

THE MODEL HEALTH SHOW

The Model Health Show with Shawn Stevenson Session #79

Show notes at: <http://www.shawnstevensonmodel.com/79>

Announcer: This podcast of The Model Health Show is presented to you by Shawn Stevenson with Rare Gem Productions. For more information visit theshawnstevensonmodel.com.

Shawn Stevenson: Welcome to The Model Health Show, this is fitness and nutrition expert, Shawn Stevenson, here with my beautiful cohost with the most and producer of The Model Health Show, Jade Harrell. What's up Jade?

Jade: What's up Shawn?

Shawn: How are you doing this fine day?

Jade: Shawn I am fantasterfect.

Shawn: Fantasterfect? Is that...what is that?

Jade: Fantastic and perfect. Perfectly fantastic.

Shawn: I like it!

Jade: It's good.

Shawn: You melded that together.

Jade: I did and it felt good doing it.

Shawn: Amazing. Well, I hope that everybody else is doing...

Jade: Fantasterfect...

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Shawn: Today. Wow, that is a mouth full. We're going to go ahead and upgrade that for you today actually because we've got an amazing show and we've got a phenomenal guest on. I am really, really excited about this.

Jade: That's how we do it.

Shawn: I am a huge fan of this man's work, out changing lives by the dozens. He's just crushing it. He is one of the foremost thinkers in understanding human physiology.

Jade: Oh great.

Shawn: It's something that, you being a human, if you're a human listening to this...if you're not a human I just want to commend you for tuning in.

Jade: Good for you.

Shawn: But, for you being a human you really need to understand how you work. You live with your body all the time. It's kind of important to understand how you work. When we get here no one is handing us an owner's manual. This individual has really put together that owner's manual and he has some amazing texts out there. He has a best-selling book already and has a new book helping us to retrain our thinking and get acclimated to doing normal human movements again so we can be free of pain and enjoy the things we want to do in our lives so I am really excited.

Jade: I am too.

Shawn: First though, let's give a huge shout out to our show sponsor, onnit.com.

Jade: Make it huge Shawn.

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Shawn: Head over to onnit.com/model for 10% off all your health and human performance supplements. We are a huge fan of the Hemp FORCE protein. The vanilla acai is my favorite.

Jade: Choco maca is mine.

Shawn: We have our similarities but we also have our differences.

Jade: Put them all together and what do you get.

Shawn: You've got to have that balance, the yin and yang.

Jade: Yes, indeed.

Shawn: But the reason we really enjoy it is the fact that it's the most bioavailable protein structure for the human body, the albumin, edestin. These structures and in particular, the edestin, is only found in Hemp. It's solely found in this food and that is the number one most bioavailable protein for the human body so that would tell you this is probably a good human food.

Jade: That's a good thing.

Shawn: But, in our culture this food has not really been talked about and it has actually been pushed out of our culture many decades ago but it is now making this huge resurgence. The thing is it feels good and when you have it you will know that. Instead of having the gas and blast thing with drinking the standard whey protein.

Jade: No way...

Shawn: No whey. So switch over and give the Hemp FORCE a try. I guarantee you will fall in love and it's going to be one of those things where you're not going to want to go back. Of course, it tastes amazing.

Jade: It does.

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Shawn: So good.

Jade: And your body thanks you. It's been dealing with you and all of your foolishness all the time.

Shawn: Please get the Hemp FORCE.

Jade: Right! Get it.

Shawn: So, Hemp FORCE is one of my favorite things. And also the Earth-Grown Nutrients are the green superfood blend. I feel as a health professional I am honored to say I have impacted the lives of hundreds of thousands of people at this point. I'm telling you straight I feel that every single human being should have a green superfood blend in their repertoire because of the stuff we're exposed to with very, very abnormal conditions that we've now kind of found ourselves in. We have a caveman template in a way. We're not that far removed from our homo erectus. Jade is like, "I don't know about you but I'm not a caveman."

Jade: You might have come from the caveman. (laughter) But I get it.

Shawn: The homo sapien template over whatever thousand years you want to believe, hundreds of thousands of years. But, today we're not that far removed from that same genetic template but we're in this concrete jungle surrounded by electronics, electromagnetic fields, pollution. You've got to have something. This is real health insurance and it's coming from real foods versus a pill which is most of them; if you're getting Centrum Silver (or whatever it is), synthetic and made in a laboratory. You are going to pee it out and it's not really going to do anything for you. Your body does not recognize it. This is why Earth-Grown Nutrients are so valuable. You will be getting the antioxidant blend which will have things like the camu-camu extract. I'm a huge fan of camu-camu. It will have lucuma. You've got the green blend with organic kale leaf and alfalfa juice. You're not going to drink that stuff on your own. It's going to taste disgusting. This is why they have put it together in a formula and they make it taste sensational. It tastes really good.

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Jade: It is very good.

Shawn: Do yourself a favor and get yourself some Hemp FORCE protein, Earth-Grown Nutrients, check out onnit.com/model for 10% off.

Now let's get into the iTunes review of the week.

Jade: Alright. "Shawn is the man!" Five stars.

"The Model Health Show is the best podcast on iTunes. This podcast is a powerful tool for anyone seeking to better themselves through nutrition and fitness. Shawn has an incredible ability to explain things so anyone can understand it. Even me. I have listened to every one of Shawn's podcasts and plan on listening to all of them again. Thanks Shawn."

Shawn: Wow, that is awesome. Thank you so much. That means a lot. And thank you to everybody leaving the reviews on iTunes. I really, really do appreciate it. We're definitely going to keep the greatness coming.

Let's go ahead and dive into our show and our amazing guest.

Jade: Bring him on, yes!

Shawn: Our guest today is [Kelly Starrett](#). Kelly is a coach, doctor of physical therapy, an author, speaker, and he has revolutionized how athletes think about human movement and athletic performance. His 2000 release of his book, [Becoming a Supple Leopard](#), which is probably the best book title ever, has become a New York Times and Wall Street Journal bestseller. He has just now released a new book called [Ready To Run](#) to help all of us get acclimated to one of the most important processes in human movement. I would like to welcome to The Model Health Show Kelly Starrett. How are you doing today man?

Kelly Starrett: I'm fine man, thanks for having me you guys. The intro, I can think about 50 things we need to talk about.

Jade: You've got to get it.

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Shawn: Let's do it man! As a matter of fact, let's start with this, since the new book is Ready to Run, let's talk about the antithesis of running. Let's talk about sitting, right, let's start there. What's your opinion on the whole sitting disease going on?

Kelly: I think you guys have nailed some ideas down. You know, you were talking about eating greens, for example, everyday. Just having a little green mix. I cannot tell you how we make basic errors around our lifestyle. If we just correct some of those lifestyle errors the system just wanted to up regulate. Human beings are literally infinite healing machines and the problem, honestly, is that we're adaptation machines and we will adapt to any environment.

I have friends who have Olympic medals and can smoke and eat little chocolate donuts and they are still the best in the world. Let me just give you an example. Let me first set this up, my friend and I were teaching in Las Vegas. We get in to the hotel and were in the elevator and this woman shoves in with us. She is like 4'2" and 400 pounds and she's got one of those three-foot tall Budweisers in a bong-like thing and holding a bag of donuts. She is just Jabba the Hutt and literally she starts flirting with us and chatting us up, right. We all look at this woman as the example of how hard humans are to kill. She is feeling good and looking good and feels sexy and it's amazing how robust the system is.

If you just give it a little bit of input it changes all the way around. One of the problems with the sitting is sort of looking at it two fold. One, sitting is a skill and sitting correctly is very difficult to manage. If you've ever tried to just meditate for 20 minutes you know how difficult it is to maintain a straight spine and be able to breathe. You are basically putting yourself into a posture that is unmanageable. Once again, you will adapt and default to a slouched hanging C shape. We call it the broken rainbow. Your belly turns off, your hips...it's a disaster. But really, this sitting is a symptom of the sedentary lifestyle. So there are a couple of things we need to get straight.

One is we need to be constantly in motion and moving and if you stand up at your desk, for example, you don't need a fancy treadmill desk or anything. If you just went to IKEA or even just put a box under your desk. It turns out you can

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burn an additional 100,000 calories a year. My wife burns 33 marathons worth of calories just by standing. That's the least of it. That just the background. But, what ends up happening when you make a commitment to get out of the sedentary postures, which are antithetical to how we work and how our bladder works, how our pelvic floor works, and how the diaphragm works, and one of the symptoms of your TMJD and carpal tunnel. Just go down the check list of issues related to this bad mechanical position. What happens when you start moving is the system literally starts up regulating.

What's so interesting is that we're seeing that adults are spending 2 ½ hours a day on their smart phones in that bent over collapsed position. We have done the math because people have started talking about text neck and how much your head weighs. We've actually been talking about this for the better part of five years because we work with everyone. One of the populations we get to spend a lot of time with it the military and I have worked with so many helicopter pilots, F-16 pilots, A-10 pilots, Black Hawk pilots and they have this huge head that weighs 10 or 11 pounds plus the helmet which is eight pounds plus the night vision goggles and then when they are slouched forward that system becomes incrementally heavier the further it is in front of your mask. When we accelerate the process we are basically accelerating the weathering on the neck and these guys all end up with herniated disks and numb hands and chronic pain and it is the same pain stages we see relative to people who are on these positions all day long.

This is a big deal and what we've really come to start to think about is that if we're not taking the lessons from high performance...Just before the show we were kidding around about trying to put lipstick on the pig to make these things more interesting and that if we don't take the lessons out of sports, sort of the highest physical activity that we can and we don't apply those lessons backwards then sport just remains circus. It's just circus. It's not bettering us. It may inspire us a little bit but physically we can take these lessons and spin them backwards and what we started to see with our athletes who were sitting, they were running weird, they had back pain, the military, the universities, my pro team. When we started removing that toxic bad mechanical position the system up regulated. What is interesting right now and what we haven't really done is say, hey, if this matters to me shouldn't it matter to my children. My daughter now,

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we live in Northern California, but my daughter is in the first all-standing classroom in California. We have adopted her classroom and the entire fourth grade is in the standing desk. Hold onto your butt.

Jade: Look at that.

Shawn: Incredible. So what results are they seeing? Is there anything that you monitor from that experience with the kids yet?

Kelly: Well, you know, it's interesting. There is some really excellent research by [Mark Benden](#) in Texas A&M right now. He's been following 500 kids in Texas. What we've seen is that the kids who are standing, if we're just talking about obesity and trying to deal with this sort of real childhood obesity problem and diabetes, he is seeing that kids who stand burn an additional 25% more calories a day. If you have kids or know someone with kids you know how hard it is to get kids to chug that toxic green sludge of good stuff in the morning and eat their proteins and not pig out on candy. What we've seen is it is a lot easier to just pull out another 25% of the calories out of their diet than it is to go into people's homes and really make these long-term changes that they have to do. Kids with high BMI (high body mass indexes) who are obese or borderline obese, those kids burn an additional 35% more calories per day.

That's just the caloric piece. Forget the fact that we're basically inoculating kids because they stand, you physically can't round your back. You can't sit in this crappy position. We have this bar at the bottom of the desk that allows kids to fidget so they are in constant motion. We have seen behavioral changes. We've seen better group focus. It is remarkable what happens.

I think we are living in such an interesting time because we've been able to really connect the dots. The podcasts that you guys do, for example, the experts you bring in are revolutionary. These seemingly really crazy topics you are talking about are just the keys to being good humans.

One of the things we've figured out in the last decade is sort of how we acquire skills and skill is a biologic sort of adaptation process so that when the neurons that fire in your brain are wired for specific movement pattern and when you

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reinforce that movement pattern the schwann cells are these all good enterocytes that basically come in and myelinate that pathway. The myelin is the sheath that makes the nerves sort of better insulated so that you can kind of express patterns more quickly. That's what is habit is. It's actually a biological change in the neurons in your brain. That's the habit. What we see is that practice does not make perfect, practice makes permanent. If we look at how kids are basically practicing these bent over, broken, compressed, poor breathing patterns, and poor shapes times thousands and thousands of hours we start to see, number one, the bad patterns start to show up everywhere. Number two what we start to understand about the brain is that the brain, the neocortex (the cognition), has been bootstrapped on top of the movement brain.

You know, you were saying in the intro that we really haven't changed much in 10,000 years. We are literally the same people. I'm a little fatter. My femur is a little longer than it was 10,000 years ago, but it's the same shoulder, the same physiology. We have really not evolved much in 10,000 years. But, going back not too many years ago we start to understand that we only have a nervous system to move ourselves through the environment. Cognition has been bootstrapped on top of that movement brain so it has failed to see that our psychological function is somehow deregulated or disconnected from our movement selves and is really a failure to understand how the brain is wired and how it works.

People can relate who are listening. If you have an important phone call you do not lay down and take that phone call. You walk around and pace vigorously around the room in your house. There are plenty of people pacing. That's because your body intrinsically knows that you are going to be better focused than you do when you sit. If we look at the whole system, not only do kids learn better in an active movement environment but you just take off a whole host of orthopedic problems. If that works for our Olympians and that's how it works for all of our Navy special warfare guys and all the elite athletes I work with then that's the way it works for moms and dads and kids. And this is what is happening right now.

Shawn: Wow, there's so much there.

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Jade: Yes!

Shawn: So much there. I really love the fact that this really started with basically going backwards and looking at these basic human templates in order for us to go forward and actually saying that number one it's like these are skills. It's a skill set. In particular, let's talk about the sitting skill. For me I did a really, really popular post back in the day. It wasn't that long ago, about the sitting squat, the resting squat and saying this is mandatory if you're a human being. You need to be able to do this. If not for anything, if we go camping you're not going to be able to poop. You're going to have trouble. You're going to have to...

Kelly: You can't have dinner in Thailand, it might be a problem.

Shawn: Exactly. So we're talking about sitting today. We have these thrones. No matter how rich or poor you are we sit in fancy chairs everywhere we go; even when we are pooping. We have these thrones. It's one of those things where if you look at the normal human template it gives time to rest and sit and you are going to get into a resting squat position. That's something that also parallels. You ask what can we take from sport. If we're looking at Olympic squatters or something of that nature there are some people who say, "I don't want to do that. I don't want to lift all that heavy weight." But you need to be able to get down into that position that they get into. The sitting skill...so how do we improve our sitting skills. You say there is a sitting skill. What can we do differently?

Kelly: I think the key is to understand that we are wired for certain movements. This is how the body was designed. It's designed to be able to move your center up and down. It's designed to locomote long distances, i.e., running. But the problem is we sort of have really divorced the performance standards or the benchmarks of what it means to have a good, normal physiology. I just mean normal movements. Are you normal? Not like are you an elite gymnast level craziness? Are you an Olympic squatter or power lifter? It's the range of motion and the positions that we all agree on, from physical therapists to American Academy of Orthopedic Surgeons to American Academy of Pediatrics to family practitioners. If you can't squat down with your heels on the ground and your

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feet together then you are missing normal hip range of motion and normal ankle range of motion. That's not crazy range of motion, that's just normal.

Every child on earth who is born and starts squatting, look how they play. Their feet are straight, hip hinged, knee fully compressed, back stable. I think the problem you start to see is that we sort of start to build a buttress around these limited ranges of motion. For example, what we notice is that by changing our daughter's room to a stand-up classroom the kids only stand for 13 or 14 minute increments and then they sit or change positions and their foot is always up on a bar. Remember, it's not a standing desk until you have a place to put your foot. Just like you are drinking at the pub with your friends, you look for that place to put your foot up, right? The bartenders figured that out a long time ago. If you want people to stick around and drink then you need to give them a place to put their foot. With this the same thing happens.

The other thing that we are noticing is that kids also have the freedom to sit on the ground. What that does is the movement in the environment takes the hip and takes the ankle into a full range of motion. What we've started to see is that, I had this conversation with one of my elite power-lifting friends who is one of the strongest people on the planet. I was like, "hey Mark, I don't think you have taken your hip through a full range of motion (i.e., done all the things the hip should be able to do) for months."

He was like, "what do you mean? I squat like three times a week."

And I was like, "well, you get out of bed, you sit at the edge of the bed, you sit on the loo, you sit at the table, you get in your car, you squat. I mean, you haven't actually gone below parallel in months."

He was like, "oh my God, I never go below parallel. I can't do it anymore."

What we know, people are like, oh I don't need to squat. But the number one reason that people end up in a nursing home in America, this is the number one reason, it's that they can't get up off of the floor. Teaching that skill so that we have the range of motion to sit cross legged, to be able to get up and down off the ground easily and effortlessly. It's really an excellent indicator of mortality

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and morbidity. What we know is that one of the biggest risks for any elderly population is a fall risk. That decreased range of motion and decreased strength is one of the problems. We see in nursing homes, like in Japan for example, where the population has always slept on the ground and toileted on the ground, the fall risk in the elderly drops to almost zero. They don't fall down. If you have ever had someone in your family who has broken a hip and they have gotten really sick and gotten pneumonia you know how serious these fall risks are.

In fact, when you go deeper, in cultures that toilet on the ground and squat on the ground, that's not being crazy, that's just getting up and down off the ground multiple times in a day. You can easily do that 30 to 40 times a day if you just didn't get in a chair. That's 30 or 40 squats from the ground. That's an incredible amount of work. We see very, very low levels of osteoarthritis in the hip, as in no hip disease, no impingement, no hip surgeries, no torn ligaments. We see very, very low levels of lumbar disease. They just don't exist.

So we have to ask, what's going on? Is it the tea they are drinking? Is it all the dirty dancing they are doing? What is it? It turns out we look at what the bulk of people's time is and we are literally spending 8 to 12 hours a day in this sort of medium flexed position and then because we are all meaning well, "well, I've got to go exercise, I've got to take care of myself." So then you try to express this movement, this shortened tissue jumpy self, unskilled movement. Then, you go exercise because that's what you think you are supposed to do and then magically you start going down the wormhole of orthopedic injury, plantar fasciitis, knee pain. And you are just like, show me a better way.

What we think is we have really started to hack and figure out what the better solution is and it's much more elegant and a lot cheaper than people realize.

Shawn: Yeah, so basically what I'm looking at here is a lot of the symptoms people experience when they are doing the athletics they want to do are a result of sitting too much. So it's like we're going from this position where we've turned off a lot of our muscles. Other muscles are hypertonic and then we go and try to lift weights or we go and try to run. It's just like, that doesn't fit together so one of the things I definitely want to recommend that people do is, of course I just talked with a client yesterday and it's so funny because we start to justify not

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having a standup desk. You say, "I can't have a standup desk, people would look at me weird, my door is open."

Well, here's the thing. There are a couple of options. Of course, getting a walking desk, a treadmill desk, that's weird. I've seen that. It's just kind of too much.

Kelly: It's not natural and it could cost \$5,000.

Shawn: Exactly. And it's just like I really feel that because you are not aware that there is also a lot of room for problems. Anyway, you've got the standing desk or I've got this really cool thing and I will put it in the show notes as well. It's called [Varidesk](#).

Kelly: You know those guys are awesome!

Shawn: So awesome. You can talk about it. Go ahead and share what that is.

Kelly: Well, one of the problems is, we have all of this existing infrastructure. I have counters in my house. I'm not ripping my counters out of my kitchen and putting in a desk. But, Varidesk is a company that is so great. It is a great company in that you can get the Varidesk on Amazon. I don't have a relationship with them financially. You can get it through their company, Varidesk. They basically, if you ever had an inflatable Santa or one of those snow globe things you see in the front yard, this company makes that stuff. They make all of the gravestones and stuff. They make Christmas lights. That's what the company is. The founder is an obsessed, driven family-owned guy who was having crushing neck pain and back pain. His doctor said, "hey, look jackass, you can't spend ten hours a day flexed over your computer. This is the problem with your back. Why don't you stand?"

He went into the world and found there were no standing desks that would allow him to modify or that was adjustable. So he had a design team make this desk. They won a design award and he literally didn't have a business. They make Christmas lights. So, literally they started this process. The Varidesk allows you to drop it onto your desk for about \$250 and then it becomes and immediately highly adjustable desk that you can raise up, you can lay down. You don't have

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to throw out the baby with the bath water. It's a crucial concept that you can make radical changes to your environment, which will directly impact your health.

You brought it up, the number one most dangerous sport for middle-aged men is basketball. If you are asking to tear your Achilles or herniate a disk or pull a quad then go out and play some pick-up basketball with your friends after sitting in the mid 30s when you have been at a desk. What ends up happening, and this is the key to understanding this sitting concept, is that we look at standing as basically having sort of three systems that stabilize the spine. The first is, if you squeeze your butt, that butt squeeze resets your pelvis in relationship to your leg and it normalizes and resets the relationship between your spine and your pelvis. So if you just stand up and squeeze your butt as hard as you can your butt, your pelvis, will automatically orientate into its correct position. In fact, if you stand up and squeeze your butt nothing should happen but if you squeeze your butt and you find that your pelvis tilts backwards that's how far out of position you are all the time.

Jade: We're over here butt squeezing.

Shawn: Yeah, Jade is squeezing her butt looking at me.

(laughter).

Kelly: That's right, that's right! What ends up happening is that you can't walk around squeezing your butt 100% of the time. That's weird. But what ends up happening is we use our butt to set our position of our pelvis in relationship to the lumbar spine. Then, number two, my feet should be straight ahead when I stand. I should be practicing that so that when I walk my feet are straight and so that when I run my feet are straight.

If you stand with your feet straight and then just slowly screw your hips into the ground, like your right foot goes counter clockwise and your left foot goes clockwise so you are externally rotating your feet what you will notice is you create a little hip torsion, a little twisting in the hip and that stabilizes your spine because there's a relationship between the joint capsule of the hip and the

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pelvis. What ends up happening is that makes that system very stable which is why we say knees out when you squat, for example, right. So one of the things that happens is that if you stand with your feet straight and screw your hips into the ground you have just discovered this old Hindu Yogic thing called Tadasana which is a yoga technique on how to stand. So these are very old concepts.

The last concept is that your abs brace your position. I am talking about your abs and your trunk and your thoracodorsal fascia and the whole system of your trunk. We want to keep some tone on in that. So you should always have your abs a little bit like resting tone of 20%. It's not like you're going to take a punch at 100%. Even cobras don't keep their cobra hoods flexed all the time. It's too exhausting. So we need to have just a little bit of ab tone. So it is these three things: I have my butt squeezed a little bit, I screw my feet into the ground a little bit, my abs and trunk are stabilized a little bit.

That's how I manage the stability of my spine. So you can imagine if I am sitting a couple of things happen. One you can't squeeze your butt when you sit. It doesn't happen. So we lose 1/3 of this stabilization in the spine. The second mechanism is I can't screw my hips into the ground. In fact, my hips go into this neutral range where they are just kind of loose and it's not until I sit totally cross legged or I sit in some obscene wide box squat power lifting position that my hips will become tight again. So we have lost a second mechanism of stabilizing the spine and pelvis. So what we are left with is the abs. So my abs and trunk are trying to stabilize but it is just wobbling back and forth over my hips. What you mentioned about the hypertonic. What that really means to those people who are lifting is you have muscles that are working all the time. Those muscles that are working all of the time are basically strapped and go from the spine to the pelvis or the spine to the legs, like your psoas, your iliacus. There is a muscle called the rectus femoris, it's one of the head of your quadriceps (your quads). Even at the turn of the century they would talk about knee pain that people would get when they are sitting.

Sometimes when people sit at the movie theater or the opera their knee caps would start to ache. What is happening is that all of those muscles are basically trying to pull your spine into an upright stable position when you sit. And then in the back you have the QL which is the quadratus lumborum. So you basically

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have all of these straps that are actively trying to tug you so you don't fall over. And then guess what happens when you stay in those positions for 10 to 14 hours a day which is easily what people are doing when they are sitting. Those muscles become fibrotic and stiff and always on. Remember, you have wired that brain pattern in your head so that when you stand up now you have all of these crazy half-flexed, half-tension positions on your spine and this is the mechanism for all of the pelvic dysfunction, lumbar dysfunction, knee pain, craziness that we see.

The worst thing you can do is basically go sprint out of that position which is what happens in basketball and running.

Shawn: Right, man. We are just really out of sorts and then we try to go do this stuff. It's crazy. I am so thankful that you are kind of dissecting that so we can get a deeper understanding because we all know that we probably shouldn't be sitting this much but we often times need a catalyst. We don't know why it's bad for us. That is why I pride myself on doing with this show, it's giving you more justification with carrying the stick. Let me hit you with this stick, this is what is really going on. And then you can have this carrot too. You can get a six pack and all of that stuff. But most people aren't driven by that. They are more driven by pain and understanding a deeper mechanism about what sitting is actually doing to us that is very, very abnormal.

What I want to do, if you can, I want to see if you can share maybe a little hack with us. By the way, I know what he's talking about very intimately because...and I don't know if you've experienced this as well, Kelly, but writing a book was one of the worst things for my health because I didn't have my standing desk then, number one. And plus I just kind of fell in the zone. I was sitting down a ridiculous amount of time. I started to have that very knee pain you were talking about. I had never experienced that in my life. But I would have knee pain from sitting. It was like what the...what's going on here?

Kelly: You are like, I am elite! What is going on?

Shawn: But writing this book about health and improving your sleep quality, I was still sleeping pretty good but the thing was the writing process itself was

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physically kind of beating me down. So, I don't know if you have a similar experience to that.

Kelly: Well, you know, yes, I can unequivocally say don't write a book. And it will not make you money. It's not why we would write a book. If you have something that you have to say, it's so compelling that your wife is going to destroy you if you don't say it then that's the only reason to write a book. What you really are coming down to is the book is really a model or an allegory for the work that anyone does. Any serious work. And what ends up happening is that the task at hand becomes the number one driver.

As you pointed out even just ironically about the sleep is that you can buffer these positions until you can't. It's like I can drive my car without any oil until it blows up and then I can't. The problem is that the human being is such good engineering that it works so well for thousands and millions of oscillations, literally. If you take 10,000 steps a day, which you will do if you are a busy person or an active person at all, that's 70,000 steps a week. Pretty soon that ¼ million steps a month. In four months you have walked a million steps with a bad position of your spine, with overly tensioned quads, and you can imagine how now suddenly you create a bunion on your toe because you are moving poorly, how you injured your plantar fascia because in four months you have a million duty cycles of compression your knee into your kneecap. We can do that for a while but then some other things change. Maybe our nutrition gets away from us because we are really busy or we are traveling or we have to go to a bunch of work episodes. It's hard to control that all the time and then let's throw in the sleep. I don't drink enough water, my sleep is crappy. You talk about sleep beautifully and it's something I talk about with every team I work with.

If you don't get enough sleep, six hours of sleep or less, you are 30% immune compromised. That's a huge deal. You are also pre diabetic for the next 24 to 48 hours so it doesn't matter how paleo, fat centric, low carb you are, you are pre-diabetic state because you've slept like that. If you add a few days in a row, let's say God forbid you decide to have a baby then you are going to be sleep deprived for months. What will end up happening is that some of the environmental aspects, my stress, my sleep, my sitting, my nutrition, my

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hydration really conspire to make this set of problems become worse. That is sort of where we are in the world.

What we do is we try to tell people to take the shotgun approach. Let's make little changes that you can just integrate. What you don't need is a laundry list of more things you have to do. In fact, the opposite is true. You need to strip away that stuff so you can just sit around for a couple of hours with no TV on. Talk with your friends free associating, chilling out in front of the fire, having a glass of wine. If you need down time...and my doctoral work was on barriers to adherence to change, which means the more steps I put between you and getting something done the less likely you are to do it. So if I create a laundry list of 15 things you've got to do when you get home to undo it's never going to happen.

So the more hacks or adjustments we can make sort of broadly to our lifestyle we really see that aggregating to significantly change. You are going to be 110 years old and the resting state of the human being is pain free. So, are you pain free now? Probably 80% of the people are not pain free. So what's going on?

This is where we can say it's a lot easier to never start smoking than it is to quit smoking. Don't you agree?

Shawn: Right.

Jade: For sure.

Kelly: Well it is a lot easier to be working in a better position. Here's the problem. People are working within the limits of their understanding. It's easy if you are a professional person to be like, what's wrong with you. Why don't you do this stuff? Well, it turns out people have never been instructed. They have never even been shown. They don't even know this can change their life. I fundamentally believe that when we give people better information they make better decisions. We have [nearly 500 free videos on YouTube](#) on our channel about how to move better and how to fix your own mechanical problems. Plus, we talk about hydration, sleep, and sleeping position, beds, shoes, and what we try to do with our work is create a really simple template that says, "Hey, let's

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shift this responsibility back on you by informing you.” Then you can accept or reject it or fit into your life.

As you know, by the people who listen and the feedback that you get, is it is really profound and it really changes people’s lives. Here’s the deal, you can function way better because it shouldn’t just be about pain. It should be about function. That means you can run faster and lift heavier weights and sleep better and feel better and have better sex and all the things that really matter to us. And, as a side effect from that you will be much more injury proof.

Shawn: I can say, unequivocally, the greatest resource on YouTube for health and human physiology, just feeling good physically is your channel for sure, we’ll put that in the show notes. There is so much value there. We live in the best time ever or the worst. It’s depends on where you are in the spectrum. But we’ve got this access and it’s free. Of course, it’s very detailed. It’s much easier to see some of these physical movements where you can actually see them. But I’m just going to ask for a quick hack because I’m flying a lot now. I actually just flew back from LA and am about to fly to Austin to see my sponsor, Onnit, at their headquarters. They have a big thing going on. I’ve been flying a lot and stuff with the book is coming up, going on these different speaking adventures. So, what about sitting on that airplane, man? I know it would probably be easier to see a video on it but is there any kind of little tip you could share with everybody.

Kelly: Well, there are a couple of things to look at. It is easy to stay stand up. But then all of the police officers are looking at you like, I can’t stand up. All of the pilots are like, I can’t stand up. There are so many people who are forced to sit. So what we do is we look at required sitting versus optional sitting.

Number one, we say there is a technique around your abs. If you go out to YouTube we have a seatbelt hack. If you basically tighten your seatbelt tight around your hips and then lean back into the seatbelt it will keep your back from being wonky. We do a little seatbelt hack on there and that really changes your experience on the airplane.

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The key here is to understand that you are going to be compromised. You had better have a plan to uncompromise yourself. That means, for example, one of the biggest problems we have in society right now is something you really talk about in the book inadvertently, you talk at it sideways. People aren't very good at down regulating. They are not very good at coming down from the high, i.e., we have been jacking ourselves on caffeine. It's go, go, go, go, go and then all of the sudden it's time to turn off and get to sleep and down regulate.

What we see is that people in this constant sympathetic nervous system, parasympathetic nervous system tug of war and the sympathetic fight or flight nervous system is just turned to ten. We know you can pour some coffee and chug a Red Bull and be ready to go. But, show me how you can go from 60 to 0. One of the ways we know that makes a big difference is we do this very complex, very sophisticated thing. Ready for it? It's called gut smashing.

What we have you do is literally lay on a softball or lay on a princess ball you get at CVS or Walgreens, you know the balls that are there? They are about \$3. If you spend ten minutes, five to ten minutes, ungluing your abdominal musculature just rolling back and forth, stopping when it hurts, contract relaxing, just breathing into that ball, ungluing your diaphragm, ungluing the mess that is the inability of your abdominal tissues to slide over one another and this will work. It is very safe. You will not pop a kidney. That's not how it works. But it does trick your parasympathetic nervous system into turning on and it is one of the ways we are able to get people to down regulate.

Well, it turns out when sitting on the airplane in that flexed position we're not really looking at the psoas and iliacus abdominal musculature in sort of a compromised position but ungluing those anterior tissues. We usually go after something we call the four horsemen when we travel. That's smashing your quads out or doing a little pouch stretch which people can find online; opening up anything that looks like kneeling or a high lunge, basically opening up your quads, opening up your hip capsule, and then going after your psoas and iliacus which are the big movers. They are like the quads of your back. That is what the psoas is. It runs down next to your spine. It runs a little bit through your diaphragm and attaches on top of your femur. That's the psoas. In fact, it's the filet mignon of the human being. FYI, in case you crash somewhere and have to

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eat someone. In the back we have the QL, the quadratus lumborum, which is that back strap. And that QL and psoas attach to one another and they attach to your spine. We see that those tissues become very, very stiff and when you have been sitting for six hours, you get up off the airplane and you are afraid to squeeze your butt and open up your hips because you are thinking something's going to tear, that's the muscles and tissues that we need to address. By spending 10 or 15 minutes just working on those shapes you can basically erase the flight.

We can take that same thing and say, hey, if I am forced to do a long commute, I get out of the car and I have to erase the drive. This is the same conversation I have with my helicopter pilots. They turn in the helicopter, they do the debrief and then they go do the preventative maintenance on themselves. Once you understand that then you are like, hey, I am going to be a modern human but I'm not going to be affected by the modernism around me that compromises my body. Does that make sense?

Shawn: Absolutely. And I would recommend people do that and start to make it as a practice.

Kelly: Oh yes.

Shawn: I really love the fact that you said practice doesn't make perfect, practice makes permanent. Neurons that fire together wire together. I love to say that to get people to just understand that as soon as you get off the flight you can make it a little bit of a ritual to find the opportunity to immediately kind of work this stuff out, to erase the flight, as you said.

And for me, I also like to take the opportunity to get grounded with a plan to kind of locate me again since I've kind of been disconnected and separated from it for a minute. These are practices that I do as soon as I get off of a flight. I try to get my body sorted out immediately. What I find is that I don't have that weird jet lag that people have. And also getting sick. When people travel that tends to be the time that people have the immune system hit. As you mentioned, it is also a result of the poor quality sleep that tends to go with traveling as well. So I am so glad you brought that up.

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But now, with those interesting hacks, everybody can already glean from you a tremendous amount of insight and wisdom here. But I'm curious man, I'm very, very curious, why now with the book about running? Why running?

Kelly: Well, right? Personally I ran cross country when I was in high school. I went to high school as an eighth grader and ran on the high school track team and I was slow. I've seen pictures of myself. I had terrible technique.

Shawn: You're one of those guys, man. You're one of those guys! I was a sprinter so I'd see those guys running and I was like, oh I'm glad I'm not that guy.

Kelly: I'm a sprinter. And I was running cross country because that was the only thing they would let me do as an eighth grader. I was trying to get into shape and it was a disaster.

What happened in high school is that my knees started to swell sometimes. I would have a little knee pain and it happened a little bit when I played football. And then that sort of knee pain started to ghost me and I could sprint. I could ski. I could bike, climb, sprint, play Frisbee. But jog? Knee pain.

It wasn't until I was maybe 27 or maybe even 30 that I met a guy named Brian MacKenzie who is a phenomenal running coach and it came from the Nicholas Romanov Pose model of running. He said, "Hey man, you are doing all of these things right and your tissues are healthy but you run terrible."

When I learned to run, literally over a decade, almost two decades of knee pain vanished because I unloaded that tissue system which was stressed, changed the patterns in my brain, and suddenly became pain free. In fact, I went from having knee pain running 400 meters to where I ran an ultra marathon and I ran an ultra marathon at 223 pounds.

Jade: Whoa!

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Kelly: I can back squat 500. I can dead lift 600. I am a big strong guy. But running, if you can't go out and blast a 5K or run hills there is something wrong with your mechanics. So that was sort of the underlying problem. Then, in my physical therapy practice I see so many broken runners. Then, one of my daughters, when she was in the first grade, what I noticed was that in kindergarten all of the kids run immaculately. They land on the ball of their foot. They are natural runners. They look like Usain Bolt, they are little Usain Bolts running around everywhere. Something happens in the first grade and half of those kids start to heel strike. Heel striking is complete artifact of shoes. You cannot heel strike barefoot. If you come as a heel striker and defend heel striking I will say, "Take off your shoes and show me your technique."

What you'll see immediately with people who do this is they start running on the ball of their foot just like they are sprinting. They shorten their stride length. They increase their stride rate. They stop striking the ground so hard because they get immediate feedback through the foot that they don't need to hit the ground that hard to become stable. Then they start running correctly.

Their running technique should be stable across whatever shoe I am wearing. Can you imagine if I threw a ball but because I put a coat on I throw the ball differently or because the color of the ball changes I throw the ball differently or because it is orange or not a ball. No, the throwing mechanic is stable. It doesn't matter what I am throwing.

Well, your running mechanic should be stable. It doesn't matter what is on your foot. Your running barefoot should look exactly like it is when you run with a shoe on. Imagine that you can't run; all kids run beautifully. No kid heel strikes until about the first grade and that's about the time where they have been wearing high heel shoes, shoes with big differentials, the Nike shocks that go from over 1 cm down to 0 in the front. It's like a high-heel racer. They have been sitting. And all of the sudden the mechanics start to adapt to the same sitting position that we are experiencing.

So when we talk about skills, since we have been talking about brain wiring here, understand this, when I develop a skill it should be the same skill that I do when I am going slow or I am going fast. The skill should remain the same, right? I

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don't change my skill suddenly when I am going fast. The technique is stable. But when we see people who are heel striking it is that they are doing one technique when they are going slow but when they sprint everyone sprints on the ball of their foot. You cannot heel strike fast. So, we see there are two different motor patterns which is highly inefficient in humans. And, we know what the research is. If you heel strike you will get hurt.

Okay, so we listen to that. I am a physical therapist and am putting out these running fires. What I started to see was that, technique aside, we had people that simply did not have the indigenous mechanics. They couldn't squat down with their feet together and their heels on the ground and they did not have a range of motion and didn't know they were missing those things. So what we try to do in Ready to Run is say, hey look, let's take off some of this low-hanging fruit. Let's give you a template to know what positions you should be able to be in and then how to fix it if you can't.

For example, every single person on the planet knows you should probably not round your back when you lift heavy things. We can make that assumption, right?

Shawn: Yeah.

Kelly: Everyone knows that. But, it's because that spinal mechanic has worked itself into our consciousness. But the running mechanic has not for these other baselines of human position. So you talk about, and the first M-WOD video we ever did was a ten-minute squat fest. We spent ten minutes involved in Shiva squat. What we see is that people are so far away from that normal or baseline that when they go run or go exercise they end up compromising because they are having to work around their tissue restrictions, their stiff tissues, their lack of range of motion. And then we put up with that for a long time and all of the sudden we get injured.

Number one, we take off some of those range of motion tissue health problems, i.e., I work on myself 10 or 15 minutes a day. That's all it takes, seven days a week. I'll feel better, I deal with my pain, I'll unglue the damages. Then, if I start to address some of the other environmental loads: I'm hydrated, I get sleep, I

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try to minimize sitting, I wear compression socks, I cruise around in flat shoes all the time, I spend as much time barefoot as I can.

You know, you laughed about being barefoot or grounding. But do you remember the first Die Hard movie? Remember that? McClane takes his shoes off and he's rubbing his feet into the rug and was like, it does feel good. Remember that one?

Shawn: Exactly.

Kelly: Well we know what he was doing. He was grounding himself and getting out of his high heel shoes. Like, of course, that works. So going out and spending time barefoot and creating, sort of thinking about yourself as a skilled element, a skilled animal versus a piece of meat. If you want to just breathe hard like you're going to die go to Soul Cycle, jump in a spin class, no technique required, feet go here, butt goes here, hands go here, let's suffer until we black out. You can do that but that is not going to solve the problem of being skilled and having that range of motion that allows me to do all of the things a human should do.

So that's how we got into the running and lo and behold, it's miraculous because running is the thing that makes us human.

Shawn: Right, right, I totally agree. It transfers over to so many things. So I highly recommend this for people regardless of if they are like, I'm not running a 5K or I'm not running more than a mile, bro.

Kelly: You play basketball, right? You play Frisbee. You play soccer. You're a runner.

Shawn: Right.

Kelly: You're going to run whether you like it or not.

Shawn: Right. Of course, even just in our normal life of just play, you know, if you want to stay youthful. That's one of the things you mentioned. Kids have this

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down. My son, my older son is 14 and he is a big-time athlete. We were doing sprints and man he is right on me now, he's right on my heels. So we were doing sprints and my three year old did every single one with us. We did like eight 100-meter sprints full out. The three year old would not not do it. We would just be like, wait here Braden, just wait until we do this one. He'd run it right down. The funny thing was, he was going full out for himself but he wasn't as tired as we were. After it was done it was like there was no heavy breathing. There was no wasted movement with what he was doing and that was so interesting to see. I really caught that glimpse.

Another thing, just to kind of reiterate, there are certain things we know commonly and this is why I appreciate you doing this work because it's bringing it to the common conversation. Lifting with a rounded back; just yesterday I'm doing a dead lift. And by the way, I usually work out at Gold's. So I am going there and they've got a dead lift platform, 99% of the time I am the only one that uses it. Everybody is National Arm Day. Anyway, I am walking over there and there is a guy actually using it. I was asking if he had just gotten started. I've talked with him in passing a couple of times. He was like, no man, I just got started but you can work in. There was another guy, he had a friend with him. I swear I saved this guy's life, man. He tried to dead lift, I think it was just a bar with a couple of 45s on there so it was like 135. He got Quasimodo man. His back rounded so much on that first one. I just helped him to fix his mechanics and you've probably experienced this too, it's difficult with me walking around a gym, and I go to that gym because people tend to not know me there so I'm just going around but I see so many bad mechanics and so much potentially dangerous activity that people are doing.

Kelly: Whoa, the running statistics. Somewhere between...running is more dangerous, statistically, in terms of number of injuries per hour than gymnastics or Olympic lifting. It's that dangerous. But, the issue is that we haven't ever trained people in the language of being human. So when we say dead lift people are like, I don't dead lift, that's crazy. But you bend over and hip hinge all the time to pick your kid up out of the crib, left your groceries off the ground.

Jade: Oh wow.

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Kelly: You don't realize that you are performing this unweighted version of this movement all day long and so I can't tell you as a physical therapist how many people have been seen and I ask them what happened, do you know? I heard you're herniated. They are like, yeah, my leg is numb, I bent over and picked up a pillow.

I'm like, how heavy was the pillow? What was that? That is the heaviest pillow I've ever heard of.

Shawn: Right.

Kelly: The problem is we're not bringing the mindfulness. So when Buddha was like, you've got to be mindful it wasn't just consciousness, it's hey, I've got to be mindful of how my body works. This really leads to this other question. How come we don't have the indigenous, ubiquitous skills of being stable, because technique is really just the expression of human physiology. If you look at one of the best dead lifters in the world, and I think he is the best, his name is Andy Bolton. He deadlifts about 1,024 pounds or 1,008 pounds. Maybe he got beat. The point is, the way he bends over to pick the weight up off the ground is the same way my mother-in-law now deadlifts. It is the same technique. By deadlift I mean she picks her purse up off the ground, the way my nine year old lifts her backpack up off the ground.

We were on 60 Minutes earlier this year and they were like, hey, we want to see what it is you do. I was just like, great, let's talk about the most common thing, lifting something off the ground. The correspondent could not just hinge over. I was like, just keep your back flat and pick this up. It weighed like 35 pounds and she rounded and she rounded and she rounded. I was like, hey, you do yoga right? She was like, yes. I was like, show me your downward dog. And boom rounded back. I was like, hey, let me show you this thing my friend came up with called the Functional Movement Screen. She failed the straight-leg raise. I was like, what has happened is that you don't even know you are rounding and can't even tell.

I said, let's get somebody to give you an example. I pulled my eight year old over at the time and was like, Georgia, can you just show me how to pick this

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up. She squeezes her butt, she organized her spine, she hip hinges down and safely and mechanically lifts 35 pounds up off the ground which is her picking up her little sister or her school backpack or the groceries.

The problem is she gets it right away. She has done it a few times and knows how to do it every single time. When we give people that base knowledge...what we're really doing in the gym when we develop a movement practice is we are challenging the robustness of our positions. We're making the gym not about exercise but about technique and being skilled.

People are like, well, I don't like to lift heavy things. I'm like, great, just do me a favor. Can we agree that 65 pounds is not that much to pick up. I'm like, run around the building and come and show me you can pick this 65 pounds up when you are breathing hard. People are like, oh. I'm like, that's you moving your friend's couch up the stairs. You have to be skilled. You have to be able to do that skill while you are breathing hard or when you are fatigued or when you are doing more than one rep, going at speed. If you think the back is dangerous what do you think I think about you playing sports without knowing...having incomplete shoulder range of motion, you don't know how to stabilize your spine, you jump and land.

Women are tearing their ACL still at nearly five times the rate of men in college. Five times. What we have been telling women is that, oh you know what, you're a woman. It must be the hormones, it must be the trochlear notch. It's obviously the pelvis. That is so misogynist. In 2 1/2 million years are you telling me that women didn't work that out? Unacceptable. My wife is a two-time world champion and she is a bad ass woman.

Jade: There you go.

Kelly: I'm telling you, it's not because she is an inferior person because she's a woman. The problem is we haven't looked at the skills of these things and we haven't taught it. And we haven't looked at the environmental load. It is absolutely true that women are more susceptible to bad mechanics than men. That is absolutely true. So we know if women fail at six men fail at seven. Does that make sense?

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Shawn: Um hum.

Kelly: But the mechanic and injury is the same. There you go.

Shawn: Exactly. Man, Kelly, I could talk with you about this stuff for another hour, at least.

Jade: And it's wonderful.

Shawn: But, of course, I want to make sure that we...with the book itself, Ready To Run, it's amazing. I dove into it and so many insights. The thing is, again, I'm not attracted to running, you know.

Kelly: Neither am I.

Shawn: It's not something that is just like, oh, I can't wait to run today. It's not my thing. But I do respect it and after running track for so many years I know a ton about it and it's importance and its value and outside of the actual process of running itself what it can do for the endorphins and your mood. For a lot of people it's their safe haven so there is a lot of value in running. But, in the book itself, just really starting to understand it, it's something that we just kind of do. Kids wouldn't need a book on this but then we kind of get away from our normal template.

What I want to ask you, if we can wrap with this, just tell everybody what they can expect when they get Ready to Run. Let us know what we are going to get from the book.

Kelly: Well, how about this. We know that you may be far away from baseline but you don't know how far or how to fix it. So one is we set some guideposts, yes or no, one or zero. Someone asked me the other day, they were like, why did you settle on 12. I said, well look, here's the deal, imagine you get a brand new iPhone. Do you need to know how the touch screen sapphire glass interacts with the battery and the software? No.

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Shawn: No!

Kelly: You need to know how to turn it on and plug it in and you need to know how to move the things around and adjust the volume, etc. What we did was we created enough standards that covered the basis. What you'll see in there is that it's not up to me...I'll be honest, if you do this book and work on this stuff you're going to sleep better and play better golf. You'll do...All of these things are important because you use your hips for more than one thing. Your ankles are pretty much involved in nearly every sport you do. So what you'll see is that we've created some guidelines, some benchmarks so that you can sort of reference them. How am I doing? Boy, I've done a lot of travel. Wow. I've really fallen off. Then as I come back it can be one or zero, yes or no.

What that then does is it creates a ready state and sort of a condition where you can then go and have the freedom to learn new skills and new sports and work on your running and then your friends are like, let's run a half marathon. You are like, great, I'm not going to be crippled for two months afterwards because I tore my plantar fascia off. If you're a soldier or if you're a police officer and you are on your feet we give people a real black and white template to say, this is normal range of motion. This is our baseline. Let's move toward that baseline.

I'm not absolutely saying that you have to hit all 12 of these. But what I am saying is that if we cover the bases of working toward competency or minimum standards in these things then the whole system up regulates and you get better. It takes about seven months to turn over all of the connective tissue in your body. The idea here is to make this a life-long pattern of a little preventative maintenance. Number one you will feel better. Number two you actually can change your pain. And then, number three you have no idea how much better athlete or better human you can be. You can move so much better. So that's what we try to do, really strip away the technical aspects.

The other book we wrote is 400 pages. We have another version of that book coming out in January which is another 100 pages and that explains how the iPhone battery works. But this book is just the stripped-down manual of how to set yourself up so you can do the thing that makes us human, which is run.

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Shawn: Yes, absolutely. So, I highly encourage it whether or not you are interested in running. As he referenced, there are so many components here but if you are interested in being human...no disrespect to the aliens, the zombies out there, the vampires...

Jade: We love you too.

Shawn: Shout out to Dracula. No disrespect to you guys, but if you're interested in being human...

Jade: They may be interested.

Shawn: Right. That is why they are going to suck your blood. Right?

Jade: Give me that.

Kelly: I tell you man, if you duct taped your book to this book, people are going to be amazed at how much better their life gets.

Jade: Oh wow, that would be a great holiday, New Year package.

Shawn: A little package, right. Manuals when you are born. You know, take these.

Kelly: You should be experimenting with your weight, with your life, with your eating. The sleep thing is so important to me. I sleep and I have always slept like I am on fire, like I am 100,000 degrees. I know I wake up so hot and I just got this thing called the chilly pad. Have you seen it?

Shawn: I have not. Tell me about it.

Kelly: It is a little cube that sits next to your bed and it is a pad you put underneath your sheet. It pumps ice cold water underneath your sheet all night long. Last night my bottom temperature, my sleep in the bed was 60 degrees all night long.

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Shawn: That's that spot right there, according to the research, between 60 and 68 degrees is the ideal temperature because we go through thermal regulation every night to set you up for that deep high quality of sleep because if you are too hot or too cold, but most people are too hot, you're going to be pulling yourself out of that deep stage 3 and 4 sleep.

Kelly: You nailed it. I used to wake up a lot sometimes too hot. I would walk around. I would chug some ice cold water, I would eat some ice cream because that's always the best way to cool down.

Shawn: Right (laughter).

Kelly: And then I would go back to bed after killing a pint of ice cream in the middle of the night trying to cool my temperature. I'm just saying that these are the things, the sleep quality piece. There are great coaches like Dan John, you want to talk about performance, nutrition, did you eat breakfast, yes or no? Talk to me after you've eaten breakfast consistently for a week and then we can start having a conversation. You get your sleep under control and we can start talking about how fast you can go. One of our athletes, we see this all the time, for example, some of the best athletes in the world sometimes brag about how they can't go to sleep after a big game. I've worked with tons of professional athletes and the only way they can go to sleep is if they smoke a big bowl because that's the only way they know how to turn off. What's been amazing is we were working with a girl named Annie Thorisdottir, one of the best athlete's on the planet, and she was having some problems with heart rate variability, so that sympathetic/parasympathetic tone or sleep quality wasn't good. She was having injuries. I'm like, Annie, tell me about your sleep.

She was like, I sleep with the TV on every night, it's the only way I can go to bed. I was like, what? You have this bright light in your room all the time. And she was like, well, I travel and it's from my computer. Literally, that brightness in there was the thing that was preventing her from healing these problems.

Shawn: Kelly, when you mentioned earlier about smashing. Do you think it would be a good idea to do that before bed because you mentioned this shift over with the parasympathetic nervous system.

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Kelly: Oh yeah, totally. In fact, everyone who listens has probably had a massage. How did you feel after the massage? Like you wanted to get up and fight someone? Or did you want to take a sleeping nap afterwards.

Shawn: Yeah, exactly.

Kelly: Your voice is all low and groggy, right? The reason is because it's had this very large parasympathetic response. Your nervous system says, ah, soft-tissue work, no problem. In fact, what we try to do in the gym is we say, don't do any soft-tissue rolling before you train. That's counterproductive. Let's get you working on your joints, joint capsules, let's get you warmed up and hot and then let's use the soft-tissue work at night to help trigger that come down effect. I am sorry we didn't talk before you wrote the book because it would be 22 steps. But the little soft-tissue practice is remarkable at how it prepares your body to turn off to go to bed.

Shawn: Awesome, man. So many valuable tips and insights here. I've got to really thank you. I know what it takes to put something together like this and to make it coherent, to make it engaging, and approachable by the everyday person and also the person who considers themselves to be an expert. Everybody can get some value from it and from you. I just really appreciate what you are doing out there man. I truly, truly admire you and admire the work that you are doing. So, thank you, Kelly.

Kelly: I appreciate it. And just one of the really exciting things is that we have so many people working on the problem. This is like an emergent ant hill like thing where you are solving sleep problems, you are talking about nutrition, you are talking about whey protein. I'm talking about mechanics and pretty soon we really start to create a best practice for people because all roads lead to Rome. We will start to see, and I feel like it's this revolution that's going to pull us out of the world of a terrible health care model, diabetes. This is what's going to change. It's remarkable to do that.

Shawn: Absolutely, man. I appreciate that. And, like you said, we are getting really close to that tipping point and it's happening now.

THE MODEL HEALTH SHOW

So, everybody, thank you so much for tuning in to show today. Definitely head over and check out [Ready to Run](#). It's one of those things to add to that repertoire and really to help you to be more of a perfected human unit, more of a perfected version of yourself. Everybody, this is the time. You are a part of this. And, as Kelly just mentioned, things are changing rapidly and it's because of you taking this information, applying it to your life, getting the results and then, of course, sharing it with the people you care about. We're going to change the game. Everybody, thank you so much for tuning in to the show. Take care, and we'll talk with you soon.

Shawn: And, make sure for more after the show you head over to theshawnstevensonmodel.com. That's where you can find the show notes and if you've got any questions or comments make sure to let me know. And, please head over to iTunes and give us a five-star rating and let everybody know that our show is awesome and you're loving it. And I read all the comments so please leave me a comment there and take care everybody. I promise to keep giving more powerful, empowering, great content to help transform your life. Thanks for tuning in.