

# Paleo Solution - 246

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Robb: Howdy folks. Robb Wolf here, another edition of the Paleo Solution podcast. Very excited for the guests that we have today. Two doctors of physical therapy Chad and Brenda Walding. Guys, how are you doing? I hear that you have a massive cold snap in Austin. Do we need to send you guys blankets or anything?

Brenda: Yeah, actually.

Chad: Maybe. We're not used to this cold weather. We're used to 105 degrees and heat and the sun all the time. This is different.

Brenda: Yeah, it's a little chilly today.

Robb: So let folks who are listening from Canada know where you are temperature-wise.

Brenda: I think it's like 40 something.

Chad: Yeah.

Brenda: But it was really sunny yesterday and we were wearing short sleeves and soaking up the sun. And then it just had a cold front last night.

Robb: So it's the change.

Brenda: Yeah.

Robb: We're supposed to go to Seattle tomorrow which is going to be a week after this thing runs and the high there is supposed to be 39 and the low is something like 15. So I'm looking forward to that with two kids. And then my always cold wife, the only reason why Nikki – when you look at Nikki and then you look at me you're kind of like I don't really see why she married that guy. But I'm basically a furnace. And so the first couple of times we got together, her feet were incredibly cold and I think of that is the only reason why she married me.

Brenda: That's all it is.

Robb: Guys, you have a pretty and clearly a phenomenal background in movement and physical medicine. But you guys have had a really interesting story and experience in a broader kind of health context. Give folks a little bit of your background from the broader health perspective. And then lets swing that around and talk a little bit about how you're tackling some of the movement or lack of movement related issues that you guys are dealing with.

Brenda: Yeah, sure. Like you mentioned, Chad and I are both doctors of physical therapy and shortly after I graduated from physical therapy school, we got married and I actually got incredibly sick. I basically broke out into full body rashes that would stay there for two and a half years. And slowly my health just started to decline.

I started to lose my hair, I dropped weight significantly and then I got basically had to go on disability because I was bed bound for a few months. There are just – had all kinds of infections and my immune system was severely compromised. So I went from basically being a division one athlete to not being able to get out of bed.

I actually had a – when I was sick, I was going through the whole conventional medical system. Taking medications, doing all these tests and I can't quite figure out what was going on. And it was just incredibly debilitating and depressing as I'm sure many people that have dealt with chronic disease and nobody knowing what's going on.

I actually came across an article called Natural Solutions to drug resistant infections. I had this crazy infection in my body and in my mouth and my throat, all over my skin. And I have taken some oregano oil after reading this article and after taking four amounts of antibiotics, I was able to wipe out the infection.

And so it really opened up my eyes to oh my gosh, this whole alternative medicine and natural healing realm. And I started to really dive into what I could control, what I put into my body, on my body, what I surrounded myself with as far as toxins in my environment. And really started to delve into that's why I uncovered the Paleo diet and the work of Weston Price and traditional foods and really started to heal my body naturally

using food and alternative medicines. So that was our shift as into healing my body.

And Chad also got some really amazing healing benefits from that as well from being depressed and really getting some relief on changing his diets. So we have that whole journey in the past seven years I'm working on healing our bodies and radically transforming our lives through a holistic perspective from food, from nutrition, from movement, from thoughts, emotions and healing on a broader holistic perspective.

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Robb: Phenomenal. Brenda, this is the total geek clinician side of me coming in if you don't mind me asking a little bit. So it wasn't thrush that you developed. Do you remember if they have cultured what type of bacterial infection or was it a single bacterial infection? I'm just really curious.

Brenda: The infection, they did not know what was going on as far as when I have the infection and all the pus and everything in my mouth and in my throat. No, they just have given me four different rounds of antibiotics with no improvement there. I had actually have the rashes oozing, weeping, itchy rashes prior to that for at least a year before the crazy infection hit. So I've been diagnosed with things like Epstein-Barr virus. I have taken parasite panels and had some Crypto and Giardia and heavy metals...

Robb: Turned every rock over.

Brenda: Yeah, yeah. I mean basically you know a couple of years into it after speaking with a practitioner friend of mine, he said have you ever heard of leaky gut? And I said no, no one's ever mentioned that after 12, 15 doctors that I've been to and he was the holistic kind of doctor. And I started to really research leaky gut. And as I started to basically went on an autoimmune paleo diet and started to do a leaky gut healing protocol.

And I started to gradually get rid of – the rashes started to go away, I was basically incredibly toxic from a leaky gut and had all kinds of the ramifications that come with that. So the underline root issue was just being having a leaky gut and all kinds of infections around that.

Robb: That's a shocker.

Brenda: So it's been a journey but over time it's taking me quite a few years to get to that place of now I can exercise and back in the gym. I can work fulltime and have the energy to do so and really working on healing my body to prepare for being able to have a healthy baby.

Robb: Awesome. I'll do a plug for Chris Kresser's Healthy Baby Code diet. That thing is phenomenal.

Brenda: Absolutely.

Chad: We've been plugging that thing for a long time.

Brenda: I've purchased that and it has wonderful tools, wonderful tools.

Chad: Yeah for sure.

Robb: So Chad, what were some of the changes that you had clearly it's very stressful caretaking your loved one when they're in this spiral down process. And so you've got to deal with that but what was that whole process for you?

Chad: Yeah, I had a lot of changes as well. I got in to this whole thing through kind of CrossFit. I started listening to you way back in the day and I wanted to perform better and get stronger and faster and leaner and all that stuff. So we learned about all of that at the same time that Brenda started really getting sick.

For Brenda, it was more about health. And for me it was more about performance. But in my past, I have always had issues with depression. Seven years before that I was just constantly unhappy and I don't really understand why and I took medication for it. And at the same time I had some pretty severed skin issues. My skin would breakout and cuts like paper cuts in my hands and my fingers. I didn't know why, I took steroids for that.

But within about a month of changing my diet, my mood just – I felt like this cloud just lifted off from my head and my skin radically changed. I got off all medication without talking to the doctors. I wouldn't recommend that to people necessarily but my outlook on life changed completely. And as a practitioner, someone who works with people, not only muscular, skeletal pain, we see people with autoimmune diseases, heart disease, diabetes, cancer, we spend a lot of time in a home health setting

too. So we go to these people's homes and we sort of just realized that the way that we have been approaching things before wasn't quite getting to the root of the problem. And if we get to the root of the problem, just this huge major issues and we can fix a whole lot of things.

And I've heard you talk in the past about sort of that that deadly triage, right? Like insulin resistance and gut health and inflammation coming from toxic foods and refined sugars and maybe grains and dairies and stuff like that. If you sort of take those out including the good food, you will fix a whole lot of things. And that's kind of what got us interested in getting to more the root of the problem with the muscular-skeletal world.

We started seeing in the clinic. Herniated disc, bulging disc, sciatica, neck pain, shoulder pain, all that stuff but the root problem wasn't necessarily just an isolated issue. It was a bigger, much larger issue which is chronic sitting and sort of what we call affliction based society which we're always bending forward, looking down. Seems to be getting worst with more technology that we have like iPhones and iPads. And it's putting our bodies in poor positions, it's creating poor movement patterns, it's creating structural imbalances and it's leading to many of the painful issues that we're experiencing.

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And conventionally when we have that pain, we go on a wrath of taking pain pills which doesn't get to the root of the problem. It irritates our gut and leads to something even worse like a possible surgery or something like that. So this all centered around us creating a program. We had a desire to get more to the root of the problem and help people do that on their own.

Robb:

Fantastic. You know we've had just a ton of research. I want to say maybe four years ago, five years ago we started seeing some epidemiological research which I'm always really very much take with a grain of salt a lot of the epidemiology even though that pisses of the people and the epidemiology won't...

You know it's kind of like take it with a grain of salt like it's interesting, it could be informative. But we started getting some indications that sitting seem to be as bad as two pack a day smoking habit that really you know

blowing people away. And then some other interesting stuff which was if you sat significant period of time and then exercise according to the data, you could have probably not exercise and you still had no additional benefit which was stunning to folks.

Brenda: Yeah, it's like the whole research talking about if you exercise regularly as recommended by the American Heart Association but you engage in that six to eight hours of sitting, you're still at risk for developing the chronic disease conditions such as obesity, heart disease, type 2 diabetes. So that's pretty eye opening.

And what we found in our research is that we have these people that are sitting chronically, six to eight hours a day and then they go to the gym and they're just still not off the hook from some of the issues that stem from chronic sittings. So that's pretty intense information, good information to know.

Robb: Yeah and you know for myself, I have always – I did my undergrad, I started working in typically a lab setting and in the lab setting you did some sitting but I was usually up running or doing stuff. Then I shifted gears and opened the gym and then I was really up running around doing stuff.

I did some blogging and some writing but it really wasn't until I sat down too write my book I literally sat in this kind of easy chair thing. I rented an office in downtown Chico, it had a chair and a table to put my coffee cup on and that was it. That was the whole thing and like this 400 square foot office. And I've got to say my health and my body rotted out from underneath. It was shocking. Shocking.

Brenda: Yeah. In our book we talked about we have identified five main issues associated with chronic sitting. And the two being, we see a lot as physical therapists, the first one being chronic sitting lead to experiencing acute and chronic pain. So like Chad was talking about. And probably you experienced too you know you sit for six to eight hours a day, day after day, aches and pains start happening, back pain, neck pain. That's pretty people are aware of that.

And the second one being a decline in functional mobility. So we actually see this pretty up close and personal. We work with a home health setting and so we go into people's homes and we work a lot with the

elderly and we see how sitting in this poor positions generally that reflects posture causes things like a loss of – you know when you lose mobility in your spine you start to lose your ability to reach over head. We have patients that can't touch the top of their head because they've lost mobility in their thoracic spine and then their shoulders.

And then they lose basically you know when you start to bend over and you lose mobility and you get tight hips and a flex spine, people start to there's a term gravity get's you know changes and you begin to lose balance and require use of an assistant device much earlier than you would like so we see a lot of decline in function.

And then just what we mentioned before, all the research that's kind of developing, showing that chronic sitting increases risk for chronic disease, conditions such as obesity, heart disease, type 2 diabetes and some cancers. And then the fourth one bring chronic sitting increasing mortality risk. And then the fifth one which is kind of interesting is chronic sitting and it's link to negatively impacting emotions, behaviors and hormone levels. Chad like to talks about Amy Cuddy's research.

Chad: Yeah, have you seen that Ted Talk with Amy Cuddy?

Robb: I have not.

**[0:15:00]**

Chad: Oh it's fascinating. She's a behavioral psychologist from Harvard. And her and her team did this – her TED Talk's great. She talks about how your physiology will change based on your body positions. So she looked at testosterone and cortisol.

Robb: Oh I did see that one yes. Yeah I remember.

Chad: Yes, it's really cool but she called them positions of power so more upright good posture type positions where the shoulders are a little more back and the body's more aligned. And then powerless positions is kind of where you're slumped over all the time. And she found that your testosterone goes up and your cortisol goes down when you're in that power position. And then the opposite happens when you're in that powerless positions.

Brenda: Just in like two minutes.

Chad: Yeah, in two minutes. Instant, which she called it an instant bio-life hack or something like that. And I found that fascinating because I mean for me as someone who sort of suffered from poor moods and poor emotions for such a long time, she also found that that have an effect on it too. So people were more influenced by you obviously when you were in that power position and less likely to listen to you and resonate with you when you're in that powerless position.

So that's huge. Like you can instantly change your physiology, how others see you, how you see yourself, your behaviors, your outcomes, all of that stuff just by being more aware of your posture. But the obstacle and the way there is that we're still living in a society that's putting us in positions that's molding our postures in very negative ways.

There's a lot of people out there you can say, try to stand up straight and hold a good posture but they couldn't do that even if you ask them because their body is just so molded and so restricted. And things like mobility and stability, they just don't have those inside of them to be able to get themselves in good positions. That's what we're trying to do here just to create more awareness around these things and get people a program that they can move past.

Robb: You know I want to get in to the nuts and bolts of the program but of course I've got to ask some personal questions. So currently I'm working at standing at – standing work station and even while you guys were talking, I shimmed another biochemistry book under my yeti microphone so I'm even more ended up right posture. I noticed that my head was tilted a little forward so I've been working on that.

Sometimes when I really get in and I need to do some pretty concentrated writing like I cannot do it unless I'm sitting. I just focus better I don't know it's sticking my brain in a jar kind of gig where I cut out all the other input. But you know that seems better but I'll set a timer for that stuff.

So doing better with that but then my sport of choice is Brazilian jujitsu which is incredibly kyphotic and hip flexed. And you see a ton of problems in that area. And then just combatives in general like if you're standing nice and upright the likelihood of getting punched or kicked is you know much better. You present a bigger target surface. Have you



guys done much work with folks doing Brazilian jujitsu and combative and stuff like that?

It's great that folks get in and do that but I've been noticing that a ton of the strength and conditioning that I am doing is just directly aimed on doing the evilness that is wrought on my body from being in that constantly flexed hip flexing, kyphotic position in jujitsu.

Chad:

Yeah. I've worked with a few patients and I definitely seen at a lot of guys and around the gym who are in to that stuff. And it's true like you're always kind of crouched because you're protecting yourself right. Like you're protecting yourself in that forward, shoulders are forward, arms are up, whether you're boxing or doing anything like that and your hips are always flexed.

And it's kind of the same thing, it's kind of cycling right? When you're cycling you're always in the kyphotic position, your hips are never going in the hip extension. They're only flexed. And you'll see the same thing in a kind of an elliptical and really even rowing like you don't really get full, go into full hip extension. But there's so many ways that we're exercising that we're not quite opening up and expanding our bodies like the way we could and should be.

But the commonalities we see with Brazilian jujitsu or cycling and really these other things, it's the same thing we see in chronic sittings. We're always moving in that direction and the solution like if you can figure out just that one thing, you figure out a whole bunch of things, it's typically the same for all these people.

Robb:

Interesting, interesting. For me, I noticed that the concept two rower, love the rower, will absolutely smash you, but it was giving me bad back problems. When it gets really cold around here, I'll sit on a Schwinn Airdyne and use that for a little bit of my low level cardio.

But I noticed that this stuff just seems to exacerbate everything that I've got going on and the things that don't seem to bother are some circuits like jump rope, walking lunges, floor grinders which are kind of like a poor man's sled push.

And those things I actually seem to feel pretty good with, I followed a lot of Joel Jamieson's work where he's trying to keep you in this recovery

phases of like 120 to 140 beat per minute kind of range which the air dynes and rowers and stuff like that really lend themselves to that because it's a very measured type of output. But I'm kind of noticing from an orthopedic structural standpoint it's not doing me any good. It sounds like yeah duh Robb. What do you guys think about that?

**[0:20:34]**

Chad: What's incredibly important is how we designed programs that take into account structural imbalances and in improving that rather than just building capacities. So I know Joel's huge into building an aerobic base which I completely agree with. I went to the OPT program as well, so I'm kind of in the same thing. Just build a huge aerobic base but do it in such a way that it lends itself to better structural balance. You can still do that.

So that's why I really like – I love sprinting. It's not good for aerobic base necessarily but I love sprinting for that reason and you have to be upright to do it. You're not going to sprint really well when you're in a flex kyphotic posture. And you really get that active hip extension that you don't get in rowing, you don't get on an air dyne. It's hard to quite tap in to that in any other way rather than sprinting.

I also like doing a lot of things like horizontal rows, barbell rows, pin lay rows, anything that brings that scapula back and down where it's supposed to be. And I love doing a lot of goblet squats, double kettle bell front squats. These things that really, when you go down that bottom position and you're forcing your thoracic spine to be strong and upright in that position, I think that stuff is so incredible and helpful to improving posture. So I've really kind of used a lot of those things recently in my programming.

Robb: Do you think that's possibly like for me when I do front squats it seems trivial as a stimulus on my legs but I will actually get a pump in my spinal rectoris and my abs from that.

Chad: Right. The limiter in the front squat is typically the upper body strength, upper body stability. Whereas the back squat, it's the legs. There's not as much stability going on in the upper body. But the front squat, goblet squat where your position has to be so much more upright and you have to resist falling forward, I think that stuff is just awesome for your posture and keeping you upright.

Robb: And then this is going to be kind of heresy and I guess it depends on which direction you want to go with this. But you know when folks wear Olympic lifting shoes and I make this mistake a long time ago, I was recently good at the Olympic lifts at least within the early Crossfit scene and then I saw what people who really Olympic lifted wore shoes could do.

But I mean it's this kind of when would you ditch the Oly shoes you know when you're really looking at the structural integrity kind of health and longevity side versus chasing that performance side, say for somebody in the - they're crossfitting but they're kind of like okay I just want to use this to be good at life and not necessarily try out for the regionals and the games and all that type of stuff.

Chad: That's kind of high on with my train too. I used to be in the hardcore competitive CrossFit scene and doing a lot of Olympic lifting all the time. With the Olympic lifting shoes and I have not put on an Olympic lifting shoes in probably eight months. In fact I haven't even workout with any shoes at all in eight months. I just prefer working out barefoot and really expressing that full dorsiflexion range in motion which you don't quite get if you're wearing Olympic lifting shoes.

Even if you go in a full overhead squat but you're up on a platform with high heel shoes, you're not expressing as much that's why we're wearing it in the first place because some people just do not have that range in motion. I think if you're an athlete, you're doing it for performance, go for that, do it, use the shoes because it's definitely easier to perform the lifts with it but I think you have to make sure that you're able to do a full squat like an over head squat without them in bare feet to make sure you have that full range in motion. I think that's really important.

Robb: My good friend Ido Portal talks about that a lot. He will throw the shoes on occasionally just to kind of work that modality. 95% of his squatting, pulling, lifting, lunging and all the rest of it is barefoot.

Chad: Yeah, that was a huge change for me because I had a really bad bunion from where I'm really tight you know baseball cleats growing up. And it's just really important for me to take care of my feet and I do as much barefoot activities I can. Like I said I workout barefoot, I take walks around the neighborhood.

Brenda: He walks around our neighborhood barefoot and people think that he's a crazy guy.

Chad: People really don't [Cross-talk]

Robb: They're like god they're infiltrating. What are your guys' thoughts on vibrams?

**[0:25:00]**

Chad: I think they're fine. The thing about me because of that bunion I can't fit in them. Because the alignment of my toes don't quite match up. So my parents bought one for me for Christmas one time I was like bummer I can't get [Cross-talk] But think they're cool I think just the issue is that and we're starting to see a lot of this is people are putting them on and hearing about this barefoot craze and they're runners.

And they're like well I read Born to Run I'm going to put on my vibrams and go for it. And they just don't quite have the integrity of that ankle joint yet. Their achilles are very tight.

Brenda: Or good biomechanics [Cross-talk] they hurt themselves.

Chad: So I think they're great to get to eventually. It's just not all people can go right in to. You have to sort of progress yourself front of that first. That's why I think walking barefoot for a while to stress that ankle like it needs to be stressed to get used to that is kind of the first step in making sure you're not putting yourself in a state of inflammation when you're doing that. Just kind go on right up to that and kind of backing down.

Robb: Sure, because here in Reno you guys clearly had a nearly life threatening cold snap but like this morning in Reno in my garage which gets a little bit of heat because the furnace for the house is actually out there. But the interior temperature of my gym this morning was 37 degrees. So it's kind of chilly and even when I wear something like the New Balance like the super wide minimum New Balance or if I wear some vibrams, I can feel the cold wicking through the bottoms of my shoes because they're minimum so they don't really have any insulation to them or not a whole heck of a lot.

So I played around with different things and I definitely like the way that my feet feel if I'm going to wear something and be somewhat shad, the

vibrams actually I really, really enjoy. I don't like looking like an Ewok when I wear them but besides that I really enjoyed the shoes. I think it was really unfortunate kind of what's come down for those folks. People did not listen to the easy graded ramp up and instructions and just kind of jumped in and went crazy on it.

Chad: It's definitely the right direction to go though. I mean foot health and mobility is such a big deal because I mean if that's bad, every time you interact with the ground, everything up the chain is going to be compromised in some way whether it's the knee or the hip or the pelvis. Something is going to go wrong.

Robb: So guys, tell folks more about the sitting solution that you have come up with. It was very grateful that you guys reached out to me and I got to be one of the first folks to take a peak at that and I'm really excited to kind of unveil it to the folks listening the podcast. Walk folks through what that program is.

Brenda: Yeah, so at first we really want to bring awareness to the problem of sitting just like we mentioned before. I talked about the five problems that we see associated with chronic sitting. And so we delve in to that a bit and talk about some of the research. As you probably heard I think it's been a topic of conversation lately, a lot of people are talking about solutions.

And so there's been this standing desk ergonomics, getting the right chair, treadmill dustings like that which are all great solutions but we really feel in order to address the entirety of the problem all the five things that we've associated that we've discussed, we really have to look at two main issues. And we really talk about this in our book and those two things are the issues of stagnation and adaptation. So the first being stagnation is that we're not moving.

Chad: We're not moving enough.

Brenda: Yeah. We're not moving enough and so getting up and moving so we talked about – some people talked about getting up and going for walks and breaking up that chronic sitting and that's absolutely important. And we talked about how often we should move and how long we should move.

Chad: When we choose to move.

Brenda: And when we choose to move and so we've kind of identified that moving every 30 to 45 minutes for a period of two to four minutes is really important as far as negating some of those negative physiological effects that are occurring. But even further so, when we're moving for that two to four minutes, moving in specific and intentional directions and that kind of brings up the issue of adaptation.

Chad: Yeah, and a lot of people – Candy Bowman does a great job of talking about this. Like people when they hear adaptation they think that's a good thing but it's not necessarily always a good thing. Like if I go to the gym and lift weights I get stronger, if I go to outer space where there's no gravity I get weaker. So what's happening to our body is that just we're getting adapted in that forward flex, kyphotic, hip flex position all the time. So that's when you have to take in mind if I'm always moving in this direction, I need to move in the other direction to prevent that adaptation from happening.

**[0:30:06]**

So the whole program is really based around corrective exercises that people can do throughout the day. It's get up at 8 o'clock, 8:45, 9:30. Do the specific routine and we do them in the forms of couplets and triplets, real simple, just pairing two or three things that work on things like mobility and stability to help people prevent things like that adaptation and stagnation.

So we're trying to cover as many issues as we can. And I think like Brenda said, all the standing desk and balls are great that people are sitting on and standing better but those are still not addressing those main issues of stagnation and adaptation. You figure those out, you figure a lot of things out.

The whole approach is sort of that grease the groove kind of philosophy. Get up, go to the gym, lift something, get back to work and you develop that good motor pattern. You develop the strengths in the right planes and you get the most bang for your buck with the least amount of effort.

Robb: Nice, nice. Both Katy and some of the – and you just mentioned grease the groove, it made me think of Pavel's work where he would talk about

the tissue remodeling that would happen with just even a few minutes in a specific position. And when you start thinking about sitting for extended period of time like I really haven't been travelling that much in the last year and a half not compared to what I did the five years prior to that.

But I would dash to the airport, get kind of warm and then plot myself down in an airplane and then because I didn't want to deal with the horrific conditions of the airplane lavatory, I usually went in a little dehydrated because I didn't want to get up and pee and all that type of stuff. And so dehydrated, I'm underslept and then I land in this kyphotic, inducing hip flex plane sit and I'll be there six, eight, 10 hours you know. Some of my travel days because of flying out of Chico originally like getting to the east coast depending on the location, my travel day would be like 18 hours sometimes.

It was a plane to a car to a bad hotel bed and I was a wreck. And I guess it would be an argument to try to get up and move around on the plane but I hate being the aisle seat guy because then everybody is climbing over on top of you and everything but I guess I need to just suck it up and deal with that when I'm travelling more.

Brenda:

Yeah, we actually – there's a couple of things there. Another thing that we really wanted to make sure in our book is that we really go from head all the way to toe and really talk about the specific what muscles are getting elongated and weak and what's getting tight and restricted. And really understanding, if you understand what that sitting position does from your suboccipitals in the back of your neck to your shoulders to your hips to your ankles and really understand the process and you can whip out if you simple exercises why you're sitting on a plane and knowing that hey I'm in this position, I really needed to be doing some chin retractions or this. And these are simple things that I can do while I'm on the plane.

And in any situation even when you're away from your desk and you don't have the program in front of you, if you really understand the concept of adaptation and that really just doing a few exercises even like a minute or two of work and doing it consistently and throughout your life, I mean it's going to pay off in spades as far as functional longevity and how your body feels as you age and your ability to perform your particular sport. Whether it be jujitsu or any sort of athletic performance

because like you said if you understand that in your particular sport, your hips are getting tight and are flexed consistently and what you can do to offset that on a regular basis, you're going to perform better and you're going to feel better long term.

The other thing too is that we have a program called the sitting solution for planes, trains and automobiles. And so we recognize that people can't always get up and move and so there's sort of a principle that we used. We created a program that you can do once you get off that plane or the train or out of the car if you've been sitting a long time and doing this particular program to kind of offset a bunch of the negative adaptations that have been occurring for that long sitting bout. It's using a ratio of principles.

Chad: Yeah, we thought about like a 10 to 1 ratio. If you're sitting for a hundred minutes, you should probably be doing some mobility work for like 10 minutes. To just sort of unglue all that and that was just something that we came up with but with working with people in the gym and kind of working with patients in the clinic, we found that to be just a good general guideline to get people to think about and move.

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But then during that time, really focusing on specific and intentional directions. That also comes down to getting and understanding the priorities like what needs to be mobilized and what needs to be stabilized? So you really get the most efficient thing out of your time. So looking at that forward head, the tight packs, the internally rotated shoulders, the scapula, the wings out, the tight upper trap, It's kind of drawing everything up and kind of has its clavicle breathing and then the weak middle trap and rhomboids and lower trap.

The cord is been turned off, the gluts there that are incredibly asleep you know the low back that's both tight and weak, the hamstrings they are tight and weak. The hip flexors that are incredibly tight, that gives you a really good sense of where you should design your program in order to help people get the most bang for their buck out of that time.

Robb: Let me bounce this off of you guys. I've gone back and forth on traditionally I've lifted weights and kind of done my strength and conditioning in a dedicated block of time that's gotten more difficult as



I've gotten busier and added kids to the mix and everything but I have this sneaky suspicion that even within the framework that you guys are talking about I would probably better served doing the best that I could to parse that stuff out throughout the day and make that part of my kind of movement breaks versus a doing a dedicate block of trainings say like in the morning or something. Would you agree with that? Or what are your thoughts?

Chad:

That's exactly what we're saying and that's kind of the way we've been doing as well like working out at home and we find the best results from that. And the other thing I've noticed is that I don't need as much of a warm up time because my body is always already in that go state. Eventually you adapt to that where you can just go to the gym and your movements essentially are your warm ups. Like if I go down there and I do a kettle bell front squat, double kettle bell front squat, that is my mobility.

I'm expressing that full range in motion and not really needing to spend 10 minutes to warm up or anything like that. But eventually if I'm doing that four to five times throughout the day for two to four minute periods, then that is my workout. I just put in 20 minutes of good solid movement throughout the day.

And there's less need of one particular block of time where one hour in the gym and I'm stretching and I'm doing my back squats and front squats and doing the whole program just spread it out throughout the day and you'll get better results in terms of preventing a stagnation and adaptation.

Robb:

Chad, this is getting maybe more specific than what you guys want to get into but again this is all my selfish questions. Are you doing any type of periodization within that? And then also how are you mixing up movement days? I've played with a front squat, vertical press, vertical pole on one day. A hip hinge and to that end I've been doing either Jefferson curls or straight leg dead lifts off of the block for that greater range of movement. And vertical press, vertical pull and to keep the volume pretty low, typically the reps kind of low but not super heavy because again I would come in somewhat cold to hit that stuff.

But I would keep the reps somewhere in the three to five range. Try to get two or three cycles of that. And then one day I might get one go through on that the next day I make it eight go through on something. And then every four weeks I've been switching up the movement patterns and so instead of a front squat then I'll do a back step up and instead of a barbell press, then I'll do one arm barbell press again kind of Pavel's style. What do you think about all that?

Chad:

I think that's a lot like what I've been doing. So I think about pressing, pulling, bending, squatting and then some sort of core work whether it be a carry or a plank or something like that. And doing the same thing. vertical pressing, vertical pulling, horizontal pressing, horizontal pulling. And once a week I'll do a bend so at least some sort of dead lift in there. But I'm always doing kettle bell swings to kind of just get any metabolic work in there as well.

And then for squatting, I've kind of backed away from a lot of the back squats and barbell front squats. I'm doing a whole lot more single leg work. So split squats and Russian step ups and I do really well with that. Just because I had some of the issues in the past with really, really heavy back squats. I noticed my knees and joints feel a lot better if I just work on a lighter load with double kettle bells front squats and doing split squats. I'm really finding that single leg work, I'm just as strong if not stronger doing that than I am heavy back squats.

And I'll just change up the movements with all those the upper body press and upper body pulls. I'll do those two to three times a week. And I'll just vary those in any way I can. I'll do barbell presses, single arm presses with the kettle bell, double kettle bell presses. You know weighted pull ups, ring dips, go even doing classic tempo ring push ups where you're going down for two seconds, stayed down for two seconds, coming up for two seconds, staying at the top for two seconds and just getting as much core contraction as I can.

**[0:40:15]**

A lot of focus lately is just been on really stabilizing the mid line. I did the RKC and that really brought a high level of appreciation to the intention, really making sure the body is tight and stable. Screwing your feet on the ground, squeezing the gluts all the time and that approach works so often

and just layer that on top of an aerobic session once a week where like yesterday I did a two 20 minute EMOM where I just did 20 seconds of work of something and then the next minute 20 seconds of work of something.

And typically something I'm trying to improve skill on but that's a little metabolic in nature and then once or twice a week doing some strengths. And usually that's the 15 to 45 second range with five to seven times of rest period. And anywhere from four to 12 sets depending on the length and duration of that.

And I'll kind of go hard for four to six weeks and I'll take it back off. I'll just kind of chill, walk, do some yoga and hangout with the dogs. That's kind of the program I'm playing around with and I do really well with. [Cross-talk] write that out, I just sort of had that in my head.

Robb: That sounds great. I think I mentioned this on a previous podcast but I was kind of noodling on it. I've been lifting weights probably since I was about 13 or 14 and there's probably not been many 10 day periods that I haven't squat either back squat or dead lift in that period.

So I was thinking about it and I was okay I'm 42 almost 43, how much more adaptation do I have on back squats and dead lifts? What else am I going to get out of that? And so I've really been shifting a lot even for me doing the front squat, I seem to get a ton out of that with regards to spinal erectors and abdominal kind of stimulation.

But doing a ton more, walking lunges, step ups and all that type of stuff in to your point like orthopedically I feel way better. I seem to get a lot more kind of mobility work just baked into the cake doing that. So I know it's not a peripheral thing and I've definitely been feeling a ton better.

Chad: Yeah, definitely. That's how I am now. My goals are completely like just health and looking good for my wife, right. Those are the main things I'm focused on.

Robb: It'll help on the baby side I hear.

Chad: That's right.

Robb: Although with Nikki, she just jumps up and turns off the light so I'm not really too sure what [cross-talk] but I don't know. Chad, you're a much

more handsome jack dude than I am so there may be a different story there. Cool guys. What else do folks need to know about the sitting solution? Where do they find you on the interwebs? How do they track this thing down? I know we're going to have links in the show notes and what not but what else do folks need to know about this?

Chad:

Well, you can find out you know if you want to kind of take a look at some of the things that we're talking about here you can go to SittingSolution TV on Youtube and we have I think nine videos up right now. We've got really good feedback from just giving people some ideas on what this stuff looks like and to try it out.

And we wrote a blog on robbwolf.com so you can just look for a post called Sitting Solution and you'll see it there. And our site is sittingsolution.com. So you can kind of check out some articles that we've posted around the sitting problem there and connect with us on Facebook as well. But we're just going to keep coming out with content based around these stuff. The stuff can give people ideas on things they can do.

Our whole intention here is to bring more well-being into the work place. We feel that's where it has to really happen. The idea of just going to the gym after work, I think that mindset sort of has to change. We're pretty clear now that the science says that's not working as well.

Robb:

And it's hard to do like when you're partitioning your life out doing another trip to the gym and you drive there, you get out, you go in, you check in whether it's a CrossFit gym or a regular gym. It's really hard to partition another block of something else to do versus not all work environment is going to allow this but if you've got a portable pull up bar and dip station and a couple of kettle bells and like a yoga mat or two, you can get a remarkable amount done. And if everybody just kind of rotates through on that, they're pretty hook up with them.

Chad:

Yeah. And you know when we're designing our program that's when we thought about we created five different programs that sort of met every possible work space scenario. So imagine like someone who's in a cubicle that doesn't have any equipment and they can't move around much just body weight stuff, there's still a ton of things that you can do to off-set the negative consequences of sitting.

**[0:45:00]**

And you have maybe an entrepreneur who's blogging from home who has more space, who has a kettle bell, a phone roll and a trigger point ball and a pull-up bar, there's an option for those people as well. And a resistance band is another great tool that he highly recommend that people get.

So if you go to our Youtube videos at SittingSolution TV, you'll see some things that we're doing with resistance bands. But this is the easy way to get you know some stimulus in the back where it's really hard to get that without some sort of modality. It's cheap, it's like six bucks. You can put it in your pocket. I swear resistance bands should be a part of every work space station. It needs to be right there with the computer.

Brenda: Yeah, so that's pretty much what you're looking out. We've got these five programs. If you get the sitting solution, it also have a portal basically where you can log on and you know at 8:45 you can actually see your little two to four minute workout performed by Chad. You can click on it and do the workout with us. And then you also get our written format. So there's a lots of video content and interactive content and also lots of information just on what the exercises look at in a written format. So you're going to get lots of information.

Robb: Nice. And then Chad's a handsome devil. So I just have two words, eye candy. Eye candy. Cool.

Chad: You should have told that to Brenda in grad school.

Robb: Well awesome guys. You know I'd say this sincerely I get deluge with folks of wanting to get some help with products that they're launching. And I'm very honored by that. But often times things were not a good fit or there are let's say qualitative issues that maybe wouldn't make it a good fit for promotion.

But Squatchy received the email from you guys, forward it on to me, I got in and sort of poking around and I was immediately impressed. And I hope it's not just confirmation bias that I'm wanting to hear the same things that I'm thinking. And so you guys are saying some more stuff so I like it. Hopefully, we're not just confused in wandering off into the sticks that way.

But I really think that you guys are on to something phenomenal here both in the way that you've broken down this whole program into this kind of a five different areas approach. And then also just you're bigger macro view of understanding that the divergence between performance and good mobility, good health over the long haul. So I'm really excited for where this thing is going to go and you know super stoked that you guys put this program together.

Chad: Awesome. Thank you. That means a lot man, that really does. We've been listening to your show forever and read all your books. And the work you put out has really affected our lives and we've taken information and seen it affect so many other people's lives. So it's a great honor to be here.

Brenda: Yes. We appreciate all that you do.

Robb: Well, thank you. Thank you. I try to do as much as I can which some days doesn't feel like much. Keep doing what we're doing. So remind folks again [sittingsolution.com](http://sittingsolution.com) and then [SittingSolution TV](https://www.youtube.com/channel/UC...) on Youtube and we will have links to all of that in the show notes. And super excited to have you guys on and let's circle back and get you guys back on later.

And what we'll do is we'll do a blog post and ask folks for some specific questions about the program. And then you can go through and ask some questions and it won't be us just jabbering mainly at each other.

Chad: That sounds awesome.

Robb: Okay. Awesome guys. Chad and Brenda, huge honor to have you on the show. Really excited to see folks jump into this and get some benefit and we'll talk to you soon.

Brenda: Alright, thanks. Have a good one.

Chad: Okay. Sounds great.

Robb: Alright guys take care.

Brenda: Bye.

Robb: Bye.

**[0:49:05] End of Audio**