

Welcome back, everybody. I am so pumped for today's episode. It's been a long time in the making. We have a special guest, Jane Riley, actually a team member of ours at the Perfect Workout. Who's been with us, over six years now, I think.

Yeah. So, Jane, I am pumped because you started off as a personal trainer. You've got your history in exercise, which I want to dive into here in a moment. And now you work with our support center, which, our support center is exposed to all of our members across the United States and all of our services, from fast food studios to the flagship studios to our, virtual training, to our wellness app.

Well, you kind of get it all. So, so be cool because I think we can, we have the opportunity in some future episodes and even today to kind of tap into, like, what are you hearing, etc.. From members, but why don't we just start this in a fun, easy way, which everybody, if you're like me, is dying to hear about.

Tell us about your background. Like what brought you to the for workout, your history, etc.. Sure thing. And thanks so much for having me here today. This little nervous can be fun, but, I've always been a fitness enthusiast. I think I get that from my 91 year old mom who's still lifting weights, but, well, she,

So. But it wasn't really until my 50s, that I wanted to think about it more as a career. So that was kind of fun. And, I started training with the perfect workout at our Del Mar studio. Oh, nice. And then, when Covid hit, I moved to Austin. I actually have a grandbaby here. Oh, wow.

That's awesome. How old? How old is your grandbaby? She's nine months. Oh, man. And so, started with the support center, then. Okay. And, then loving supporting all of our members. New inquiries. Okay, so what you said you didn't get into, you've always been to exercise, by the way. That's amazing. Your mom's 91, in strength training, but you didn't really get into.

Did you say strength training until your 50s? Yeah. Great. Yeah. Great question. Yeah, I, I've always tried all the fads over the years, whether it's the platy, the yoga, the running. I did I thought I was strength training, but then when I came on the board, the perfect workout, I realized overall, like not lifting heavy enough. And what I love so much about, what we do is that we're lifting heavy and safely, and effectively.

Because I didn't really. I was afraid, like, a lot of people are too lift heavy enough to see the changes we need to, for. Yeah, change in muscle tone. And did you say so? Are you saying there was a point in time where you're like, I realized, or other people, you know, know that they need to be lifting heavy weight, but you were afraid.

So there was this idea that, of course, we need to be lifting heavy, but if we lift heavy, it must equal potential, you know, injuring you. I don't want to. I want to keep working out. So I don't want to get hurt. And so I thought I was lifting heavy enough but it wasn't really until especially the method we use that, you know, I started lifting heavy enough to really in my 50s start to see changes in my body.

Well, in my muscle tone. Yeah. My 50s. So and you're super strong, super jacked, super ripped. I don't even know. I don't even know if I want to be on this episode. Sitting next to Jane 50s is when I've probably really gained more muscle tone with strength training. Oh, I love that and lifting heavy. So we are going to do actually a future episode, with Jim Keen again on getting muscle as we age, because that's the question people have often sounds like that was your experience.

You're in your 50s, you're gaining muscle. That's when you started gaining the most muscle. Absolutely. I you know what? You can slap me right here on camera if you want, but are you still in your 50s? How is that going now? Surely not anymore, as of, last month. And, oh, you're just your birthday. I just turned 60.

I'm fine. I'm feeling great. I it, you know, so can't complain. So tell me a little bit more about your background. I mean, actually, we'll put that on the show for a second. I want to know more about your background, because I know you all know that. I already know a little bit about Jane here. And you've got more experience than just exercise when it comes to nutrition and wellness that are.

So I want to talk about that. But what brought you to this realization that you needed to lift heavier it? Was it the perfect workout? Was it something you saw? Was it a group of people you were training with? That's a great question. I, honestly, it was through competing. I, as a goal, wanted to do a, bodybuilding show.

Oh, cool. So it was just I met someone that did it, and I thought, like, in my 50s, this is will be something fun to see how my body changes. Oh, man. What we're capable of. And and I'm also a huge fan of nutrition and, you know, all those, those kinds of things as well. So how did that body come go in your 50s?

Actually I'm very blessed. So I love healthy food. There was a few things I didn't enjoy. Giving up or changing, but but it's really a science, like the macros and everything. I found it like a like a science experiment, but but anyway, it that's when, you know, even trainers need a coach weight. And so that's when I'm like.

But between you know, our method that we use is the perfect workout and really getting great guidance. That's when I really learned how heavy we need to lift and safely, to make those changes in our body. Well, and then the metabolism, I mean, naturally, just you become a better fat burning machine and, and then obviously, and I know this this is a whole nother subject, but nutrition plays such a huge role as well.

Oh, I agree, we should talk more about that in a future episode as well. We've we dabbled in a little bit. It would be so good to get your perspective on it. So you've been doing this methodology for some time now. Yeah. So six years. Well, yeah, it's so good. And have you seen improvements even since then?

Well, actually, you know, we've had at our Nautilus studios and I've been well, the benefit of that. And now with our CrossFit studios that's been kicking my butt. Okay. I'm like, whoa. And it's a, it's both excellent. I still mix both the method that we use longus and strength training in both modalities. Which is fun as well, but, yeah, it's never too late with great nutrition and hard work to see changes and build lean muscle.

And so how long were you a personal trainer at Del Mar? I was I was only a personal trainer there about a year or so. And then with Covid moved to Austin to boot family, the whole world moved on and yeah. And the and then I knew that grandbaby was coming in and here she is. Well and so with the support center five five years.

Okay I love that. So I tell you what, let's go a little bit more into the nutrition side. Yeah. I think you had some certifications and stuff like that and we'll keep it somewhat high level. I just really and so excited that you're here, we're going to do a few episodes. We're going to dive deeper into a couple of other topics.

But I wanted our members and our audience to really understand just who you are and get to know you a little bit, including myself. So yeah, speak a little bit more, if you don't mind, to the nutrition side. Sure. Yeah, yeah. So I became this again in my journey reinventing myself at 50 years old. I went to the Institute of Integrative Nutrition online, and, and we do a lot of things through zoom and got my, health coach certification.

So that's been super fun. Just having the knowledge for myself and sharing it a lot with our members. And then you increase, you know, things are constantly changing, always new information coming out. So it's I follow some fun people as well. Functional medicine doctors. I mean, I go way back to the, you know, Mark Sisson, Mark Hamill, way back.

So I know there's all the new guys up and coming, which are have great, perspectives as well. But, I think it's great to, you know, keep abreast of all the new things that are happening. Yeah, I love that. So then you know, working with the perfect work out, through their great certification process and, and doing slow motion strength training.

It's just it's just been wonderful. I feel, it's been effective. I I'm injury free. I was a CrossFit girl back in the day. I still my shoulder still can be trouble from that. And I have not had an injury well since slow strength training I love it. Yeah, yeah. So what's the one thing you tell members or want to communicate to people watching this episode, that you already communicate when you're on with members at the support center?

If you could give somebody one piece of advice in life, what's the one thing that you are focused on when it comes to people's health? Yeah, I've got five. So that's true. Five I always think I

always think these are the five things, okay, I love them, but I'll be quick I guess. So just basics hydration, like, you know, but it's just so important.

We can't we can't do the best in our workouts without properly being hydrated. And then, of course, nutrition. But that's a subject for another day that, you know, protein intake. Oof, that could be an episode of self I would love to speak about. Okay. Because I put that is such a high priority, in every day.

And then so we've got hydration, nutrition, sleep aid, and I struggle as much as anyone do a good job at that and that there's so many ways and, you know, natural supplements and the blue back, like all the things that we can do. So sleep, hydration, obviously, strength training strength. And I mean, you can do all the wonderful things get active, run, hike, explore.

But after this age, if you don't strength training, you know that that's the one way we're going to keep lean muscle tissue. Yeah. And even build it. So I love it. And family friends, positive attitude. I try to have a great group of people around me, my family, the positive perspective of life. I think the you can't, I just don't know how many things are more important than that.

Yeah. So, and I and I always have five I think that you're five. So. Yeah. Because and this is so beautiful because I feel like, and we've talked about this before with influencers and this is fine, but yeah, a lot of times people build a platform around a specific, somewhat dogmatic topic. Okay, let's take a good example and I'll just use the word biohacking.

And then they have to just sort of stay and die on the hill, so to speak. For a long time. The one thing that most of these people have in common that I love is coming back to the basics here. So I think you saw a few months ago I had a friend, Dan Miller, who's a global health coach on one of our internal company All Hands meetings, and he gave his top five.

And they're the same five as yours. I know it was so much energy. I remember that he's a ball of energy. I know we've got to have him on one of these one of these days. And it's the same five that most people agree with. So we we talked to you and I talked about this a lot.

There's this bell curve of like it's really simple now we make things complex and we're back to being simple here. And it's sleep and it's hydration and it's not exercise per se. Like maybe it was a decade. It's strength training I, I believe and maybe at the top because I believe that's the top, bias. Right. But you're going to see better.

You're gonna want to eat better, you're going to need to drink, etc. if you're taking care of that one thing. And the social element around stress, all these sorts of things. Right. And what's beautiful about this is not only are we sort of just repeating this and it's being repeated elsewhere and it's building up this sort of really cool social acceptance, so to speak, of these basic things.

But you're here living it. I mean, I know you're a beautiful person. Your energy's always way high. People love being around you and you've got a testimonial. And so it's not just another

person saying, and so to speak. So yeah, I'm glad you went to the five than the one. Which is really cool. Yeah. Sorry to get out, but because those are all, important.

It's so good. It's hard to say why. And I agree with you, but I tell you what, we will dive into some of these topics deeper in future. Actually, in our next episode, one thing I do want to dive into, we did a recent episode. I don't know, maybe it was a few months ago, and, Jim Keene and I were talking about, hormones and and I go on that episode was really to help articulate as best we can what, what hormones are as communicators in the body.

And of course, we can't talk about hormones without touching a little bit about menopause. And we probably shouldn't be talking about men. And this is, you know, dudes in our late 30s, early 40s, etc. and it's a question our members always want us to go deeper into. So if you're open to it, I want to have you back and we'll do some stuff on menopause and some of these other five.

Absolutely. I've done all the stages. You're now in 60 the pre the mid the post. That's awesome. That's cool. Well that would be so beneficial Jane. Thank you so much for being here today. It's been a pleasure. Yeah I'll see you next time. All right. Great.

Awesome. That was a 30 minute episode. That's exactly what we want. 10 to 15 minutes. You for our stay now it's. I know what my decibels we're looking at here. I'm not doing. And I look around. All right. You the. It's not like we're we're just among rock is are so great. Like, was it okay? It was great.

Yeah. I was recording the intro real quick. We have on topic. Kyle, you'll be at this camera. You just hang out. Oh, go near it. Okay. Do you want me to get some? Are you whatever you want, man. What is he say? The beginning, the lower. What can you. Let's do formal two. Do you? Well, mother? What up, what up?

Players. Yeah. I think I'm trying to think about how my recorded intro is so I don't say something that sounds really dumb and redundant because me. Take me, everything out. We hope you find this episode something you say I got it. I'll just say on camera. Yeah. See you. Yeah. Under them. So we cover now that's Jim, it's Jim.

You're the, jingle front end is. Well, we do the perfect workout podcast, as I say. Oh, yeah. Where we make things simple, but. Well, we hope you enjoyed today's episode. Consider this one. Just say let's go all in or whatever. Okay? Give me one second. But you can just keep rolling.

There. We have a special peak. Be really sure. Yeah. Here we have a special guest, Jane Riley. Billy Riley. What? Our very own here at workout night with free hair story. Cool. Ready? Yeah.

Hey, everyone. In today's episode, we have a special guest, Jane Riley, one of our own team members who has an awesome story. I cannot wait for you to hear about it and see you soon. And let's see soon. Okay. Can we. What is Jim say? Can we please. You know, he says, please enjoy you guys. It like you just realized you would say, please enjoy it.

You can. I want to be told I got happier. Please in your I is doing. Please enjoy more from me saying this in gym anymore. Right okay, I can I, can I make a fun joke out of it? Absolutely. Okay, here we go. I'm gonna do it this way. See if you like it or not.

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Together, let's make fitness simple, empowering, and a part of life well-lived. See you next time.