

# Paleo Solution - 262

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Howdy folks. Robb Wolf, another edition of the PaleoSolution podcast. Very excited for today's guest. She just got back from an epic adventure and had the first shower in many a day. She is the founder for the Fit for Real Life website as well as the unbreakable body program. Kate Galliett. How are you doing kiddo?

Kate Galliett: Good. I'm stellar and clean and I don't smell anymore so life's looking up.

Robb Wolf: [Laughs] Awesome. Well we'll talk a little bit about your adventures in just a little bit. Hey Kate, give folks some idea about your background.

Kate Galliett: Sure, no problem. So I had have been a fitness trainer, coach, writer of fitness education for going on 13 years now which is ridiculous because I'm not supposed to be that old.

Robb Wolf: [Laughs]

Kate Galiatt: Which it's not old I know. But going on 13 years now working with clients in gyms as well as running my own gym and running on my own clients and trying to do my part in my part of the world to help people be better and do more and feel really good. I found out that like I love science and I love fitness and movement. Since I got to study that in college, why not use that as a way to help people be better? And so I actually – I found like paleo stuff and you years ago because a guy was saying at the time, he was like hey, you should listen to this podcast like when we're driving to different places. I was like eh, nah, no thanks. Because of course --

Robb Wolf: That guy is a quack. [Laughs]

Kate Galiatt: He's an idiot and then you know, it was Gregg's wonderful charm and grammar correctness and you know you were pretty awesome. so then I was hooked and super stoked to actually get my life really on point health wise with you know paleo and more natural stuff and combining that with some of the movement protocols I used in my clients and myself. I'm happy and healthy and bopping around the world now trying to do as much as I can.

Robb Wolf: Awesome and we get to meet at the gymnastic body seminar in Chico, man it's coming up on a year. Right?

Kate Galiatt: I know. Can you believe it?

Robb Wolf: Yeah, yeah. So Kate you have a phenomenal background in strength and conditioning. You've coached a lot of people like you said both remotely and actually hands-on. I know this is almost a trite question because if you run a gym you deal with all kinds of people but what type of people are you working with? Like what type of folks wander through your door, you're dealing with in online format?

Kate Galiatt: Yeah, no it's a great question because there are so many diverse segments of our population that want to get in and do some fitness and you know I didn't set out to start this way but I somehow became the person for folks to go to who are really into endurance athletics and adventure sports. Like I said I wasn't an endurance athlete myself, I wasn't an adventure athlete at the time but the way I was coaching clients in a large health club that was like a national health club at the time you know these adventure athletes saw, liked what they saw and liked how I was kind of applying movement protocols, not sticking to just

one type of training, one type of strength and conditioning but really blending stuff together.

So they started to tell their friends and they told their friends but really it all began with this mountain climber who like needed to be alive on a mountain and we needed to get him fit for that. And then these endurance athletes you know whether they're beginners or general athletes or top of their age group or professionals, they want to do well right? SO using my strength and conditioning methodologies with them, we were able to not just get them through their season but get them to be feeling really good and not be chronically injured or really coming up against the wall of their own creation because their body is so beaten and broken down.

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Along the way though you know, I realized there was using the same almost like system for all these folks. I was finding the same issues over and over again. These movement compensations that consistently were coming up there were holding somebody back. These like suboptimal movement patterns that we develop over time and it's almost like a bad habit for your body. And then it was helping them get out of that and seeing how much better they performed, and started applying that to the general population clients that I had. The folks who honest to god like they want to lose weight and they just want to feel good. They don't care about doing an Ironman triathlon or they don't care about climbing a mountain. But they want to feel good and that's their mountain so to speak.

When I started applying some of these systems that I was developing with my endurance clients sort of my gen pop folks, same thing like results were really consistently coming along and these folks were feeling better than ever. So now it's kind of spread out to be anyone who wants to do more in their life they're showing up on my doorstep to get some help but man my in-person clients like I felt like I had almost every endurance athlete here in the area for a while and that was cool to be a part of their journey as they were progressing in endurance athletics.

**Robb Wolf:**

Oh man they are good folks but they are crazy like I don't know how many times I had somebody wander into our gym and you know, they wanted to typically lean out. They wanted to do better at their sport but they were also typically broken, particularly the cyclists. A lot of what I would tell them initially was hey, we might need to spend a little less time on the bike, possibly a little less time you know, running at least for a while so that we can address some of these issues. The terror that I saw in these folk's eyes was just really remarkable.

And it's you know, over time I learned to pretty much drop what the game plan was going to be and --

Kate Galliett: Right.

Robb Wolf: -just kind of sneaked that stuff in there. But what are specifically some of these movement compensation issues that you've seen with folks and maybe we could go from you know, like the upper extremities working our way down or work from the toes and work your way up? Like what were these issues like before we rolled you mentioned working with a lot of people with plantar fasciitis and what not.

Kate Galliett: Yeah.

Robb Wolf: You know, what are these things that you see coming through the doors and then what are some of the steps that you're doing to address them.

Kate Galliett: Yeah. Well the framework I tried to get out to folks, I think this is something --I really want folks to be able to like take the ball and run with it. You know I like being empowered with my own knowledge when I learn stuff and not always having to rely on somebody else. So I really tried to do that with my clients and in my programming. So we can just dive right into it. I used what I've developed as called like a six-pillars model of programming. And I like to work from the bottom up because I think that's really where your foundation starts.

But folks their feet don't move well. Like many people I meet their feet don't hurt, they don't feel good. Their feet hurt, they've got plantar fasciitis, they're toes don't feel good, shoes don't feel good. Running hurts after three miles. Like they just oh, their feet don't feel great. And so I started looking at feet and fixing up my own feet and helping myself have better foot capacity and people might think well what does that mean?

Like it means like having an arch that's really strong and fit and like holds up to the rigors of hiking or being in a running shoe for the entire day or deciding you do want to be an endurance athlete and having the ability to have foot strength to support the rest of your movement. So my folks are in the gym training their feet just like they train the rest of their body. If you think about it, like it kind of makes sense because we train our entire body knowing it needs to be strong. We know we have to do strength work to have capacity with the rest of our body and yet most programs stop at the knees out. They don't really address. Maybe they

address the calves a little bit as with the calf raises but not a lot of people are really talking about feet.

You know, I love Katie Bowman, she's an idol of mine and somebody I learned a lot from. She talks feet. But other than her and myself and maybe one or two other people I could think of, we're not focusing enough on feet. So strong feet is the strong pillar I started on with folks who need that which is almost everybody these days. I will tell the shoe fashion in South America which I was just down there as you mentioned, so apparently platform heels are a thing now.

Robb Wolf: [Laughs]

Kate Galiatt: I'm looking at all these going oh my gosh, okay. Wow we've got, wow girls are going to have some serious issues with their plantar fascia, their Achilles and their calves. But you know fashion and so on and so forth. But yeah, so having strong feet is the first thing you really need to start with.

**[0:10:00]**

And then working the way up over and over and over again I was seeing folks with knee pain or piriformis pain or psoas issues or what they thought was psoas issues or little back issues. These all were tying into things like weak gluts and unstable hips like hips that weren't stabilizing when they were on one leg. And frankly that's every step you take is on one leg. You know having the capacity to sustain movement when you're on one leg would be pretty handy because that's running up the stairs and moving through life and pretty consistently folks weren't having that and yet then trying to go do sports or adventure racing or even like do yard work you know and not be crippled by it at the end of the weekend. And that's a reality folks. Like I love it that you want to do sports and all this other stuff and I think that's great. But if you can't even do regular life without feeling like you're in pain, it really limits how much other stuff you're going to be able to do.

So yeah, so we were first seeing like a lot of foot issues, a lot of glut issues, a lot of hip stability issues. It goes without question that you know building up a stronger core is important to some degree and I'm seeing a lot of compensatory patterns in the core. Like a good example you know you can do planks until the cows home but if your plan isn't set up correctly and you know, being aware of movement compensations you might move into like overusing your thoracic spine and your shoulders or overusing your hip complex to do the work instead of your obliques in your low back, you know, you're going to do the exercise but not really get the bang for your buck. And you're selling yourself short then.

And then moving up the chain with the rest of the six pillars, so we've got feet and gluts and stable hips and core strength. The last two are postural strength and scapular stability. And that those kind of cover a little bit more of a broad scope of stuff that has to be worked on but again going back to what I said in the beginning, I want folks to be able to take a framework and run with it and not always feel like they have to rely on someone else's book or someone else's coaching to do it. That's awesome, that's why we're here to help, but you should be able to take ownership of your health and wellness. I think that's something you talk about Robb.

Robb Wolf: Yeah.

Kate Galliett: And so --

Robb Wolf: For sure.

Kate Galliett: --yeah folks can say okay how are my six pillars are doing? Oh well five of the six are really good but this one not so great. Alright,, well if I can bring that up my level of foundational strength is now at a capacity that can handle everything else I want to go do next. So you know that six-pillar model that has really how I'm working with folks today and I want folks to be able to do in their own training. So that they can live an awesome life.

Robb Wolf: Nice. You know just for somewhat selfish interest, where are you at with the minimalist footwear? I know that this is going to be somewhat dependent on the individual so maybe we'll steer this towards old dude competing Brazilian jujitsu trying to stay mobile, trying to stay healthy. Interestingly I've found that increasing my toe and metatarsal mobility in kind of some funky ways has really benefited my jujitsu and my ability to get into and maintain some good postural positions while grappling and it also seems like it kind of minimizes my potential for injury. An interesting thing my daughter Zoe is going to gymnastics and there were some coaches there that were maybe a little younger than I am, maybe like five to eight years younger than I am but I asked them to just do some of these things where they basically do a kneeling position with their toes both flat where the instep is flat and also with the toes curled under. These folks had amazing mobility in their feet and it seemed like their feet were very strong. You know, where are you at with the minimalist foot scene running around barefoot? You know, how do you encourage people to incorporate that stuff into their program?

Kate Galliett: Yeah. So definitely not an easy answer because it's not a yes or a no and it's even a black or a white. I am a fan of less footwear is better for most folks. However folks have to understand it's going to take up to year to get to less footwear because man I took pictures of photos of shoes in the airport and I was like oh my god, there's like a four-inch heel on this guy's shoe because it's like a running shoe with a giant platform bottom.

Robb Wolf: Right.

Kate Galliett: Like the foot is not going to be strong because it's essentially casted in that shoe all day long. You know and ladies are in shoes with pointy toes. So then the toes have to start shaping and changing position and even when I was doing some middle distance running years and years and years ago, I was seeing hammer toe start to develop in my feet. And folks don't think about how much their toes matter but like the degree that your big toe faces forward or turned inward toward to the other toes changes how your foot interacts with the floor and that changes things like how your glut fires and how your knee functions. Things like how your toes curl against the ground or if they sit flat plays a role in how your brain knows where it's standing on the floor.

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Like if you stand on one foot on the floor, you feel your foot waddle around to try to stabilize. If those toes are curled under in a hammertoe sense, you're losing some of that proprioception and that changes what your brain is responding to. So you're already diminish what your brain has the capacity to work with and I think that's a limiter across the board for every person. But it's not going to get fixed overnight. And some of that stuff like bunions those can become permanent because we're talking about actual bone changes not just soft tissue changes right?

So patience has to happen but given the fact that if it were summer, I would be barefoot right now for many, many months in a row but it's not. It's like zero degrees here today. I'm a fan of getting out of shoes as much as you can and working your way down towards something more minimal. But you don't need to be in like a vibram toe shoe if that's not what's suitable for what you're doing. I like them. I think they're great for running around them but there are so many great minimalist shoes on the market now that have that nice wide toe box but that still looked like a shoe. So if you don't really want your toes like being shown to the world you can just get a regular shoe, have a flexible bottom and minimal like support on it that would be awesome, you know?

Unfortunately and I still am a diehard fan of like flip-flops even though I know they're so terrible for you.

Robb Wolf: Oh yeah.

Kate Galiatt: I've cut them out completely now but I do love them because you can just slip them on and run out the door. But there are some amazing I think Unshoes is one of the brands that makes some great slippers like sandal type deals. The key is like you want your foot to move in a way that it's built to move. When it has to curl into a shoe to try to grip it, or when it smooshed together at the toe box, or it's not allowed to roll from the heel to the toe as you walk through like a normal walking gait, you're negatively affecting what your body wants to be able to do and that's going to have an impact down the road.

Robb Wolf: Yeah. I totally agree. I think you and I are both somewhat worshipping unwashed hippies even though I tease my wife about being one of those. But the minimalist shoe scene has been something that I feel like as I started exploring that probably 2004-2005, and started spending a lot more time barefoot and luckily I've done a lot of sports that it just aren't inherently barefoot Thai boxing, wrestling, jujitsu that type of stuff.

It's I feel like my feet are probably healthier today than what they were in my 20s and it's very, very difficult to get me to wear any type of a "normal shoe now" I've even been getting back into some bouldering and if folks are familiar with rock climbing and bouldering it's like foot binding. What they want you to wear -

Kate Galiatt: Yeah.

Robb Wolf: --this super tight toe box so that you can wiggle your toe into these nooks and crannies and I like I should wear probably like a size nine. I wear like a size nine or a 42 on European sizing and when I go to the rock climbing gym, I've actually been wearing like an 11 or an 11 ½. You know because I'm not trying to set any world records with that. I'm just getting out and doing something fun and it's something that Zoe has been doing with me. But I cannot bring myself to bind my feet up anymore. Like it makes me crazy.

Kate Galiatt: No. I have full agreement with you. I do not like the feeling of anything being on my feet anymore and it's a hard stretch to put me into like a dress shoe. So here's a story for you. I had come off the hiking trail down in South America last week and was watching one of the guys that was going to be taking up a group. This guy I mean you know these guys they run up and down the mountain all day long. And so he was prepping to go up and he caught my eye because he was doing some good stretching



and some yoga and really like nobody else was stretching down at this like halfway point. So I'm watching him and he goes through a whole stretching protocol for his legs and his calves and his yoga poses and then he starts working on his feet. He had his shoes and socks off in spite of being freezing cold and is going through a lot of similar toe mobility stuff like what I used with my clients and in my training systems and what my gymnastics coaches gave to me. I'm watching them go through his entire foot and he wore like gym shoes I think to like go up this mountain. A lot of people were in hiking boots but that was not all suddenly that that guy knew his foot mobility had to be on point despite the fact that he was going to be wearing shoes going up this mountain. He knew his feet had to be more mobile than they were before he started and he took the time to do that. I was like see, see you guys, foot health. You need to have foot health.

Robb Wolf:

Dagnabit foot health. You peasy kids. So I think you know, I'm kind of focusing on feet and then I wanted to ask a question about scapular mobility and kind of your take on that. I feel like folks are reasonably wired up on this whole hip, psoas, low back. Like that seems to be on folk's radar a fair amount. Stewart McGill has talked a ton about that but the scapular mobility particularly out of anything – it seems like anything outside of gymnastics, the way that scapular mobility is addressed or not addressed is either appalling or it's just you know, it doesn't really exist.

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Like for endurance athletes why do these folks need scapular mobility? I mean they're just you know, like this emaciated upper body running on pogo sticks trying to get as far as they can. We could probably make an argument that we should just like remove their arms so that they don't have to perfuse that with oxygen and then their VO2 max would go up. But why scapular mobility for particular endurance athletes?

Kate Galliett:

Like no, like they absolutely need their arms, their arms are part of what does their locomotion for their torso. So remembering that your glut on your right side is going to be correlating and talking with your shoulder on your left side. So folks have to remember it's not a vacuum. Our body is supremely connected together and what is happening in one area is absolutely impacting another area and vice versa. And there locomotive aspect of running is happening as we plant that right foot, that left shoulder is also doing some stability and connection work with that right hip.

So if your left shoulder stings or any shoulder stings that is going to translate to issues with poor performance through the hip and the glut on the opposite side. So when we develop scapular stability, which

means not just having strength in your shoulders so to speak. You know folks think of shoulder press and lateral raise and pushups that helps right. Yes but I'm talking more about truly the health of how the scapula and how that shoulder blade integrates with the humeral head and how it all works together because more of the issues that I'm seeing are weakness in the small muscles around the shoulder joint but also how they organize with each other. So like folks get a C joint pain or pain in the very, very like front bicep insertion point of their shoulder and a lot of that is coming because they're just not organizing the muscles very well.

So they go to raise their arm up and the scapula does not move in an organized fashion with and that's fixable but not if you're just doing shoulder presses. There's a time and a place for shoulder presses and pushups and lateral raises but we need to have the entire muscle strong from the whole joint stability aspect and that's where we're looking at like prone wire raises and T's and I's. Like the old classic rotator cuffs type training but building off of that. And then also looking at like protraction and retraction and elevation and depression.

You know, growing up, I was always told shoulders back and down, that's good posture in quotes there. And I think a lot of folks were told that too but in fact I think that's one of the reasons that we're having some issues with shoulder positioning today is we've been taught to put our shoulder blades down and back for so long that we actually aren't like elevating very well and then depressing back down. We're not going through that range of motion very well anymore. So we have to actually retrain that. In fact, my high school kids that I coach, my runners and my golfers they don't – I say okay lay on the floor on then put your arms up by your ears, like biceps by your ears. And now don't lift your arms off the ground. Just try to shrug your shoulders up and down. Like if you have a question like I don't know like do that and they have to think about it for a while that they can't figure out how to find those muscles. Because they haven't done it, they haven't trained that protocol.

So for our endurance athletes in specific like their scapular stability absolutely translates into the power they generate through their torso and out the opposite hip.

Robb Wolf: Totally makes sense. I don't know if you follow Ido Portal's work but --

Kate Galliett: Love him.

Robb Wolf: But both he and Coach Summer have really just you know, quite a while back lit a fire under me to get back in and do a lot of like these like Cuban

presses. Like you said these kind of picky-unish, unsexy shoulder mobility, shoulder strengthening protocols that were really critical for getting back in and having good handstand push-ups not just you know, head touching the ground but being able to do them on the rings and what not. There was a period of time where I started getting some impingement and I think that this was all sitting in airplanes and writing books and you get some hip pathology and then some shoulder and thoracic pathology. Things were starting to kind of spin out of control and just doing more of what I had historically been doing really wasn't helping me all that much shockingly and so I had to go back --

Kate Galliett: Sure.

Robb Wolf: -and kind of retrain some stuff. I had been doing a lot of you know, where I'll sit on the floor feet up in front of me and then go up and do I guess kind of a reverse plank with a towel under my feet on the jujitsu mat and then I will walk. So that I'm training that elevation, depression, protraction, retraction in a loaded position that's really quite different than a push-up or an overhead press or anything like that.

Kate Galliett: Absolutely and you know maybe I'm just getting older now. [Laughs] But I am a huge fan of doing that foundational work. I'm a fan of doing the boring stuff that I know is going to get you to the next level because like I get these guys in to see me who are like Kate I can't do pull-ups or I can't do muscle ups yet or I can't do... You know, pick a sexy exercise they can't do it. I'm like okay but dude, when I have you do like a scaption press like so for folks who don't know what a scaption press is or at least what I call a scaption press in my programming, you're in a push-up position like in the top of one like your hands are straight out on the floor underneath the shoulders and then you push as hard as you can away from the floor and your torso kind of pushes up into like a rounded posture but then you sink all the way back down until your shoulder blades touch.

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And that – so that's a scaption press. They can't even do it because they can't get their shoulder blades and their serratus complex to move in that organized fashion. I'm going okay but you can't even do this guy and it's hardly loaded. What do you think is happening when you're doing a muscle up or a pull-up or a clapping push-up or anything else sexy that you want to do? Like that's why I keep going back to this and that's why I said maybe I'm turning into a stodgy old person here who wants to tell you you get off my lawn. But like that boring so to speak foundational rotator cuff drills, you know, foundational strength stuff, you've got to have it because if you want all the other stuff, you got to go – there is no other way through than well you could go through and take the back

door but you're looking at as you've noticed like an injury down the road because don't have the actual elements of strength that you need to get to the bigger, sexier and more adventurous stuff.

Robb Wolf: Uh-hum. Yes. [Laughs] We --

Kate Galliett: *[indiscernible]*

Robb Wolf: - work with this constantly in our gym. I help out at the MMA gym that I'm a part of doing Brazilian jujitsu and it's almost more psychology than it is strength coaching. Just trying to figure out how to get folks to you know, get a little excited about being less excited and do some of these foundational elements. You know on the postural side, again stirring this thing kind of towards areas that I'm interested in. In jujitsu and in combatives we see a not insignificant amount of cervical spine disk pathology. Some of its impacts, some of its you know, getting torqued and cranked around. But I think a lot of it is just the nature of combatives. You're in a flexed, you know, with a spine flexed position thoracic spine flexed position, cervical spine flexed position and you tend to do a truckload of that type of stuff. It's good for jujitsu because of your shrimping and being in the guard and all that type of stuff. It's good for boxing and kickboxing because you're creating a smaller target area to be hit.

But folks don't really do much to counter all of that stuff. What are your thoughts on I'm thinking the balancing that flexed position versus you know some specific kind of thoracic and C spine extension I guess is one question and then the other question how does that C-spine health play into your postural stuff?

Kate Galliett: Yeah. Those are great, excellent questions. It is postural I think is going to be -- our generation, I think you and I are in the same generation.

Robb Wolf: I'm a lot older than you are.

Kate Galliett: Uh-hum.

Robb Wolf: I have moles older than you are so. Yeah.

Kate Galliett: OH alright, well--

Robb Wolf: You're being very, very forgiving thank you.

Kate Galliett:

Either way, either way. I think we're starting to become aware of it that – or we're aware of it now that we need – we don't want to be the hunched over old people you know, but what is killing me is how our high schoolers and college kids are not aware yet. Like they don't realize how bad all that screen time is for their posture and we're seeing chronically flexed C-spine and T-spine because of computer work and desks and iPhones and little kiddoes that are on the screens and they're like down like at their toes as they're on the screen and it just makes me really sad because that is not so good for your neck or your spine or your torso.

So with programming I'm putting together for folks when they're working on the pillar of postural strength, the very first thing we're doing is spending time creating the mobility because you could do the T-spine, the rose and extension work that you want to but if you don't even have the mobility to create that position good luck. Like you have to have the mobility so that you can have the stability which then gives you the strength. We can't be building strength in bad positions because bad only begets more bad.

So the very first thing folks you're doing is spending time undoing a lot of these gross immobile stuff that has happened over the years. So working on the serratus anterior and that serratus complex area, working on doing like some like leaning back over our foam roller just to start to breathe deeply and open up the chest cavity and getting in and working on the pec minor I will say this, a fun one for everyone to try would be take a lacrosse ball or a tennis ball and get into your pec minor which basically is coming around the side of the pec tissue like side boob for it what I always which guys I don't know what is that for you?

**[0:30:12]**

But going around --

Robb Wolf:

That's awesome stuff is what it is no matter who we're talking about.

Kate Galliett:

Exactly, exactly and then going underneath like kind of where the ribs meet up where the bottom of the fat deposits are and going up towards the sternum I have yet to meet somebody who that area is not a hot button of issues and that's just not an issue for postural strength but that's also affecting how you breathe. And you have to keep in mind like if you want to be a productive powerful athlete, worker, mom, dad, whatever, you do need to have good oxygen capacity. You do kind of need to get in a good amount of air all the time because that is translating to so many other things like your fight or flight response and how energetic you feel and how alert you are.

And you know, kind of important stuff like that. So we're looking at getting mobility in the T-spine at least so that you not just have better posture but so then you're breathing better and living better and all of your systems are working better. When it comes to C-spine stuff, up to the top there, I'm seeing the need for yeah stretching of course. Like for folks who are deskbound type positions all the day where their head is pulled forth like a turtle, but also I'm giving them exercises to do where they're holding isometric postures where they're having to really draw the head backwards as if like you're a military standing. Like I imagine how somebody told me to stand up straight because I was in the military and how I would stand with that head pulled back. I'm giving them a lot of isometrics where they maybe prone on the floor, you know, face down and then having to do some sort of posture where they're holding that head back and then holding their arms in one of our various positions for upper body strength like some of those rotator cuff drills, the T's and the Y's and the I's. And just doing that isometric is starting to train the muscles around the neck to hold a better position when they're standing upright doing their daily activity.

in time we actually start to see heads tracking backwards as if they're moving towards that military posture not because they're thinking about holding that posture but because the body is now getting the strength to put the head back in the position it's meant to be in which is stacked over the spine.

Robb Wolf:

Cervical glides I think when I was doing my physical therapy assistanting stuff, I think that what we called them and you know it's funny how so much of that you know, clearly a storied history with crossfit is my background. But I have always been a huge fan of it. It's got great things to offer but at the same time it's fascinating that we just took all of this really solid rehab/prehab type stuff and kind of threw it on the fire and burned it all down.

You know and these things like the cervical glides I think are so incredibly valuable and again it's funny. You know, back to the becoming stodgy and old and all the rest of it, I'm finding that as time goes on, I get less and less and less out of back squatting, deadlifting, pressing etc. and I get more and more out of weighted shoulder dislocates, Cuban presses and cervical glides and lots of neck stretching and piriformis stretching and all that type of stuff.

And still keeping a decent amount of strength work in there but working more in on unilateral strength, throw in more med balls around and stuff

like that for power generation versus Olympic lifts. It's been kind of an interesting development.

Kate Galliett:

Well you know, how the word functional fitness got tossed around a whole bunch about ten years ago and then we threw that on the fire and burned it as well and for good reason for a lot of it because it was just crazy like Bosu stability ball, one leg stuff. And we had almost like that came into fashion in a lot of strength and conditioning went out. You know, this to me is becoming the new iteration of functional fitness if we want to call it that.

But really it's like foundational wellness. Like doing the stuff that helps you be durable for the long haul and I get it through why people just throw it all out. We have a finite amount of time. I mean I know you're busy. I'm really busy and from what I hear from my folks, they're pretty busy too. And so you go great well I've only got so many minutes in a day, what do you want me to get done? Because I want to do the lifting but you're telling I've got to do this other stuff and I know I probably should but I don't really want to. And they have to pick and choose and that's why I try to give my folks a system to work through and go okay these are your areas of biggest priority. Most amount of your time needs to go to that. They can then be filled in what the ancillary is like big lifts, or back bends or working on a handstand if that's something you want to learn or working on your sprinting because that's something you're interested in .

But your big stuff during your week in my opinion needs to be the stuff that you need the most of with the goal being in time that percentage should shrink right because you're doing it a bunch of it, Cuban presses and dislocates and so that should get better and you can start doing less, netting the same benefit or maintain the benefit that you've gotten and then all of a sudden you start opening up space. You do so much stuff that you really want to do that you're really interested in.

You know?

Robb Wolf:

That's a great point and it's something that I frequently forget and I think that we neglect to mention and this is true whether we're talking about aerobic capacity, maximum strength, you know, what have you. It's much more work to initially attain a particular characteristic or attribute and it's a fractional amount of that work to maintain it. You know even if we slide back 5% or 10% on what we've gained in that capacity, we're still far better off than what we were before and then if we need to push forward then we shift things around.

[0:35:31]

So it's a great point to make that if you've got some say like scapular stability issues or some shoulder impingements or something you will need to take some steps back. You will need to do a lot of work to address that ideally you know, and the ideal here I think is so that you can avoid injury and joint replacement and stuff like that are at least ideally.

But then once you get to a point of pretty good functionality, the maintenance part of that is much, much less than the building part.

Kate Galiatt: Yeah and maybe I'm just somebody who likes to enjoy the process a little bit more than I don't know maybe somebody else. But the journey to get is time well spent because conversely the time spent being injured sucks. Like really bad.

Robb Wolf: Right.

Kate Galiatt: And you really can't do a whole bunch of stuff when you're injured. So how about like you're saying take a few steps back, get your foundation in order, use it as like a check-in from time to time, like yup okay everything is still good, I can continue to forward. And at the first sign that you maybe notice something like you've been traveling a bunch and you notice like man my shoulder really is feeling kind of gross, you take a day or two to step back from your normal workouts and work on that other stuff so that you can take the two steps forward and you come back to your big lifts or your gymnastics or you know, Brazilian jujitsu whatever you're into.

Robb Wolf: Right, right, yeah, yeah. But it's hard because even it's been an interesting progression because I've always been kind of a meathead and generally enjoyed the gym but I so much prefer hiking, rock climbing, jujitsu, snorkeling, spear fishing, and all that type of stuff too being in the gym that even doing my maintenance stuff in the gym now is kind of onerous for me. So it's and you know I'm supposed to be one of these people that promulgate the right stuff and live the right way and it's a pain in my ass to --

Kate Galiatt: [Laughs]

Robb Wolf: You know, to do the maintenance to be able to perform at the level that I want doing some jujitsu and doing some of this other stuff. You know it's just that's been a fascinating process too. If I didn't live in Reno and my garage wasn't 13 degrees certain mornings then I might be more fired about going and doing something else. But you know, it's that's kind of



where things are at. But Kate, where can folks find you and learn more about all these programs?

Kate Galliett: Well if you want to get started with some six pillar programming we have a link just for Robb's listeners for the unbreakable body which is the live programming that you can do you know, totally web based. It's a self-assessment that I've built for that program. So like what we've been talking about here, you can figure out where you need the most attention by doing that assessment and then getting 12 weeks of programming over and over and over again for as long as you want like I would say until the aliens come and get us all. You can have that program and that's at the [UnbreakableBody.com/Robb](http://UnbreakableBody.com/Robb). Remember Robb's name is two B's not one.

That's where you can find kind of that general outline of exactly what the unbreakable body is about and how you can get the programming. If you're a super duper unique snowflake who wants to talk more about maybe some straight up personalized programming, we can talk about that over at fit for real life. But I'm just trying to get content out to folks everywhere I possibly can that helps them understand how they can do more with their life whether that's you know, anything we've talked about today or something crazy like underwater basket weaving. You know more power to you.

I just want you to have the foundational strength to do that so the blah, blah word stuff that I write that's over at [FitforRealLife.com](http://FitforRealLife.com) and I try to give you some nuggets to take away with there. But the actual programming, the meat and potatoes of what we're talking about, the actual do it stuff that's over at the [UnbreakableBody.com](http://UnbreakableBody.com) and go through Robb's links so you can get the all goods which is [TheUnbreakableBody/Robb](http://TheUnbreakableBody/Robb).

Robb Wolf: Nice. Nice. Well Kate it's been awesome having you on the show. I'm particularly excited that you survived your South American adventures that I was kind of curious how that was going to go when you told me what you guys --

Kate Galliett: You know,

Robb Wolf: --were up to. But it sounded like it was great.

Kate Galliett: There was a point where I did have the sweet talk a border guard because we didn't have the paperwork we needed and I was closing in on midnight and I was going okay, okay we're about to end up in jail here

because this is really, really and we have produce that we're not supposed to be bringing across oh my gosh, okay.

But we survived which means even more risk taking next time or something like that. [Laughs]

Robb Wolf: Not just smart but also a pretty face and both those things can get you out of a tight spot every once in a while so.

Kate Galliett: I hate to say it, but it's true. [indiscernible]

Robb Wolf: Yeah. Well awesome Kate. We'll look forward to seeing the unbreakable body develop. I've seen a lot of programs kind of a lot of people do a lot of good work, I get pinged frequently for me to consider different programs and I've liked a lot of different things but when Kate through the unbreakable body program to me, I looked at it and I really enjoyed it and it maybe entirely that this is confirmation bias because Kate and I have similar backgrounds both in coaching and our gravitation more towards you know, some kind of gymnastics based strength training and mobility work or what not. But whatever the case, this is the thing that I felt really good about endorsing and the feedback that I've had from folks going through the program have just been nothing short of phenomenal. So you did a great job on that, still very, very impressed. Again for folks that's [TheUnbreakableBody.com/Robb](http://TheUnbreakableBody.com/Robb) and then you can check all that out. So Kate, welcome back to the United States. Hopefully it warms up in your neck of the woods and I look forward to seeing you soon.

Kate Galliett: Indeed. Thanks so much Robb. Have a great day.

Robb Wolf: Okay. Take care.

Kate Galliett: Bye.

Robb Wolf: bye-bye.

**[0:41:10] End of Audio**