**CS\_Keith Harris- Fit Friday**

**Jeffrey**: 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**: Yow, yow, yow, yow, what's up, party people? My name is Keith Harris and Chalene and I go way back. I mean like, sister from another mister way back. You might know me from the live video test that do with Chalene and in case you're wondering, I'm the big black dude with a big heart.

I've lost over hundred pounds and gain some amazing new perspective and really uplifting friends in the process, and Chalene is one of those people.

So here's the deal. I sent her a text about a little issue that I'm having and she thought that it would be cool to record the call. So it's time to kick it with Chalene and Keith. Let's do this.

**Chalene**: What's going on?

**Keith**: I am going through something that I need your advice.

**Chalene**: Okay.

**Keith**: So, there's a lot of stress happening in my life right now between work and school and life and everything. And so, it's been hard to keep up with my fitness routine, my healthy eating habits and I just been feeling like I'm in the slump.

**Chalene**: I just want to clarify; you say, it's been hard to work out because you don't have the time or the mojo?

**Keith**: Yes, it's a little bit of both but it's mainly mojo. Yeah.

**Chalene**: Okay, listen to me. I'm a doctor now but honestly how long has been this going on would you say?

**Keith**: I would say for about 3-4 weeks or so maybe 3 or maybe 4 weeks. Life happens. You get in this routines and then you put off your working out or you put off your clean eating habits for a while and then it becomes a habit, it becomes just like people say that it only takes 21 days whatever that is to develop a habit like you can easily fall right off out of that habit. So I'm trying to come out of a slump and I think I'm working my way back but I just wanted to get your advice.

**Chalene**: Oh, I'm excited and honored because this is really common occurrence. It's something that I experienced. I think it’s something that almost anyone of our listeners can say I've been there.

The key is how do you make sure that what you're experiencing is just a slip and you don't slide and I've got some great tips I've love to share with you.

**Keith**: Sweet.

**Chalene**: Okay, cool.

**Keith**: Go for it.

**Chalene**: The first one you've already done which is just identify that it's happening. I suppose to just dismissing it like well, I’ll get back into things to a month from now or when I'm ready. So it's recognizing it and putting it out there because in putting out there, what you're saying is I would like some help having people keep me accountable.

**Keith**: Yes.

**Chalene**: So that's step one, just identifying that it’s happen and be honest about it. Realize that when you make it public, it's like making a promise to other people that you need to be held accountable and you're going to get back into the game because there's too many amazing rewards not to. And the next thing is I want to talk about is identifying the difference between a habit which sticks only because we’ve done it for x number of days and some people say 21 days and some people say 30 days but what we know about habit and especially after some brilliant research and one of my favorite books called *The* *Power of Habit* is that habit isn't just repeating something for x number of days, it's being I don't want to say addictive but just being inspired or motivated by the reward.

So in other words, rather I’m going, all I have to do this thing, it’s for you keep because you've lost over hundred pounds and this is lifestyle for you. It got to a point where was no longer just like I'm forcing myself to do it but I am now craving the way I feel.

**Keith**: Exactly.

**Chalene**: The first thing I would suggest anyone do and it you're listening to this and not driving, grab a pen and piece of paper. I would encourage you and Keith, would you do this with us?

**Keith**: Absolutely.

**Chalene**: Okay. Take a pen and piece of paper.

**Keith**: I'm on it.

**Chalene**: And I want you to just write down those happy endorphin-fit like every good feeling you have when your workout is done, like not in the middle of shanties screaming at you, not like in the last mile of your run but when it's done, how do you feel? And now, would you share those with us as you're writing them?

**Keith**: I am. So the very first one is I am completely stress-free. So in the moment, I can think about nothing else but just whatever that feeling is in the moment. So whatever has been bothering me, just completely goes away.

**Chalene**: Yeah.

**Keith**: It's gone.

**Chalene**: How do you feel about yourself?

**Keith**: I'm feeling like superman.

**Chalene**: Yeah.

**Keith**: Really, like, I'm feeling super strong and yes, I'm feeling like I can…

**Chalene**: Invincible.

**Keith**: Conquer the world, yeah.

**Chalene**: How crazy like that's something that people will get addicted to drugs to feel that feeling and what you've just described is free and you just said, it's a racist whatever I would ever stress about. I feel invincible. I feel strong, the feelings that we feel after an intense, not just casually walking around all day but after an intense work workout.

The more intensity which doesn’t necessarily means impact but the greater the intensity, the higher the endorphins are released in our body which very closely makes us much almost like morphine. It's just higher euphoria that we feel. It’s a dopamine response and so, if you start just like recognizing, “Oh, I want to feel that.” That alone will inspire you to make fitness a priority.

**Keith**: That's a great point. I mean, we have that think right within us.

**Chalene**: Yes. Isn’t that exciting?

**Keith**: We feel it. We don't need any external stimulator, anything like that. We just need to get it from within.

**Chalene**: Yeah. So, here's the thing that's tricky about that’s like, “Yeah, okay, I know I feel better when I do it. I know it’s good for me—blah, blah, blah.” We know all those things but then, why is it if we know we like the way it feels, why don't we do it and I think the trick is and having work with people for 25 years, helping them understand that makes you a better entrepreneur and it makes you a better mother, it makes you more productive employee, it makes you like a more patient participant in traffic.

**Keith**: Right.

**ChaIene**: I think one of the things I've found with people who make this a lifestyle thing is that they learn to pick up on the triggers that make them crave the reward. In other words, let's just take into like stay in those drugs, stand for that moment.

**Keith**: Sure.

**Chalene**: So, if we know that when we drink alcohol, we feel less pain and we feel numb and so, someone who is triggered by stress and depression might say, “Okay, I’m feeling these feelings and I want to feel numb. I want the reward of feeling numb. So I'm feeling stressed and that's making me crave alcohol or that crave fill in the blank drug. It might be shopping, it might be gambling, it might be sex, who knows?” But it's to deal with the feelings.

So, you know the feeling that you want, the reward that you want. So identify it trigger that's going to make you crave that, which I think is stress or feeling bombed out. Everything I feel bombed out about myself, I’m like, I know what to do. I need just to go kick my own butt and I always feel better.

**Keith**: It's true. I need to beat myself up.

**Chalene**: Yeah, and it's a weird thing because when you beat yourself up, you feel awesome.

**Keith**: Right.

**Chalene**: That's weird.

**Keith**: One of the things that I've realized that I needed to do was to reprioritize.

**Chalene**: Okay.

**Keith**: Some things like got out of the whack and some buttons, certain priorities over of these and the first priority has to be me. If I can't function, I can't do anything else, I can't work properly, I can't school, I won't be successful like that, if I don't feel well.

**Chalene**: That's right and that's an advance way of thinking because most people don't realize how selfless that priority is because you take care of people, you take care of others and your responsibilities and everything else so much more fully when you make yourself the priority first.

Another exercise for talking about like helping people get through a slump and recognizing what you've just said. Now you know how to identify your priorities but most people, they set and go, "Okay, what's important to me?”

And then, what comes to mind is the thing that's causing the most pain and like well, number one priority right now is getting through my inbox and completing this project for work. And what I suggest people do is that you go through the big 7-10 areas of your life and you give each one of them a score. Scale of one to ten. And that score is just based on, I feel happy and complete and I'm doing my best and I am pretty proud of myself and where you score yourself the lowest is where your priorities should focus because that means that's affecting your happiness and when we're not happy, all kinds of bad things happen.

**Keith**: Very good. Oh, that's a great tip.

**Chalene**: It's been my honor Keith. It's cool that you would think of me to help you through this slump and I bet you're out of it all ready.

**Keith**: I’m coming out of it, slowly but surely. I'm coming out of it.

**Chalene**: That's cool.

**Keith**: So that was up people. Chalene, again, I appreciate your advice and hey, to those of you who have questions about a future show, please tweet them to me at @kickitwithkeith. I love it. Awesome stuff again Chalene. Thank you for having me on the show.

**Chalene**: Okay, Keith, trying to tell you to tweet him before you tweet at me. You better tweet at me first at @chalenejohnson. It was awesome having Keith on this episode of the Chalene Show. This is the fit tip episode and I'm going to try to deliver this to you every Friday. That's my goal.

These episodes are designed a little shorter and they're meant to help you be your best physically. I want them be quick and easy an simple for you to digest in 10 minutes or less so that you can get on, get to the good stuff, life. So until we spend time together again, which I always look forward to, don’t forget: I want you to be bold, know that you are blessed, be courageous, most importantly, be you.

**[END OF RECORDING]**