**INTERVIEW WITH KEITH HARRIS**

**[START OF PODCAST]**

**Male Speaker:** Welcome to the Chalene Show! Chalene is a New York Times best-selling author, celebrity fitness trainer, and obsessed with helping you live your dream life.

**Keith Harris:** Yo, yo, yo, what’s up, party people? My name is Keith Harris and Chalene and I go way back. I mean, that’s my home girl for real.

**Chalene:** And we’d like to thank you for joining us on the Chalene Show, where we help you develop a crazy, ridiculous, amazing, fun-filled life. It takes education, it takes a plan, it takes support, it takes motivation, it takes great friends like my friend, Keith. Do you know this dude has lost over a hundred and twenty-four pounds? So, it’s kind of funny to see the two of us together. I think he’s like 6’4” or something and I’m like 5’2” and we are, we like to think of ourselves as the Kelly and Michael of podcasting.

 I love having Keith here because he helps me keep it real. This is what we call a Fit Tip episode. They’re designed to be shorter, easy for you to digest, and exactly what you need to help you create a better mindset and a stronger body.

**Keith:** Well hello and welcome. I’m here, I’m Keith first of all and I’m here with the fabulous Ms. Chalene Johnson. Listen, flexibility.

**Chalene:** Yeah, let’s talk about it.

**Keith:** I’m the worst. I’m the most inflexible person you would ever ever meet in this [inaudible at 01:24].

**Chalene:** That’s not true. I’ve had you, I’ve had you in my, in the palm of my hand, testing your flexibility before. And yeah, I think that’s most people. We avoid what we’re not good at. And I think that’s why so few people including myself, for many, many years, avoided any type of flexibility training because it’s like, “Ah, I don’t want to do what I’m not good at.”

**Keith:** Uh-huh.

**Chalene:** I really want to talk about how, how incredibly important this is. It’s the third biggest component when we talk about our overall health and fitness. I mean, we know you need cardiovascular strength. We know we, you need muscular or resistance type strength, and then the third component when we’re just talking about our physical well-being, is flexibility. Of course nutrition is a separate component, but if we’re just talking like physical exercise, we need cardio, strength and flexibility.

**Keith:** Yeah, and it just seems that we never focus on the flexibility part, or hardly focus on the flexibility part.

**Chalene:** That’s right.

**Keith:** Or and at flexibility, I think, probably for me, takes the most patience. So, when you’re doing cardio you can move fast, and you’re active and you’re moving and when you’re doing weight training you get this you know, adrenaline rush from lifting heavy weights. But, flexibility is a lot of holding, well, this is my perception of it. It’s always holding this super poses with these poses for a long periods of time.

**Chalene:** Yes.

**Keith:** I mean like, you’re bored, and you’re like, “Okay, okay. I’ve done enough.” So about like, five minutes into it, I’m completely done.

**Chalene:** You’re over it.

**Keith:** Yeah, I’m over it.

**Chalene:** Well that was me. It’s really what I created my, the program Piyo, is exactly for that reason. I knew I needed flexibility training. My kinesiologist was saying, “Chalene, you are so inflexible. These injuries aren’t because, necessarily because of overtraining. These are injuries because you’re not doing anything for your flexibility. So I started taking yoga classes and Pilates classes and I felt that thing you just said like holding the pose for so long. That to me felt like, “Okay, let’s just everyone hold it so everyone can look around the room and look at Chalene.

**Keith:** Right.

**Chalene:** Who is the least flexible in the room.” That’s what in my own head I was like, “Wow this is terribly degrading. I’m the worst. You know and I didn’t want to feel that way. And I also, I also didn’t know enough about the benefits, you know, if we knew about the benefits and we’re like, “Oh! Okay.” It’s like food, you know. If you know enough your nutrition, you don’t have to be told what to do. You want to do that because you want the benefits. So that’s the first myth about flexibility training: is it doesn’t have to be what we call static stretching. Static, meaning, holding a stretch in a specific position or pose without moving, and that’s what most people think of when they think about flexibility training.

But now when you think about when you need flexibility, you’re moving! So I really love Piyo and I love any type of flexibility training that incorporates dynamic movement where the muscle filaments slides which creates blood flow, which creates a more pliable muscle, which creates, for a lot of us, we don’t get bored. If I’m moving, I’m happy.

**Keith:** So describe that move I know people can’t see you but…

**Chalene:** Sure! So when you think about, for example an athlete. Just think of a catcher right now and he’s coming up and down in that deep, wide, squatted position…

**Keith:** Ah.

**Chalene:** … and so that’s like dynamic movement that is functional. If you think about when we personally need flexibility it’s when we’re reaching and stretching to grab something or when we are running to have a longer stride. Meaning, if my hamstrings are more pliable, if I have a hamstring muscle that can stretch further, that means I can reach my leg out further while I’m running, and have a longer stride which makes it an easier stride, which makes for a faster time. So it’s the dynamic flexibility that I want people to embrace as an alternative. That’s not to say that there’s anything wrong with holding a static stretch and for those people that have found their love and their calling in yoga or any form of flexibility training, fantastic!

**Keith:** Sure.

**Chalene:** But I knew there was a need to create a program where those of us who are like, “I feel like I’m going to have a panic attack”, “I’m so inflexible. I don’t want to be the only person in the room who can’t touch their toes”,

**Keith:** Right, right.

**Chalene:** And also those people are like, “Listen, I got thirty minutes. I got thirty minutes today. I need to burn calories or get strong,”

**Keith:** Exactly.

**Chalene:** “And then you know, flexibility is just lower on my list of priorities.”

 So I said, Okay, what if I could design this perfect class, this perfect workout where was all those things. You got your heart rate up, you’re moving, you’re building muscle by lifting your own body weight or using your own body weight to get strong and there was dynamic flexibility training.

**Keith:** Now that sounds more like me. I mean,

**Chalene:** Yeah.

**Keith:** More than likely I’m going to be the biggest guy in the room. I’m 6’5”,

**Chalene:** No,

**Keith:** Two hundred sixty pounds,

**Chalene:** You won’t be. Not in my, one of my classes. I attract all the dudes and it’s not because the way I dress [inaudible at 6:37] If you just, you know, I just think it’s a comfortable environment for dudes, for athletes, for people who are like, “I’m so inflexible”, I’m like, “You have found your home.” It just incorporates a type of movement that we’re drawn to which is very athletic. It’s very flow. It’s you know, we use up-tempo music. And I think for many of us like yourself included, we’re busy. It’s like I don’t have thirty minutes to just not get results and you don’t ever see someone walking down the street and go, “She looks flexible.”

**Keith:** Right, right. Alright.

**Chalene:** You know you say, “She’s got nice muscles” or he’s got a nice butt”,

**Keith:** Right.

**Chalene:** You know that comes from strength training or…

**Keith:** That’s hilarious. Yeah, yeah, “He stretches. You can tell.”

**Chalene:** Yeah, exactly! You just wouldn’t do that. But you know the reason, here’s where the inspiration for this came. While I was, you know, personally struggling with this and like, I felt like I was forcing myself to go to these classes and I just was, “Hey, I love exercise. Why am I not loving this?”

And I was in Las Vegas, I was working out at one of the gyms and I was watching this gal in the corner kind of going through these series of exercises where she was like using her own body weight, and she was stretching and moving and I just thought, “What is she doing? That is so cool!” And you could tell that she was really strong and she had this super sculpted physique but she wasn’t using any of the equipment in the gym. And the friend that I was there with said, “Oh I, I know her. She’s one of the trainers for Cirque de Soleil.”

**Keith:** Ah.

**Chalene:** And I thought, “I don’t want to join Cirque de Soleil but there’s a beautiful athletic quality to their movement that’s strong core, strong legs, lean, long …

**Keith:** Yes. Yes.

**Chalene:** … and that’s what I want to create.”

**Keith:** Yes. Yeah, when you see, when you see their bodies, it’s, they’re really works of art, right?

**Chalene:** Exactly. I could just stare and just say, “Could you please slow down, I have to watch that again. It’s just gorgeous.” But that was really exciting to me because it was what I was looking for. I was like, I want to see muscle. I want to see sweat. I want, I want to be an intense workout. So the, if it’s only thirty minutes I have, it needs to accomplish a lot.

**Keith:** Very good. I like, I like this, or I like the idea of this,

**Chalene:** And can I share some of the benefits of it? So that …

**Keith:** Of course.

**Chalene:** … people you know, even if you’re like mildly interested, let me tell you this. A muscle that is more flexible has up to twenty-five percent greater strength potential. So if you hit a plateau, work on your flexibility and you’ll break that plateau.

**Keith:** Wow. Wow.

**Chalene:** Yeah. Just doing that dynamic flexibility training will create less tension in your muscles, you’ll have fewer aches and pains that you think are the result of overtraining or getting old or injuries that could be prevented if you were working on the flexibility of, especially in Piyo, we really focus on the main muscles that you use for all of your other stuff. You know, like, I don’t know if there’s really a need for all those type of super flexible neck, you know what I mean?

**Keith:** Right.

**Chalene:** So we really focus more a lot time on the big muscles: your glutes, your hamstrings, your quads, the IT band, you know, the muscles of your back, your shoulders, the things that just make life easier.

**Keith:** Very good.

**Chalene:** So I hope people will try it especially if you’ve been unhappy. Look, if you’ve gone to a yoga class and thought, “It’s just not for me.” There’s something out there that will work for you. And I just encourage people no matter what it is, keep searching until you find the workout that takes care of that component of our overall health.

**Keith:** Yeah, who knew that we needed it so much…

**Chalene:** Yeah.

**Keith:** … you know? I mean, even after a workout, you know, one of these super, you know, intense workouts like Insanity or something like that. Like, you know, like,

**Chalene:** Oh, it’s the most important time to, because now you’re warm. And that’s when you could really improve flexibility. A lot of the people think, “Well I stretched before my workout.” But that’s, that’s a myth. The stretching should really only be done after our bodies are warm. You want to warm up before your workout and you don’t even have to stretch before you workout. You just do need to properly warm your body. Once we’re really warm, that’s the best time to improve overall flexibility.

**Keith:** Very good. Well, thanks.

**Chalene:** Well thanks for being here with me today, Keith.

**Keith:** Yeah, of course! Anytime!

**Chalene:** Thanks, Keith!

**Keith:** Anytime, girl.

**Chalene:** It’s always so fun to have Keith on the show with me. I love Keith. He is just like a brother to me. I would love for you to tweet him, he’s having so much fun hearing your feedback about the show. It’s been really fun for both of us. And he’s always like, “I’m getting so many followers. This is so cool and people are asking great questions!” Woops, that might be him right there. [inaudible at 11:14]

Oh my gosh. That’s so funny. Anyways, his Twitter is @kickitwithkeith, @kickitwithkeith. Send him a tweet. Let him know you heard him on the show today. Let him know what topics you would like for us to address the next time we do a show together.

And by the way, this wasn’t meant to, in any way, shape or form, be an advertisement for Piyo, my fitness program that I do in conjunction with Beachbody. But if you would like to know more about that program, you can go to chalenejohnson.com/Piyo, P-I-Y-O, not Plyo. Piyo. P-I-Y-O. And there you can find more about the program. But really, what I want those of you to know who have been kind of reluctant or resistant to doing flexibility training is that there are so many other ways to address your flexibility training other than traditional yoga or Pilates, and even if just the thought of holding still and listening to mind body music kind of, you know, rubs you the wrong way.

Well then, try another form of flexibility training. Athletic flexibility training is so important and if you’d love to see some amazing results of people been getting from Piyo, I mean, it’s a weightloss program. We have people losing like forty, fifty pounds on this program and really transforming their physique, so check it out. You know, don’t take my word for it. Just Google it and see what you see. Alright, that about does it for this Fit Tip episode.

I hope you enjoyed it. Don’t forget, I love it when you leave me a review in iTunes and back to my next show, I’m going to start it off by reading the most recent reviews. I hope yours is one of them! If it is, don’t forget to include your real name, not just your screen name that way people will know that I was talking about you. I love ya! Bye!

**[END OF RECORDING]**