



Corinne C.: Hello, everyone, and we are back this week to talk probably about my favorite topic in the whole wide world. I love talking exercise. As a matter of fact, Kathy and I were just talking about a big race that I'm getting ready to do with her husband. At the time of this podcast, we may have already finished it.

Kathy: Wow. Yeah. Maybe.

Corinne C.: Kathy's husband and I are going to be doing a Tough Mudder together. This bullshit started with, so I've done seven. If you don't know what a Tough Mudder is, it is a 10-mile obstacle race in the woods with a lot of dirt and a lot of mud. You get some electric shock and an ice bath and just lots of things that would make you want to pay 100-and-something dollars to do.

Kathy: No, thank you.

Corinne C.: One day I went for a hike with Ken and Kathy. Ken is Kathy's husband. He and I are hiking, and we're just talking, and he asked me something about the Warrior Dash, I think, which is the three-mile version of the race. I was like, "Yeah, you could do a Warrior Dash. Are you kidding?" because we were hiking ... Where were we even at?

Kathy: We were over on the other side of town in a park called Percy Warner, and seriously, you have to be part mountain goat to climb some of those hills.

Corinne C.: Usually when they tell me they go on these hikes, what I consider Radnor, I don't consider that one all that tough. I'm just like, "Whatever, this'll be easy. It's five miles." The next thing I know, I'm like, "Damn. We're climbing." This is not just like going up a big hill.

Kathy: No, you don't talk walking up these hills.

Corinne C.: No, I don't even talk going up those hills, and that says a lot. I'm looking at Ken, I'm like, "You could do a Tough Mudder if you could do this." By the end of this five-mile hike, I had convinced him, and we signed up to do the Kentucky version of it. We were just talking about that. Ken and Kathy both didn't exercise until they met me.

I had never played sports in my life, I had never exercised, but when I started losing my weight, the very first thing I did was tackle exercise. I wasn't ready to tackle my food yet, but there was always something in me that wanted to be an exerciser. I went and just started with walking. It was all I could do, but it was enough.



I'll tell you what I didn't have. I had no shame of where I was beginning. I had plenty of shame in my game over how I looked and what were people going to think of me and stuff. As far as the only thing I can do is walk, that was not it. I would just go and just feel like I was really ready to start moving my body. That's where I started, and that's why I'm so passionate about helping women learn how to move in any way that you love. You started different.

Kathy: I did. I did.

Corinne C.: Tell them how you started.

Kathy: I started losing weight by changing my food. Then about six months into my food changes, Corinne offered a beginner's boot camp class at a local playground. Actually, a friend of mine said, "I'm going to sign up. You should come too." I was like, "Well okay, I'll give it a shot." My friend didn't show up.

Corinne C.: Who? Kim?

Kathy: No, somebody who's not even a PNP'er. She didn't show up. I'm here with Corinne and a couple other girls, and she's going to do a fit test. I was like, "Okay." Here I am, I've never exercised before, not done anything, and she's like, "How many push-ups can you do in a minute?" I started giggling. I don't remember what I did, three or something. Then she says, "Okay, how many squats can you do in a minute?" I had to raise my hand and say, "What is that?" Corinne had to teach me how to squat. She taught me to squat to a bench.

Corinne C.: I remember teaching you saying, "You're going to sit down and you're going to stand up." Let me just tell you ladies, you would not believe how many people do not know how to properly sit down into a chair. Squatting is like sitting into a chair. If you think about every time you sit in a chair over the course of your lifetime, if you're doing it poorly, you're tearing your body up. I watched my grandmother do that for years.

Now that I know shit, I'm like, "I wish I'd have known." I would've helped my grandmother, because she got to where she would, because she didn't do any exercise and she didn't strength train and my grandmother was a hot woman and she was always naturally thin, but by the time she was 70, her joints and everything were blowed out of water. She would fall back, because she couldn't squat anymore because she just never did those things. I'm like, "I will not be that person."



Kathy: I was classic for falling into a chair and then having to rock my way out of it, scooch up to the end and push myself out. No squat muscles in this body when I started, for sure. I started really more with the functional side of fitness, what can you do with body weight.

Corinne C.: We did a lot of that with Kathy. I don't train people personally anymore, but back when she met me, I was doing these boot camps at a church locally. I've always told people running and doing races and going to the gym, all that glory stuff is wonderful, but you have got to be able to get up and down out of the floor. It will save your life one day. I do not want to be the woman that falls down and can't get back up and call 911 if I need help.

Kathy: I remember you saying that, that that was the most important thing, don't worry about running, don't worry about any of that other stuff.

Corinne C.: At our age it's all fun and games to look good and all that other kind of stuff. I was sitting here thinking about this. Years ago, people aspired to be 75, like, "Oh, that's end of life." Nowadays, medicine and stuff in this day and age is keeping us alive until we're in our 80s and 90s. I'm only 43, fixing to turn 43. Give it another 10 years. I'm likely to live to be over 100. You have to take care of your body. It is never too late.

I think when it comes to exercise, one of the biggest questions that I do get when we do ... I do a lot of Facebook Lives. That means that on my Facebook page, random people can ask me questions and I answer them. I have quite a few ladies over the age of 60 who follow me. We have a lot of 60-plus members in our tribe who kick ass and take names, by the way. I would just like to give a shout-out to Mary Jo and Elaine, just saying. They ask, "Is it too late for me?" I'm like, "You're 60." I don't care if you're 80, it's never too late.

Your body is one of those things where it's never too late to make it better. You just got to find out your way. Is it because you want to be able to go for walks every day? I know a lot of your big reasoning was to be able to play with grandbabies. You have two now?

Kathy: I have one on the way too.

Corinne C.: One on the way.

Kathy: That's right.

Corinne C.: This grandma can get in the floor and play.



Kathy: That was a big deal for me, because when my son got married, I told this story in episode one I think, I couldn't get down in the floor and get back up, not without help.

Corinne C.: That's why exercise is so important. Let's talk about where do you start. This is how I teach my clients. The very first thing that I have all of my girls do is they have to take the No BS Weightloss program and they got to get that food straight. If you're listening to me and you're just wondering where do you start period, you need to go back. Is it episode two? It's either episode one or two where we talk about, "I have so far to go. Where do I begin?" Go back to that.

The main thing is for the first 30 days, I try to get my girls, if you're not already exercising, I want you to nail food first. Let's get a really good understanding of your hunger, your emotional hunger versus your physical hunger and stuff like that.

Then we start putting in what we call minimum baseline exercising. To keep it short and simple, all that means is for the rest of my life, this is minimally what I will get done each week. That could literally be for anyone. If you were starting at ground zero, it might be, "I know that twice a week, I can walk for five minutes." Just nail that commitment.

Every podcast, I don't think there's hardly ever going to be a podcast you're not going to hear me say, "If you don't do anything, you have to practice doing what you say you're going to do for yourself." If you want to be an exerciser, there's only two things that have to change. You have to start saying you are an exerciser, and you can be if you drop every bullshit excuse you have about, "Well, it's not enough," or, "So-and-so does this." Don't compare. That has nothing to do with it. If you just think you're an exerciser, you are. Then I want you to commit to a minimum baseline, no matter what it is, and I want you to stick it.

When we first introduced the concept of minimum baseline, we had so many PNP people come in. PNP is my tribe. These are my private members. I was like, "All right, everybody, this week we're going to all commit to a minimum baseline. What is your minimum that you'll get done this week?" "Well, I haven't done anything lately, Corinne, so I think what I'm going to do is three classes at the gym, and twice this week I'm going to go for an hour walk." I'm like, "That's your minimum baseline that you're going to commit to for the rest of your life?"



That is a classic example of mixing up between the idea of, "I am building my commitment bone," versus, "This is what I think I should do to get the fat off my ass." Drop that part of it. It's irrelevant right now. If you want to become an exerciser, you have to think like an exerciser. Somebody who exercises, do you even know what the core belief of someone who exercises really is?

Kathy: Oh please tell us.

Corinne C.: Kiss my ass, the way you said that. The core belief, it's part of who I am. You get to define it.

Kathy: You get to define what an exerciser is.

Corinne C.: It's just part of who I am. I am an exerciser. That means I don't make excuses. I just get it done. There are some days I love it. There are some days I don't love it. I didn't love it this morning. I got up this morning to run. I swear to god if this Tough Mudder don't come. I'm so over this Tough. I'm not over the strength part of it. I'm over the running. I don't want to run. I'm all about wanting to lift weights. I feel like this'll be the first race that the mileage will be harder for me and the brute strength might actually be the easier part for me, because I've been lifting so well.

I'm sitting there and I'm like, "Fuck, I wish I could just lift weights today." That was literally what was going through my brain. I just said, "This is not going to get you on the treadmill." What is going to get you on the treadmill is sitting there going, "Today's a run day. There's only this many run days left until the Tough Mudder."

Kathy: There you go.

Corinne C.: I was like, "Good glory, let's just get on there and get this thing over with," and it was fine. I did it and I didn't die or get pregnant. The fundamental thing about exercising is, to be an exerciser you just have to believe you're one. You get to define it any way you want.

Kathy: That's right.

Corinne C.: My challenge for you would be to figure out, if you're starting off at ground zero, to just figure out, "Okay, this is my minimum baseline." Practice that for a month. Don't get into the shoulds and stuff. Just be like, "You know what? I'm going to commit to," whatever it is. It could be three walks for 10 minutes a week. It can be one walk for 10 minutes a week.



Whatever it is, commit to it, and then I want you to get out a calendar, and I actually want you to put it on your weekly plan. Do not sit there. If you're not used to exercising and committing to exercising, just going in on Monday thinking, "Well I'll get this done sometime this week," the next thing you know, Sunday's rolled around and you haven't done it. Make sure you put that on a plan where you can see it. You carve out the time, because that's the other big thing about exercise.

The way to become a regular exerciser is you get used to putting it into your plan. You don't just squeeze it in when you think about it. Do you make a plan or do y'all just half-ass be like, "Well, we're going to get this shit done this week. Hopefully that'll work out."

Kathy: When you were saying that, what was coming into my mind was making an appointment with myself. We exercise at the same time every day. It just works for us. For us, when I get home from work, my husband works from homes, and he's waiting for me when I get home from work, usually in his workout clothes, so I go change my clothes.

Corinne C.: Tapping his foot, I'm sure.

Kathy: Tapping his foot. That's motivating. If he's already in his workout clothes, "Well, I guess I'll go put my workout clothes on," and then we work out right after work. Some people are morning people.

Corinne C.: That's me. I like to get up in the mornings and work out. My routine is getting ready to change, because usually what I do is I get up in the mornings and I work. I usually get up around five or 5:30, and I will do my creative work and stuff and do a little personal development. I like to start my day that way. Then I take my son to school. Then on way the back home, I stop at the gym and work out. It's a natural break where I can do it. I'm always better in the mornings.

The other day, I got to working, next thing I know my creative juices are flowing, putting it off, putting it off, next thing I know I've blown through the window of when I can exercise. I'm like, "Shit." I sat there all day dreading workout, just dreading it.

Kathy: Wow. That's not like you to dread workout.



Corinne C.: No. I like to work out in the mornings. Man, if I have to move it to the afternoons, I'm just like, "This is bullshit." Around three, I finally wrapped up some stuff. I think I had a call. I was saying, "Get out there and just do it. I don't even want to think about this anymore." I called bullshit on myself. I'm like, "We can continue to sit around and think about how horrible this is and we can keep drumming up buffer work, like Facebooking and stuff like that, or I can go out in my garage and actually do this thing, get it over with, and move on with my day." Sometimes that's what I do with exercise is just say, "I don't want the mental anguish of it. Why am I even doing this?"

Kathy: I want to check it off my list.

Corinne C.: I want to check it off. I'm a big believer in just deciding not to think negatively about things. It's funny because I will sit there and hear poo-poo thinking going through my brain, and I'll be like, "Where is that coming from? We're just not going to think that. That serves no purpose." That's most of negative thinking. It has no upsides, serves no purpose, but it's loud and clear, and at the moment it comes in, it makes sense, like, "This workout's going to suck." It's just like, "Yeah, that makes sense. Yeah, it probably is." I can have that conversation. Then all of a sudden I'm like, "Oh my god. This is miserable and terrible, and just sitting around thinking about how something's going to suck is not going to help us."

Kathy: That just doesn't feel good, does it?

Corinne C.: No, and it just leads to delaying and distracting and all that kind of shit. You're going to do your minimum baseline. After that, what happens is that you build commitment. As you start showing up for yourself, there's usually a natural bubbling up of this thought that comes and says, "Hmm, if I can do that, I bet I could do this." That's when you know it's time to add more. Adding more comes when you actually are doing the small things.

This goes back to the last episode we were talking about. It's like the whole, "I'm blowing it on the weekends," and the strict plan stuff. If you're not doing the small things, what makes you think putting more restriction on you is the answer to the problem? Same thing with exercise. People will not be doing the minimum baseline, be like, "Well then I just need a bigger plan. I need more days planned. I need harder stuff."

Kathy: "I need someone to tell me what to do."



Corinne C.: Yeah, like, "Let me pay a lot of money to somebody up front to tell me what to do and stuff." I can't tell you how many boot camps I've started and had 20 people show up the first day, and the last day I'm holding boot camp for four people. Money never motivates you, never. Unless you're going to pay somebody a million dollars or your house note for a month for four workouts, that might change your mind a little bit. You'll show up because you're like, "Oh, I paid a lot of money for that one."

If you're just paying 200 or 300 bucks, usually, most people, it's never a game changer. If you are not committed to exercise, I want you to add up in your brain, how many times have you started something and paid the money ahead of time and that been the thing that kept you going?

Kathy: How many people listening to this podcast have a treadmill in their house with clothes draped on it?

Corinne C.: A \$1,000 treadmill.

Kathy: Seriously, it happens, right?

Corinne C.: It does happen. What I want you to think about is, the way to know when it's time to do more, it's because you're already doing the little things you committed to. You will naturally want to layer in more. You'll start asking the question of yourself. It'll come from a place of, "I'm so capable right now. I'm really doing this. I'm proving to myself how committed I am." It feels good ...

Kathy: It feels good.

Corinne C.: ... and then you want to add more, not like, "I'm such a terrible person for not doing it. I should just go get a bigger plan." That never works. Get good at the little stuff. Another common question that comes up is weights versus cardio, "Which one's going to get more fat off my butt? Which one's better?" all that kind of stuff. I have two schools of thought on this. The first one is I always tell people, "I don't give a damn which one you do first. Do something. Pick the one you like or start trying stuff. Get over yourself. Be willing to get in there and try. Be willing to get in and try stuff and not like it."

Kathy: That's what I tell people too. You have to find what it is you like to do. It could be dance class.

Corinne C.: Anything.





Kathy: It could be anything.

Corinne C.: Just be willing to try things. Then one of the other things is, once you're willing to try, and you're looking at things that you would love to do and stuff, the next big piece I would suggest is integrate the weights. I do want to let people know that strength training, in my opinion, is very important. You do not have to be lifting like a power lifter or anything, but it's very important for women to strengthen their bodies. Your bones are going to get more brittle as you get older unless you are training your muscles. Your muscles are what stimulate and bubble wrap those bones.

You want to be able to fall down at 70 and be able to get back up, not fall down and need an ambulance because you broke your hip. When you strength train and stuff, you're less likely to fall, and you're less likely to break something when you fall. Seriously, y'all, I am just so diehard on that. I watched my grandmother go downhill because of bad knees and stuff. My mom doesn't have good feet. Orthopedic care is very important to me. Another thing is people ask me about morning versus night. Just get it done. It doesn't matter.

Kathy: You'll figure out what works best for you, when you feel best. I said we do ours after work. It's because it transitions us from work state of mind to, "It's nighttime now. We can watch some TV." It's like that.

Corinne C.: It's family time.

Kathy: Yeah. It's just you figure out what the best time is for you.

Corinne C.: I like mornings because I'm consistent, I'm energetic, and at night when my boys get home, I haven't been around them all day, and so when they come home at night, I don't want to be going to the gym, because we don't work out together. In fact, my husband, we've been married, god, 15 years now, I guess it's 15. Let's see, Logan's 14. Yeah, 15. We just turned 15. We just turned 15. November.

He literally has never been a morning person, and then he just started working out in the mornings recently. He was like, "It took all these years for me to realize that I'm not going to be the guy that comes home and consistently works out at night, but I'm more apt to be consistent in the mornings. Trust me, he is not a morning person, but he definitely has found that when he does it in the mornings, he works better at work, which he values a lot, and he's slow in the way he does things. I watched him. He was working out with me today. Let me close the door. We had our door open.

Kathy: This is hysterical.



Corinne C.: He's going to edit this podcast and hear it, but I don't want him to come storming in.

Kathy: That's what I'm thinking.

Corinne C.: Be like, "Hey!" I was watching him work out this morning. I was doing my run. We have a home gym. We have two treadmills and all this other shit that we've collected over the years. I think he was in there over two hours, and all he did was a back workout, and I think he might have run for 20 minutes. He had so much setup work. He had a video he watched. Then the next thing I knew, he was making all these little notes in a notebook. It was this elaborate thing going on. I started way after him and finished, and he's still going strong. I just thought, "Whatever floats his little boat." It cracks me up because I definitely have thoughts about how I could help him be faster, and I'm like, "No. You know what? If he's got the time, then he can go after it." It's very cute. That's what he does in the mornings.

In order for him to have his long ass elaborate procedure to work out, he doesn't want to do it at night, because by the time he gets home at six, if he did that hour to hour and a half bunch of note taking and video watching and doing his stuff, he would literally be finishing after we've already ate dinner and we're all going to bed.

I think it's just one of those things too that a lot of women will ask me. It's like, "Well, I want my husband to get healthier," and blah blah blah blah. It's like, "Honey, join the club." I've been doing this for 15 years, and I finally learned I have to let him come to it himself.

The best way to get your husband to take care of himself is for you to take care of yourself and for them to see you happy, feeling good, not bitching about what you eat and what you do, it just being something that's a part of your life. Then all of a sudden they're like, "Huh, well that doesn't look so bad." When we walk around and all we do is we talk about how miserable our food makes us and how terrible it is to have to exercise and blah blah blah, no wonder they're not signing on the dotted line of your get fit and healthy plan. Is it ...

Kathy: Yeah. I have a story about this actually.

Corinne C.: Go for it. I could tell by the look in your eye.

Kathy: We're going to talk about husbands this episode, I guess. We talked about how I started going to your boot camp. I guess around four or five months in, I had actually graduated from the beginner's boot camp ...



Corinne C.: Woo woo!

Kathy: ... to the regular person boot camp.

Corinne C.: Regular person boot camp.

Kathy: Yes. I went home one night and I started telling my husband, his name's Ken, started telling Ken all the things I had done, "I did bicep curls and I did overhead presses," and all this kind of stuff. He goes to work the next day and he's talking about, "Kathy's really doing great with her weight loss and she's really exercising." He says, "Maybe I'm going to need to do something." His boss looked at him and said, "Dude, if you want to keep wearing the pants around the house, you better get in shape." That's when the light bulb came on and he started exercising with me.

Corinne C.: Do you want to tell them the story of when ... When she was doing my boot camp, I think I was going out of town or something. Something was happening, and I wrote literally on a scrap of paper, I said, "Do this while I'm gone." I am the bossiest one person, y'all. I don't know if you've noticed that through these podcasts. I gave her this scrap of paper and said, "This is what you're going to do while I'm gone." Didn't he join you one time, and he was like, "Oh my god. You work out. You actually work out."

Kathy: Yeah. It was a circuit of five exercises done in five different circuits.

Corinne C.: Just go fast and lift a lot and it's supposed to kick your ass.

Kathy: Yeah. He got through three and he's like, "Oh my god, you're still going. I can't go any further." That was a big moment for him.

Corinne C.: I tell that because Ken was gracious enough one year to come and speak at our camp. We have a women's retreat every year, and he came and spoke at it. He talked about how watching Kathy get fit was one of the ways that bled over into him getting fit. It's the same way with my husband.

I think that a lot of husbands, I can name off several of our girls in our tribe who have been the inspiration. I think that's what I want you guys to think about when you're starting your exercise. So many of you won't because you're so worried that other people won't do it with you or that you don't have support or whatever. You just don't need any of that stuff. You need to do it for yourself. If you're not enough reason to do it, you've got bigger problems than the fact that you're not going to the gym.



Kathy: I think that's what it boils down to. If your attitude is bad while you're doing it, your husband's certainly not going to jump on the bandwagon with you.

Corinne C.: No, they have no desire.

Kathy: If you come in and you're going, "Man, I had a great workout," he's going to be sitting on the couch going, "Womp womp."

Corinne C.: If one of your things is that you really want to help change the lives of other people in your inner circle, you have to be your own inspiration first. Before you can inspire others, you've got to be inspiring. Do those things and just get started with it. I think you just start with where you're at. Decide where you're at and just get in there, own it. Do not feel bad about it. Don't even entertain the idea that you are going to compare to your past, compare to other people, or anything like that. Just be like, "You know what? The one thing I know is that if I will just keep my eyes on my own paper and focus on today, I can change today. I can't change what's happened, but I can change my future."

It all starts with figuring out what you're going to do, committing to it, and just don't quit. Do not allow quit in your vocabulary anymore. That's all we've got for today. Do you want to add anything else?

Kathy: No. I'm grateful that I've learned to love exercise and I've tried so many different things after being taught how to do a pushup and how to squat. There's a whole world of exercise out there to try.

Corinne C.: I know. I know. I love it too. It is the best gift I ever gave myself. I get so much out of it.

Kathy: It's a lot of me time too these days, which is nice.

Corinne C.: We will see you guys next week. Talk to you later.

Corinne C.: Hey, y'all. PNP Tribe is now open from June 1st through the 5th. If you want to work with me and my team of weight loss coaches, be sure to visit [joinpnptribe.com](http://joinpnptribe.com). New members get an exclusive and private Facebook training group with me and my awesome coaches, and yes, I am there a lot. You'll work with us your first 30 days learning my awesome No BS Weightloss system. I will teach you how to dump the calorie counting, figure out why you overeat, what to do about it, and help you lose weight confidently. I'm only open a few times a year, so don't miss out. I promise you will get straight talk, all the help you ask for, and support like no other. Join me and PNP Tribe and let's change your life.