48:46.020 --> 00:48:49.540

make them a philosophically better person. Ultimately,

867

00:48:50.380 --> 00:48:52.320

if you want to lead someone to change,

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00:48:52.460 --> 00:48:55.680

not making them feel like a bag of garbage is probably the first step.

869

00:48:56.720 --> 00:49:00.960

I would also say if you're not a doctor, why? Why does it bother you so much?

870

00:49:01.790 --> 00:49:05.250

I would also say that even if it does bother you,

871

00:49:05.470 --> 00:49:07.490

cuz you're concerned with someone's habits,

872

00:49:08.210 --> 00:49:10.930

I still think they're a better way to bring someone's attention to certain

873

00:49:10.930 --> 00:49:14.130

things that they're doing without shaming them on the outcome that it's bringing

874

00:49:14.130 --> 00:49:17.050

about. Like, Hey, I've noticed you're less active or Hey I've,

875

00:49:17.050 --> 00:49:19.530

I've noticed that you're not going for your walks anymore or you,

876

00:49:19.530 --> 00:49:22.330

you don't seem yourself not even something to you don't seem yourself lately,

877

00:49:22.330 --> 00:49:26.090

is everything okay? But I'll always kind of go back to it.

878

00:49:26.090 --> 00:49:30.330

You need to make people feel safe to express themselves or I don't think they

879

00:49:30.330 --> 00:49:32.090

will do it. I don't think anyone ever wants advice.

880

00:49:32.560 --> 00:49:35.210

People don't change when they're told they need to change.

881

00:49:35.210 --> 00:49:40.190

People change when they undertake voluntarily a strategy that they

882

00:49:40.190 --> 00:49:42.550

deep down suspected they know they need to take.

883

00:49:42.850 --> 00:49:45.790

And then they might find assistance from somebody who they feel they trust.

884

00:49:46.310 --> 00:49:50.190

I have a lady who I'm currently working with in her message to me,

885

00:49:50.330 --> 00:49:52.870

she said the words and she's okay with me sharing this.

886

00:49:52.870 --> 00:49:55.310

She's actually told me this. I'm eating myself to death.

887

00:49:56.220 --> 00:50:00.470

And when she told me on the call her eating habits, I said,

888

00:50:00.570 --> 00:50:01.670

why are you sharing this with me?

889

00:50:01.830 --> 00:50:05.830

A lot of people are not quite as forthright as you because

890

00:50:06.590 --> 00:50:08.920

there's an element of shyness. And she just said,

891

00:50:09.080 --> 00:50:10.680

I just don't get the impression you're judging me.

892

00:50:10.840 --> 00:50:12.360

I get the impression you're solely here to help.

893

00:50:12.530 --> 00:50:14.600

Which is a very kind and gratifying thing to hear.

894

00:50:14.980 --> 00:50:17.440

And it's not that I don't get, it's not that like as a human,

895

00:50:17.540 --> 00:50:20.960

I'm not compelled to judge. Of course I feel compelled to judge things.

896

00:50:20.960 --> 00:50:25.120

That's that's mechanism in my brain. But then immediately within milliseconds,

897

00:50:25.120 --> 00:50:27.600

I can catch myself and think if I went to someone,

898

00:50:28.010 --> 00:50:30.320

let's say a therapist or someone, and I said, look,

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00:50:30.320 --> 00:50:34.620

this is an issue that I'm having. And they said, really get over that,

900

00:50:35.240 --> 00:50:38.520

that's laziness. Or I'd be, I,

901

00:50:38.600 --> 00:50:42.440

I don't know how thrilled I'd be about that. And, um, I,

902

00:50:42.560 --> 00:50:45.480

I don't think it's my job to be anyone's therapist or psychologist. I,

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00:50:45.620 --> 00:50:46.680

I'm not saying that at all.

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00:50:46.820 --> 00:50:50.880

But I consider the dynamic of a client and trainer to have the same respect that

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00:50:50.920 --> 00:50:54.200

a therapist and a client would have so that they can tell me anything.

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00:50:54.260 --> 00:50:58.970

And I can either say, I can help you here without my judgment, mudding

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00:50:59.030 --> 00:50:59.550

the water,

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00:50:59.550 --> 00:51:02.530

or I can refer you out to somebody else because this is actually much more of a

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00:51:02.530 --> 00:51:06.050

mental health issue than it is a perspective a trainer can help with issue.

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00:51:06.510 --> 00:51:09.650

So I, I think if more trainers and more people take that stance in society,

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00:51:09.700 --> 00:51:13.010

we'll have a lot more people who are, feel emotionally safe to be vulnerable.

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00:51:13.010 --> 00:51:16.810

Cause I think vulnerability is true courage and true strength and

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00:51:18.000 --> 00:51:20.490

yeah, that's just, that's what I've found as a trainer.

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00:51:21.590 --> 00:51:25.060

[Nolan] Definitely. Yeah. I, I agree with that. And well,</v>

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00:51:25.060 --> 00:51:27.620

I think a lot of people listening to right now are probably, they're like,

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00:51:27.810 --> 00:51:31.740

shit, I want Paul as a trainer, [Laughter] . Um, so just, just on the show,

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00:51:31.740 --> 00:51:34.660

can you just give a li uh, a little bit of, um,

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00:51:35.000 --> 00:51:37.380

an idea of how the sessions work online,

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00:51:37.380 --> 00:51:41.180

because I think some people who haven't had training online might think like,

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00:51:41.180 --> 00:51:42.620

how does that work? How can a,

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00:51:42.760 --> 00:51:46.620

how can someone help me with my movements when they're from such a, a distance?

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00:51:47.450 --> 00:51:47.570

[Paul] I

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00:51:47.570 --> 00:51:50.530

get that question all the time. So the first thing is, I actually do still,</v>

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00:51:50.880 --> 00:51:53.970

only if you're in Spain, one-on-one personal training, like your classic,

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00:51:54.430 --> 00:51:57.890

do some bicep curls. I still do that. I have two clients here in Malaga. But,

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00:51:57.910 --> 00:52:02.290

um, overall, it's, it's, it's pretty, it's always, I'm all, pardon,

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00:52:02.910 --> 00:52:06.090

let me not stumble over my own words. I'm always refining the service.

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00:52:06.270 --> 00:52:06.810

So right now,

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00:52:06.810 --> 00:52:11.580

essentially what I do is I ask people what they're struggling with and

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00:52:11.580 --> 00:52:14.860

where they're trying to go. And we have a, an initial detailed call.

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00:52:15.360 --> 00:52:16.780

And then generally speaking,

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00:52:16.780 --> 00:52:20.020

we set some guidelines and the guidelines are to sustain them.

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00:52:20.260 --> 00:52:23.860

And then we do a check-in call once a week every week,

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00:52:24.000 --> 00:52:26.980

or as many weeks as they need. That's kind of my new service. It,

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00:52:27.090 --> 00:52:29.180

it's always being refined. You used to be email check-in,

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00:52:29.180 --> 00:52:30.580

then for a while it was WhatsApp voice note,

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00:52:30.580 --> 00:52:33.540

and now it's kind of the video chats for those who acquire it,

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00:52:33.540 --> 00:52:35.100

depending on when clients signed up.

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00:52:36.000 --> 00:52:39.580

But a lot of my business goals,

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00:52:39.920 --> 00:52:43.660

my personal training goals are centered around creating autonomy in the client.

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00:52:44.340 --> 00:52:46.700

I don't want an eight week transformation.

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00:52:47.020 --> 00:52:50.980

I don't want mini balls running around eating watermelon for breakfast.

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00:52:51.040 --> 00:52:52.020

That's not my goal.

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00:52:52.420 --> 00:52:54.540

I want people to feel autonomous to make their own decisions.

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00:52:54.620 --> 00:52:56.340

I had a lady in Australia a few years ago,

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00:52:56.600 --> 00:52:59.220

she told me that she'd been trying to lose 70 pounds for years.

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00:52:59.680 --> 00:53:03.540

And it was that classic case of whilst the goal and the food preoccupation had

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00:53:03.540 --> 00:53:07.220

been on her mind, like she hadn't actually been engaged with the goal,

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00:53:07.280 --> 00:53:10.860

she would give up on a Tuesday and start the diet again next Monday. But,

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00:53:10.880 --> 00:53:13.900

but she got all the food preoccupation. So if I came along and say,

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00:53:13.900 --> 00:53:18.450

shamed her and thought, oh, you're not trying a, I, I, I don't believe that. I,

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00:53:18.490 --> 00:53:20.850

I I really don't because I know what it's like to be in a black and white

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00:53:20.850 --> 00:53:23.930

thought process. But unfortunately the truth is, b you,

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00:53:24.030 --> 00:53:25.600

you are not dieting for fat loss.

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00:53:25.600 --> 00:53:27.440

You're actually doing the opposite. By giving up,

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00:53:27.440 --> 00:53:30.560

you're consuming far more calories than your body needs because you think you

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00:53:30.560 --> 00:53:33.160

have failed. But I remember she, she lost about 20,

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00:53:33.160 --> 00:53:36.040

30 pounds and she came back after a couple of months and she said,

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00:53:36.040 --> 00:53:38.600

I hope you're not disappointed in me, but I don't want to lose 70 pounds.

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00:53:38.880 --> 00:53:41.080

I spent my entire adult life thinking I wanted to lose 70.

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00:53:41.460 --> 00:53:44.640

And if I've learned one thing from you, it's, I'm actually good now.

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00:53:45.020 --> 00:53:48.640

If I can maintain my lifestyle whilst maintaining this current weight,

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00:53:48.660 --> 00:53:51.880

that's a success for me. And I hope you're not disappointed. And I,

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00:53:52.000 --> 00:53:56.300

I remember having a less succinctly strong feeling of this is amazing.

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00:53:56.690 --> 00:53:59.740

This is amazing that you can actually tap into that wisdom and realize that the

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00:53:59.740 --> 00:54:00.573

goal has changed.

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00:54:00.920 --> 00:54:04.140

So I'm just trying to lead people to a better understanding of themselves,

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00:54:04.640 --> 00:54:07.420

but through their own work, I'm kind of trying to facilitate change.

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00:54:07.940 --> 00:54:11.020

I can't take responsibility for any positive change because it's always on them.

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00:54:12.040 --> 00:54:14.860

Um, I can't pull wisdom out of people that isn't in there.

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00:54:15.060 --> 00:54:18.220

I might be able to shine some kind of light on it or maybe probe with an

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00:54:18.420 --> 00:54:22.700

interesting question perhaps, but that's how it works. I,

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00:54:22.700 --> 00:54:25.060

it's a monthly service, monthly payments,

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00:54:25.440 --> 00:54:28.460

and then generally weekly or biweekly calls depending.

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00:54:28.820 --> 00:54:31.580

I also offer once off calls, like just once off deep dive calls,

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00:54:31.580 --> 00:54:34.140

which some clients take me up on when they don't want to commit to full-time

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00:54:34.380 --> 00:54:37.340

coaching. And, um, yeah, I'm just, I I love it, man.

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00:54:37.380 --> 00:54:39.980

I just love helping people become more strategic,

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00:54:40.210 --> 00:54:42.580

more observant of their own thought patterns.

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00:54:43.220 --> 00:54:46.180

I love the idea of helping people become a little bit more calm.

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00:54:46.700 --> 00:54:51.220

I also really enjoy reminding people that like the insecurities that you're

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00:54:51.220 --> 00:54:53.220

feeling, they don't make you defective. They make you alive.

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00:54:53.760 --> 00:54:56.660

So if you think you're going to diet your way from insecurity,

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00:54:58.000 --> 00:55:01.700

the deficit of calories won't diet you out of that deficit of love.

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00:55:01.800 --> 00:55:05.100

So just keep that in mind too. I mean, that doesn't always land,

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00:55:05.160 --> 00:55:08.060

but sometimes it can be reassuring for people to know that they're not some kind

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00:55:08.060 --> 00:55:12.060

of freak because they don't just love their body and find nutrition easy. So it,

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00:55:12.060 --> 00:55:13.980

it's complicated, man. But that's, again,

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00:55:13.980 --> 00:55:16.700

it's the kind of thing I could talk about all day long and feel like I've said

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00:55:16.940 --> 00:55:19.100

nothing in a way, but I love it.

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00:55:19.260 --> 00:55:23.620

[Nolan] I can tell I [Laughter] Paul. Well, we're coming up on an hour here.</v>

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00:55:24.360 --> 00:55:27.820

Um, so I think all, all that advice, all your words of wisdom,

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00:55:27.820 --> 00:55:32.060

there were just so many lines in there that I want to expand on, but we just,

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00:55:32.060 --> 00:55:34.340

as you said, we just don't have time for it, but it's,

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00:55:34.600 --> 00:55:39.340

you just have so many of these one-liners that have so much insight into them

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00:55:39.340 --> 00:55:43.580

that even just unpacking them could take another episode. Um,

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00:55:44.570 --> 00:55:46.180

yeah, here we are. Paul is, yeah.

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00:55:46.580 --> 00:55:50.940

[Paul] I really, I really appreciate that man. And it's very kind of you to say that I,</v>

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00:55:50.960 --> 00:55:53.550

the balls, one of the things that has helped me,

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00:55:53.550 --> 00:55:57.870

just in case it does help anybody else, is I've held opinions in the past.

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00:55:58.460 --> 00:56:00.270

When I was younger, I was a sarcastic trainer,

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00:56:00.850 --> 00:56:05.350

as in my content was quite sarcastic and all of it because

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00:56:05.650 --> 00:56:07.830

my girlfriend jokes, you know, that that's just who I am.

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00:56:07.850 --> 00:56:11.150

And I've tried to put more flavors of my personality on Instagram really

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00:56:11.390 --> 00:56:12.050

recently.

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00:56:12.050 --> 00:56:16.470

But misplaced and wayward sarcasm can look a lot like a lack of compassion.

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00:56:16.890 --> 00:56:21.510

So I think not being afraid to upgrade your thought process and

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00:56:21.510 --> 00:56:25.880

upgrade your belief system in pursuit of more wisdom is a really important

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00:56:25.880 --> 00:56:27.960

thing. So I've been wrong about so many things in the past.

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00:56:27.960 --> 00:56:31.320

I've definitely used inflammatory language that I'm now not proud of. Uh,

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00:56:31.320 --> 00:56:33.760

one of my clients actually made me aware of something I said once.

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00:56:33.900 --> 00:56:37.640

And whilst I didn't agree with her initially, I did have to think, well,

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00:56:37.640 --> 00:56:40.980

she's my demographic of clients. Like if, uh,

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00:56:41.040 --> 00:56:43.980

if I felt really strongly about this, I'd stay firm, but she,

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00:56:44.000 --> 00:56:45.100

she might have a point here.

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00:56:45.360 --> 00:56:48.180

And so I listen to her and I'll always be willing to upgrade my stance if

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00:56:48.180 --> 00:56:51.340

someone can provide me with a useful insight. But also one other thing, man,

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00:56:51.510 --> 00:56:53.300

sorry, I could, one other thing.

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00:56:54.220 --> 00:56:57.980

I used language before on a particular post and my sister, who I loved to bits,

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00:56:58.000 --> 00:56:58.690

one of my best friends,

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00:56:58.690 --> 00:57:03.670

told me that I should change the wording and I did against my better judgment.

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00:57:03.730 --> 00:57:05.150

And then I got called out on the post.

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00:57:05.610 --> 00:57:08.870

So I remember getting called out thinking I'm getting called out on something

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00:57:08.870 --> 00:57:11.390

that I don't fully mean. This is a watered down version of me.

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00:57:11.790 --> 00:57:14.350

I should have stayed true. At least when you get challenged on something,

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00:57:14.350 --> 00:57:18.790

you truly believe it's a little bit easier. Um, and, and I guess what,

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00:57:19.030 --> 00:57:20.230

I'm going back it all tied back.

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00:57:20.230 --> 00:57:22.990

If you continue to have a growth mindset and you're willing to

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00:57:24.740 --> 00:57:28.200

evolve your perspective in line with new information, um,

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00:57:28.520 --> 00:57:31.800

I think if I was walking around in a body that had a hundred pounds of adiposity on

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00:57:31.800 --> 00:57:33.560

top of me, I'd probably see it very different too.

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00:57:33.820 --> 00:57:36.560

I'd probably relate to it a very different way and I'd probably relate to

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00:57:36.720 --> 00:57:40.520

personal trainers a very different way. And one client told me that I wasn't,

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00:57:40.520 --> 00:57:45.280

this jumped up motivational speech testicle with a protein shake

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00:57:45.630 --> 00:57:47.600

that he feared me to be when he came to the gym,

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00:57:47.600 --> 00:57:50.880

that I was just a normal great jumper with a, with a bottle of Diet Coke.

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00:57:51.180 --> 00:57:54.080

And that was such a cool feeling to hear that man. I remember thinking, Ooh,

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00:57:54.240 --> 00:57:57.480

I wanted something. And I think these are my demographic of people. So,

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00:57:57.660 --> 00:57:58.800

you know, there's an element of,

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00:57:58.800 --> 00:58:01.200

there's an element of like presenters you wish to be seen,

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00:58:01.500 --> 00:58:05.240

but there's also an element of cop the hell on and be a nice person to people as

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00:58:05.240 --> 00:58:08.320

well. Make everybody feel welcome, be, be the reason people stay in fitness,

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00:58:08.420 --> 00:58:09.480

be the reason people continue,

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00:58:09.540 --> 00:58:12.000

be the reason someone fosters a good relationship to their eating.

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00:58:12.270 --> 00:58:16.080

Like there was dudes down at the workout park the other day doing muscle ups and

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00:58:16.080 --> 00:58:18.760

you know, even I look at them and I'm like half intimidated by them.

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00:58:18.780 --> 00:58:21.240

And then there's a dude on the other side of the park struggling to get his

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00:58:21.240 --> 00:58:22.960

first chin up and they go over and help him.

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00:58:23.180 --> 00:58:25.960

And I wish everybody finds that kind of thing,

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00:58:25.990 --> 00:58:29.120

that instead of feeling ashamed of what they can do or what they can't do,

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00:58:29.510 --> 00:58:34.410

that the most jacked girl or guy at the gym comes over and is like, come on,

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00:58:34.530 --> 00:58:35.770

you get your first rep. You know,

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00:58:35.770 --> 00:58:38.370

it's a nice feeling to have and I think we all have the power to be that for

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00:58:38.530 --> 00:58:39.363

somebody else.

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00:58:39.960 --> 00:58:44.350

[Nolan] Definitely. Paul, thank you for all that advice and I hope the listeners take,</v>

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00:58:44.490 --> 00:58:48.470

uh, think about it seriously. Um, everything that Paul said today,

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00:58:48.470 --> 00:58:51.750

whether it was about fitness, travel, you can see that it all connects.

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00:58:51.910 --> 00:58:54.990

I think this holistic approach to life is very important,

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00:58:55.320 --> 00:58:58.470

especially with my goal here at Without Borders.

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00:58:58.810 --> 00:59:01.950

My goal is always to break down the borders between peoples,

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00:59:01.950 --> 00:59:04.710

between cultures so that we can help each other.

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00:59:04.930 --> 00:59:08.510

And I think Paul shed a lot of wisdom on that today. So Paul,

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00:59:08.510 --> 00:59:11.390

thanks again for coming on the show. And listeners,

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00:59:11.770 --> 00:59:14.270

please support the show by sharing,

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00:59:14.680 --> 00:59:19.510

check out my Substack that's [bornwithoutborders.substack.com](https://bornwithoutborders.substack.com).

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00:59:19.850 --> 00:59:23.750

You can also find my writing there. And there's a new episode every Tuesday.

