

Toby Brooks, Ph.D.

How do you recommend someone should start to find a training routine?

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A lot of times it's paralysis by analysis, we assume that I don't have the equipment to do that, or I can't afford it, or I don't have the time or we make a list of, of excuses for ourselves, when in fact, the best advice I can give anyone is start where you are with what you have, how you are, and figuring out a way to make do

How can someone create a sustainable training routine?

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If you can find what your triggers are, that helped motivate you toward those positive health behaviors, you're much more likely to stick with it, it's a lifestyle instead of just oh, I've got to do this for seven days, or 30 days, or whatever that challenge is. Not interested in that, because that's not sustainable. Dieting is the same way. I teach a nutrition class. And I always tell our students, we don't talk about diet and exercise, we talk about fuel and training. And if I view it like that, then it's a long term, it's a lifestyle, it's not just a short term solution that I'm going to abandon as soon as I've checked the box.

Why should someone try to find a training routine?

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So exercise to me is kind of the magic bullet it is the universal prescription that's going to help me be better in my work in my life in everything that I do.

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And so a lot of times we think about medications as a solution to a problem, but they're really symptom management more often than not, whereas exercise is treating the source. And so a lot of people can be really disciplined in taking pills, and you look at they have like a tackle box full of medications that they have to take. And they'll take them, you know, on the hour by the moment and that to me tells me that that person has discipline they they've got the ability within them to stick to a schedule, well, can we can we divert that discipline into movement?

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Should people have a physical exam before beginning training?

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Yeah, certainly, if they've had some physical issues, whether they've had surgeries, or they're on prescription medications, I think anything like that would be a valuable signal that I need a physician's approval. But more often than not, the physician is going to be really happy that that that you've chosen to address your health conditions in this way, the younger and healthier you are, I'd say the less necessary that is, but it couldn't hurt. I mean, hopefully, we're gonna get that that stamp of approval that says we're okay to begin.

How can people avoid injuries when starting a new exercise routine?

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It really boils down to just being sensible, and not assuming that I'm just as capable as I was, you know, before when I was in high school, or whatever, and easing in, because I always say success begets success, and failure begets failure. If I've structured my workouts in such a way that I can complete them and feel like I have done something, then that becomes infectious. I want that I crave that that tomorrow, I get to do that again. Whereas if I fail, or I'm sore, I can't get out of bed in the morning, like, do I want to do this to myself again. So unless you're an elite athlete, which I am not, I'm not training for the Olympics, or trying to make it into a league. It's about longevity. It's about what can I do today that I can keep doing for the rest of my days.

What advice do you have for someone who is struggling to maintain a new training routine?

7:13

When people tell me Oh, I set my New Year's resolution and you know, it's January 20. And I've already, you know, messed it up? Well, what's your February resolution? You know, there's nothing magical about January one that says, we can only set goals at t

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do in research. If every failure led to a complete cessation of forward progress, we never solve