

MERYL: Welcome back to the Rebel Nutritionist, I'm here with part 2 of my interview with Jessie Ben Dayan, a certified personal trainer who now works with us at Brandwein Institute for Nutrition and Wellness. In part 1 of our conversation, Jessie and I talked about the importance of understanding your genetics to tailor your diet and fitness plan to maximize your results, why just being a 'cardio bunny' isn't going to get you the results you're looking for and why, and what we think of the TikTok fitness trends that keep popping up. If you haven't listened to that one already, check it out. In part 2, we're going to talk about form as you lift and why it's so important, how a trainer can really maximize your benefits as you workout, and why resistance training is essential to decrease your risk of osteoporosis. Take a listen.

I love that. I love that. So let's go back for a second to. Okay, because again, we were talking about this and I'm a stickler for form because if, if you're not, here's the thing.

If you're not doing the exercise the right way, you're not engaging the right muscle. And you're not going to see a difference in your body.

JESSIE: Speaking of muscles that you're engaging. A lot of people don't know this too, but what happens is people think, oh, I have to do a hundred crunches to work my abs out.

Right. And what's funny though, **is that if you have proper form and you're lifting weights the right way, you're actually engaging your core and almost every single exercise that you do**, whether it is deadlifts, whether it is squats, whether it is rose, whatever it be, your core is engaged in almost every single exercise, whether it's based off the way you're standing or the, what you're holding, or there's a bunch of factors, but your core is incorporated.

So you don't always have to do a hundred crunches. To see those abs. I had a girl on a we're on a boat with some friends the other weekend. And she was like, what is your ab workout? First thing she came she's grabbing, right. Is your ab routine. And I'm like, I mean, I don't really have an average day.

What do you mean you don't have like a set AB workout that you do every single day or for 10 minutes? I'm like, no, I mean, I do if I do cardio on the days that I have. I finished my weightlifting with cardio. Then I usually do 15 minutes of cardio and then I'll finish off with just some abs just for fun, but I don't work or haven't seen them was progress

on my core from those AB workouts I'm doing, it's more from the dead lift from sucking in my stomach, the proper way to ensure that I'm breathing properly.

When I'm doing these things, I'm dead lifting, squatting, rows, all of those things. That's where really feeling like core. The crunches or any of those things.

MERYL: Right. And, and so we were talking about this because I too don't do any AB exercises and I'd pretty much have our rock hard stomach. And I do zero, but I do a lot of balancing work.

Whether it's the standing on one leg or **engaging the core while you're balancing**, whether it's plank work, whether it's just balanced work, like you said, when I'm doing a bicep curl, I'm bending my knees, I'm standing up straight and I'm engaging my core. And so and I think we really.

Underestimate how important that is. And I'm going to totally rat Howie out here he loves when I call him out. So hopefully, hopefully he won't mind this. So we were away this weekend and I, and I put him through a couple of workouts and I actually made him do one full workout where he was really just engaging his core.

He was doing some balance work. And he really had a hard time, right? He could lift weights and he could lift weight. But I said, **until you really learn how to engage your core and use those muscles, you're never going to have the body and the physique that you want.** Because part of it is, is when you're engaging your core, you're engaging your back.

You're engaging all the other muscles and it totally creates a **kinesthetic awareness of meaning. You know, where is your body in space and time**, and really more importantly than anything else. Working the core engages the back, which allows you to walk straight and stand up straight

the base of everything.

Yes. And so part of that when women come to me and I think this is really important, who are dealing **as we get older with osteopenia and osteoporosis**, I oftentimes say, and I don't want to get too off topic, but really. It's not about whether your bones are dense. Right? Look at a bamboo. A bamboo is not very dense.

Like an Oak tree is dense. Right. But a bamboo does not sway in the wind when it's you put it through a hurricane, you got a bamboo still standing. Right? Why? Because it is

strong. The same thing with our body, whether you're 5, 55 or 95, if you fall off of a curb and fall, you're going to break a bone.

**What is the difference with someone who's osteoporitic is that they don't have the muscle capacity to be able to withstand the fall, meaning they can't support their fall because they don't have enough muscle mass.** Right? It used to think about this step up off of a curb. You need the kinesthetic, you need, you need core strength.

You need back strength to step from a high, high place to a low place. Right? If you haven't done any resistance work, if your core is not strong, your back is not strong. You're going to fall.

JESSIE: You're going to see it in your day daily life to absolutely. Cause I feel like a lot of people too, they're like, oh, I don't really care about my body or how I look or I liked the way I looked and that's fine.

**You're working out. Isn't always about working out to look a certain way.** It's just, like you said, you can keep walking on a curb and because you're not working on your balance and you're not working on those things and you're not training that ever. And your core is weak and your back is weak. You can just fall because you're just walking on the curb and you know what I mean?

So you really want. **Not just work out and for how you look, we want to work on balance. We want to work on core, on our back and all those things** and yoga, for example, why people would say, oh, girls who do yoga have rock hard abs or, or, or pilates because there's so much balance incorporated. And not, they're not in there in the yoga room doing a hundred punches.

I've been in a few yoga classes. That's not what's going on. There's a lot of balance incorporated. There is a bunch of really tough poses. A lot of static movements and things like that that are really incorporating your core and helping for a strong core and a strong back, which is just the basis to everything.

MERYL: Yeah. Yeah. And I think. Again, it's not like you have to be, I was also working on a woman, says to me, oh, you must work out two hours a day. And I'm like, no, **I work out like an hour and it's like three times a week.** And she's looking at it at me with her mouth open. I'm like, here's the thing. It is about consistency.

I have been working out. I'm not even joking. I mean, I used to dance when I was younger. So like that counts for working out. But I think I have been working out since I was like 8,

JESSIE: I think if you were in sports or you've just been active same thing, my mom, she had this role, you finished school, we're not allowed to sit on the couch, you pick a sport and you pick a hobby and that's what you're going to do.

MERYL: Absolutely. And I think we don't see, and this is why we start going and I know we've jumped from topic to topic, but I think it's important because all this is how pervasive.

Moving your body needs to be right. And it is, and **our bodies were made to move**. And these kids who come home after school and are sitting behind a computer and sitting behind these games, not only is it not good for their physiology, right? They're gaining weight. They're gaining that. How do you move your body in space and time?

**It actually does help with proprioception, right? How our bodies move. It helps with mental. Anxiety, depression, like moving your body, getting those endorphins going.** I know, like after a hard day or, if I, if my brain is just going a mile a minute, like I need to get out and move my body,

JESSIE: I've had plenty of girls walk into my classes before in the worst mood and just angry, had a terrible day. And you know what that happens. Life gets in the way sometimes. And I know sometimes the last thing you want to do is put on your gym clothes and go to the gym. **But I can't tell you how many girls I've had walking in the worst moods and walk out happier.**

than it. Exactly. Because they finished the workout. They're so proud of themselves. They're proud of the fact, too, that they came on a date that you really didn't want to. I always say it's so easy to work out when you feel like it. It's so easy to get up when you're in the mood for, we're not, it's so easy to put on your shoes and go to the gym and go start working because you want it to, but on that day you woke up and you, I don't know, you got your period and find your keys and your phone broke, whatever happened.

And you had just a terrible day. That day is the most important for me. To have my client come in and work out with me because that shows that there is no excuses. There is no, I don't want to, I can go days that it's the toughest for you. It's the most important to come in. Is that also set something in your mind?

That

MERYL: absolutely. And that's why having a trainer I always say it's about consistency, right? So I've been working out for a long, long time. I love it. I love how it feels. I, it's not always that I'm out there kicking my ass. I mean, it could be a beach walk and that's a workout, right? But **it really is about creating the consistency**.

And I hear people say all the time, all the time. Well, I don't like to be in a gym. Oh. I don't like, like I had a woman in here the other day. She's like, I don't really like the gym. I'm like, okay. So then what do you like doing? She's like, I like. Horseback riding. I said, that is great exercise. Why don't you do some self care and do something for yourself?

Cause she gives to everybody else. I said, so go find a place. You know, we happen to be in a great place in Florida where we have access to that. I said, go find a stable and go work out. And she looked at me and she's like, I could do that for exercise. I said, absolutely. So I think the other misnomer.

**People are under the impression they have to be in a gym.** Like you said, I want to get them outside. Right. But they're under the impression they have to be in a gym. They have to commit to this kind of workout or it doesn't count. And I think

JESSIE: and **find what you love and stick to it**. That is my most important message.

Even though I'm one of the biggest advocates for weightlifting, and I'm one of the biggest advocates for, for yoga, Pilates, whatever you want. I love all those things, but that doesn't mean that I think that's the only way that you can get fit or do something for your body. As long as you find something you love and you stick to it.

And you're excited to wake up in the morning and go horseback riding, or you're excited to go weightlifting in the morning or whatever it be, but you're happy about it.

MERYL: Right? Exactly. Find something that excites you and stick to it. Yeah, absolutely. So Any, any last thoughts that you want to kind of share with us?

JESSIE: Well, you just mentioned something about having a personal trainer. They came up to my mind and I wanted to say that I know a lot of people, even me, myself not too long ago in Israel, I was literally my friend. He's also a trainer. I was paying him to train me. He was like, my friend asked me to secure trainer.

Why are you doing that? And I was telling her, it's not that I don't know what to do. **It's just sometimes I feel like having someone hold me accountable and pull me by the ear.** And tell me, let's put you a workout. Okay. Because I'm training all day, every day. And then sometimes I get to the evening and I'm like, Ugh, now I have to go work out.

And I know I have to, but the fact that I know that I booked a session with my friend and he's going to train me. It makes just like, all right, well, I already told him yes and I might cancel, it holds me accountable and I go, and I do it. So it doesn't matter how you find a way to stick to it.

MERYL: **I think having a trainer is so important. It's like having a coach,** right? Like the work that we do we work with people to do the nutrition coaching. Yes. We get them to exercise and move and hold them accountable. But it is a little different when you have someone who is an expert.

So and Jessie and I will be doing this more. And **Jessie is back in town and she is accepting clients.** If anybody wants to work out with an amazing trainer, get in touch with us because she really is phenomenal. And I do think I'm not, I'm not just plugging her, but I really do think having that accountability and you need someone, especially **women need someone who knows how to work out a woman,** right. And I'm not saying ma male trainers, don't not to work out women. There's certainly plenty. I right. I, I do. I think I agree with that. Women really understand how women's bodies work, how they move there, they move different, they function different. And, that's my plug for a woman trainer.

But **Having someone who can get your tush out of bed or off the couch and motivated so that you can start to create some consistency in your routine.** Because I think that's the first thing that goes for people is their, their fitness routine. And yet that's the most important thing **when life gets stressful, the most important thing that you need to stick to is a fitness routine.**

It should be a non-negotiable. It should be like you get up in the morning. You brush your teeth, you do a workout.

What happens to eventually once you get in, I know the hardest part is starting the routine, but once you get into that routine, your, your stress reliever or, or the thing that you're is that women, usually they wait to get home and pour themselves a glass of wine.

Eventually their glass of wine is going to be your walk outside. You're going to wait to get home and relieve your stress. Instead of pouring a glass of wine. And you're going to, I mean, you could have the wine after the walk, but you going to look forward to the walk more that's going to be your stress reliever.

That's going to be how you believe that tension. You had a bad day. Oh, I can't wait to get home and work out. It just takes some time to get there. People always ask me too. They're like, how do you love fitness so much. Like how do you, I don't know. I wasn't, I didn't just wake up one morning, said, oh my God, I want to go outside in 50 degree heat and pick up weights and then destroy my body.

No, **I slowly got into it and I slowly developed a passion for it. And I feel like women also look at weightlifting and working out is such a big task and they don't understand that they can start small, just take baby steps.** And eventually you'll find that routine. Eventually you'll find the workouts that you like eventually you'll find something to stick to.

Just start small.

MERYL: Right. And I think that's so important. So it's not that you, and that's the other beauty of having a trainer, right? You have someone who can come to you and show you right. Show you how to take the baby steps. If you are look, there's plenty of them, of people who walk into a gym and they're a little intimidated, rightly so.

Right. I mean, look, I can walk into any gym and feel comfortable, but again, I've been doing this my whole life. Right. So you, you take those baby steps. Like you go to the house and you start with some resistance bands and you start light. Well, nobody wants to feel that sore the next day, where it's like, oh, I gotta do this all over again.

I think that's the other thing too. You know,

JESSIE: I have women not come back to classes. I mean, I had this one lady in Israel was training her and she started with the weightlifting classes with us. And then she came for one class and she never came back. And then a few weeks later I saw her coming in. So I asked her, I was like, Hey, what's like, what's going on?

Like, I haven't seen you in a new my classes. She was like, listen, I got so sore. I couldn't even sit down to pee the next day. She was like, I just didn't even want to come back here. She was like, pilates is great for me. I don't get that sore. And so I did, I understood not wanting to feel like that, but I did have to explain to her.

It's not like that forever. You know, it is the first few times, and it is a little bit tough and I understand that. But once your body gets used to the working out and used to the soreness and whatever, you're going to feel less and less, every time I, at this point don't even get sore. Really I've been working out for so long.

I can't even remember the last time I'm jealous. What does that feel like?

MERYL: Go work out with Pete. He'll make you sore. Oh my God. I did a work out. I was pushing those sleds and I was sore for like, Right. But yeah. Shout out to Pete on that one, because my shoulders, my ass, I don't know, but right. I definitely don't want to be feeling my bad,

JESSIE: so it's just temporary.

It's not going to be like that forever. So that's just what, I don't want women to feel that one time and be like, oh, I don't want to feel like that because I'm never going to go. Because it won't always right. It does

change. It gets better.

MERYL: And I think the other thing that I want to mention also, cause we're talking about that topic of being in classes and whatever and, and I love all these, the group classes.

I'm not going to mention, I'll mention all of them by name. Right. All of these programs. **But like anything else, your body will get acclimated.** Right? So you're going to go to one of these things. So we'll throw it out. There you go to an F 45, you go to an orange theory, you go to a boxing class, you go to even a weightlifting class at some point, if you don't change that up, your body gets, so this is why people go.

And they say, oh within the first three months I saw amazing change. And you know, if you don't change it up,

JESSIE: You're going to, not the muscle shock that I was talking about before really surprising your muscles with new workouts and new ways to to work those muscles and whether it's weights or whether it's resistance or whether it's bands or.

Or yoga, whatever it be, you're constantly changing it up for your body. You can get excited. It's like eating the same food every single day. No one wants to eat the same chicken and rice every single day. You know, people also think you have to eat chicken and rice every day. You can eat a lot of things,



MERYL: way more than just chicken and rice that bodybuilding diet.

Oh my God. It's the most. **By the way those bodybuilder diets are the most unhealthy diets on the planet.**

Just say, oh, that's a whole other

topic, but you said chicken and rice for a second.

Usually what jumps to mind when you think of bodybuilding, they stick to.

Yeah, but yeah, it is, it is about changing it up and you know, **if you're doing something and you're not seeing change, maybe you got to rethink how you're doing it**, right. It's not who wants to be on that hamster wheel forever. So any other myths? I can't think of anything offhand that we haven't covered.

JESSIE: Right. I'm sure there are endless mythsthis, this is

true. This is true. Oh, nutrition wise.

We're not even going there right now,

but in the whole realm of it all. Yeah. There's countless.

MERYL: Absolutely. So, no, I think this was great. I think. Our listeners, some good food for thought. And yeah. So if you want to know more about your genetics and how you should be working out and how you should be eating, don't forget.

We ought to offer the genomics testing. If you want to learn more about that, let us know, because it is really. Wow. Talk about a gateway into understanding your health and and if you want to get in touch with Jessie, just give us a buzz here at the brandwein Institute because she is in residence.

And I think that's it for today. So thank you for joining me.

Awesome. Awesome. This won't be the last time that we do something like this and everyone make it a great, great day. This is your Rebel Nutritionist signing off.