

MERYL: Welcome back, everybody to the Revel Nutritionist Podcast.

I am here today with Nicole Kavanaugh from just Lift. Very excited. Just lift studios, right? How you right? Yes. Yeah, Joseph Studios. And really excited to do this podcast because we basically say the same thing.

I, I think we're, we five minutes ago, and I think we're really could like finish each other's sentences.

Exactly. So so really excited about this conversation because it is about sort of dispelling the myths and creating the facts around nutrition and fitness and weightlifting, and how women specifically should be exercising or not should be Right. What's right for them. So, without further ado, Nicole, thank you so much for coming.

NICOLE: Thank you, Meryl.

I'm so excited. This is great. I'm, I'm thrilled to be here.

MERYL: Awesome. Awesome. So tell us a little bit about yourself, because you've got a really cool background and you know, how you got into this world.

NICOLE: I started my fitness career. I, I started early on, like in my early twenties. I was teaching aerobics and group fitness and things like that.

And then took a side step because I became a mom and I was a stay at home and I just really focused on that. But at some point, I decided to get back into it. And when I did I

didn't, I never wanted to just be a. Just teach people how to work out. And I had someone that was I used to take spin classes and she just always had a way of getting into that next level like pulling something out of you in that hour.

And then I said I wanna do that. I wanna get people to find something inside themselves. And then bring it to the surface so that they can feel good about what they're doing. Right. It's already a power that they have in themselves. So I went back into fitness. I was doing you know, LA Fitness kind of stuff.

And then Orange Theory came along and I went into an Orange Theory one day on a fluke, take a class, wanted see what it was, and very quickly was recruited to be a coach. Loved it. And I felt like that was the first real space where I had an opportunity to coach people. not just. Show them what to do.

And teach so this to me was a different level. Yeah. Because now I could work with them in a way that I could get really inside their head and from the fitness side of things at the same time. And I was with them from early on in the company and I and then they opened a studio in my area and asked me to be a head coach and a manager.

So I ran that studio for eight years. And I loved it because I helped develop a culture. And really got into that part of group. I love group fitness. Group fitness to me, has a dynamic to it that is like nothing else. I, I'm all about it. Mm-hmm. COVID came and we all came to a halt.

And I was doing, a couple years before that, I had stepped aside into just lifting on my own. I was always doing Orange Theory for many years. It was the only thing I did. Love it. It's amazing if you're a cardio person, it's a great thing. But for me, I wanted more of the strength in my life and I went back into the gym and I had always been a gym rat, but this was my time to start saying, okay, you know what, this is my time for me away from work.

And as I did it more, I wanted more. And my body started changing in a way that I really wanted it to be. And then when Covid came along, we all were on our own. And I think we just got off the hamster wheel For a minute. And I'll tell you what, I was running outside twice a day. I was lifting in my garage. I had nothing else to do, you know?

Yeah. And I need to be with people. I need to be working with them. So I did do some small group stuff along the way, and I said to myself and I had this concept in my head about. **What if we just lift for an hour. And, and not do any cardio.**

And where could that take people in a group format? Because we see that there are, there's lifting at, at Orange Theory and many other things, but no powerlifting. Let's take the hit, let's take the running, let's take the rowing, let's take it all aside. And like, just cause I would love that weight room.

And I talked to my husband and I said, I don't, I don't really wanna let this go. You know, I, I had shelved it and I said, I think it's time to start thinking about what we can do next. And we ran some numbers and I opened very, very small, very small, like eight to 12 people at the most in someone else's space.

And it grew very quickly. And I, **I wanna teach people how to get off that cardio hamster wheel.** Yes. The virtual treadmill. And start to understand that you don't need it. all, all my injuries went away when I stopped running. Every, I just thought that was part of, I just have to deal with it.

Yeah. Everything stopped. So **people who think that lifting weights is gonna injure them if you're lifting properly, it's not,** and that's what we do at just lift. We make sure that you're injur, you're in, you're working safely, even if you have injuries. And that's the great thing about working with a coach is Right.

You have someone who. Educate you. Yes. Somebody who can work around the things you need to work around. There's no one way, there's a million different ways. Let somebody teach you and guide you and help you so that you can feel satisfied and successful. I and so we do.

MERYL: Yeah. I love it. I it's funny, I'm making notes as you're talking because so much of what you're saying, I mean, resonates on so many levels, but I wanna go back a second because it sounded.

You kind of got the mind body connection piece way early on, right? Like, like, just like you said, well, I really wanted to do more, I wanted to pull something more out of people. Yes. And I love that because it is so important. There's so many trainers who just, there's, it's, I always say, **especially women, we're so disconnected from our bodies.**

So to have this kind of camaraderie, and we're gonna talk about that in a second, but to have someone who really, it's, it's literally from the inside out, right? Yeah. It's that it is. And it's the connection of the mind and the body and the soul. And, **and then the other part of this is creating the sense of community.**

Yeah. Right? Working out with people. I mean, I'm very much, you and I are, I have to ask you, when is your birthday? February. Oh, year of February. Okay. Yeah. February, what? 25th. Oh, so you're right. So I'm a Gemini, so, but, but you know, it's like you sound like me in, in in the fitness world and that passion and that drive to, to wanna help other people.

Yeah. And so, and that just I love that energy, but, but I think like you, I was very much affected by being alone in Covid, the working out. Right. I would go to my girlfriend's house, we'd create a, a little bit of a bootcamp Yes. And my kids and whatever. Cause I hated being alone too. Right.

But I, but the Zoom stuff never resonated with me. And I think, look, I, I still alone was gym. You're still alone. Right. I was a gym rat since I was, I don't know. I mean, I was, I danced when I was much younger, but I started teaching aerobics to kids in camp When I was 10, 11, 12.

So I, like you've been in the fitness world for, for a very long time and could be in Jim Rat and all that. And but I think the piece of. You know what, where **there's so much of a misconception in this world of women and weightlifting and the myths that surround**

that. Like, oh, I'm gonna get big, or, oh, I need to do, I think, and, and it was funny, I did a podcast with Jessie, one of our, she, she works with us.

She's also a personal trainer. And we did a podcast and we were joking about the cardio bunny, right? Yeah. Like how women are such cardio bunnies and so driven into our head from the Jane Fonda days.

Do more cardio. **Do more cardio because you're gonna burn calories.** And so, I don't know, talk to us, how do you, because I am sure you have women that you are dealing with who are like, no, I need to get my cardio in.

So can you dispel that myth for us? Absolutely. Yeah.

NICOLE: Okay. So if we look at burning calories, okay. We're looking at, of course, Cal cardio will burn calories, right? But so will weight training. All right? But it's gonna, it's gonna affect you differently. All right. **When we start to put more lean muscle on the body, it's gonna metabolically need more than fat mass.**

Mm-hmm. So adding muscle, and let's just say right now, **you add muscle very, very slowly.** Slowly, okay? It's, I mean, people who think that they're gonna blow up and get giant, I mean, there's people out there that wanna be like that, that can never be like that, right? Okay. Or they spend their lifetime trying to work towards that.

So that myth needs to be dispelled immediately. **There's nobody who's gonna just suddenly get jacked.** Okay? It's gonna take a long, slow process, and you're gonna have to do it intentionally. You're gonna have to eat for it. You're gonna have to train for it a

certain way. **So what happens when you start lifting is your body starts to change very, very gradually.**

And your body composition, your lean mass will start to increase. Your body fat will naturally start to decrease, even at rest. Now, you do have to watch your food, okay? So that's a really important, that's where the, the, this is such a, a perfect co you know, complimentary yang yang is the nutrition and the fitness side of it.

But when it comes to the cardio portion of things **cardio actually, Creates a lot of inflammation in the body.** So it's not for everybody. Mm-hmm. **I always tell people this, if you love to do cardio because it helps you here, do it. I have people that literally go run a couple miles because it takes all their stress away.**

Yes. Do that because that's good for you. Yeah. **But don't do it because you feel like you have to do it to lose weight.** Yeah. Because I have so many people that walk in the door, and when I say them, okay, we just lift. That's what we do. They say, I'm like, there's no car. I hate cardio. I hate it. I've been doing it for so long and I hate it.

Then why are you doing it? Because, I don't know, I don't have any other options. I don't know what the alternatives are. Right. So what we do at Just Lift is it's one hour of just strength training in a group session, but it's also it's, it's strategized for you. It's planned out so that you're gonna be able to make continual progress.

Gradual progress over time in a lot of different ways. And you're also gonna work splits. You're gonna work just a couple body parts, like back and biceps or chest and shoulders

or legs and abs or glutes and core for the whole hour and feel very effective. Rather than, oh, we're gonna do one set of biceps, now we're gonna do legs, now we're gonna do back.

And that's what you usually get in group training. Right. Unfortunately, **full body's great. We do it once a week. That's it. That's all you need.** You needed to just kind of taper things off. But all the other stuff has to happen to, to actually get somewhere. Yeah. To be successful. And as far as the thing about women in general worrying about their body changing too much with lifting.

I will say that I do think the tides are turning a little bit. And I'm, I'm happy to hear it. I see. **I think the generations that are coming out now, we're seeing these young women, they, wanna lift, they, they want more and more and more of it. And thank goodness** because we're dispelling all the stuff that happened to us when we were younger and watching our moms and what we were told and you know, you have to work yourself into a frenzy.

So cardio has its place for what you enjoy doing. And if you feel healthy doing it, yeah. But if you're not enjoying it, doing it, you don't have to. It. I sweat harder lifting same than I do running. Yeah.

MERYL: Yes. No, thank you for that. That was so well put and spot on. You know, it's interesting, I go, so I go to ufc there's one here where I live.

And like you said, yes, I absolutely see this tides turning for the better. I mean, there's a ton of young girls. Yes. I mean, my daughter will come with me too in the morning, and they're all pushing heavyweights and, you know and I'm so happy to see that.

And there's so many different body types Yes. And they all look amazing. Yes. And beautiful. And to embrace all of that Yes. I think is so important. I mean, **that's part of where the inclusivity of, of what the culture is now, bringing on that I think is phenomenal** because I just we ha trying so hard to write break that that mindset of thinner is better and you need to look like a twig.

Yeah. And, and that's what we women shouldn't have muscles. I mean, and there's plenty of women I know, right? Our ages, right. You know, who grew up in. In the eighties, 70, eighties, nineties even, who were told, oh, **well you have to just be long and lean and you should look like a model and have no muscle. And that's not attainable for most people.** Right? Yeah. And it makes us, that's what made us sick, and that's what has given us such disordered eating, eating behaviors. **But that stuff sticks. I still deal with women who are in their forties and fifties, even sixties, right? Who are like, no, no, no, I can't lift weights. I'm not gonna stay thin if I lift weights.**

And I'm like, do you understand that? It's more than even just thinness. Now we're talking about health. Health, right. Because if you are not looking like, so **let's talk about what happens if you are not lifting A, your bones are not healthy. Yes. B, your hormones are not healthy.**

And C, you're gonna walk like a hunched over woman. That's right. Because your spine and your core are not healthy. Yeah. Right.

So let's talk about that. Okay. Because I think the women need to hear this. And even the young girls who are not lifting. Yeah. Like. **You start losing muscle mass in your twenties and thirties.**

And if you're not using it, literally you do lose it. Yes. And, **and by the time you're forties and fifties come, it's hard to put on muscle.** So you start doing it when you're young, so you can set your body up. But let's, but let's hit on those things.

NICOLE: Okay. I think the best, the key word, and this is something that I am so passionate about right now.

MERYL: Longevity. Yes. Okay. Bingo. That is the buzzword we have. It's a buzzword. Everybody's writing about it. Quality of your life.

NICOLE: Yes. As you age, the quality of your life right now. And I'm, I'm just gonna, before I go into that, I just wanna say that the women that are saying to you like, no, I have to be thin.

Okay. **You have to ask themselves, who are you trying to be thin for? Yeah. Is that for you or is that for somebody else in your life?** Because you know what, if you're not doing it for you and you don't feel good, then. You need, you have other things you need to start working through. Yeah. Okay. you know, I know there's psychology to nutrition and to fitness.

It's a big, big deal. It's a big deal of what we do. **But we have a saying at just Lift, it's in my lobby, it says, build your house. This is your house. This is my house.** I live in here and this is the only thing on the planet that belongs to me and nobody else. And if I'm. Spend this one run I got in this lifetime, in this capsule right here.

I wanna love every second of it. I will love how I feel, I wanna love how I look, I wanna love everything I'm doing. **So if you're not doing it for you, start thinking about doing it for you.** And this is a big part of what we do at Just Lift, cuz we're not just about the body, we're about this and we're about this.

MERYL: Yeah. Okay. So for those of you that can't see, she was pointing to her head. Her

NICOLE: Yeah. Sorry, my head in my heart. **So your mind and how you feel. Okay. And we do do mindset training in every, in every session.** I love that. And I'll talk to, well, let's get through this longevity thing. Talk about that. Yeah.

Well that'll be so **longevity. The quality of your life as you age is something that most people don't think about.** Yep. The younger we are, we're thinking about the here and now. How do I look? How do I feel right now? This is my life. This is all that matters. And I just talked to my, my classes this morning and I said, **let's think about how many times we've said in our life. I wish I knew then what I know now.** Right. Okay. Well your future self, you. 10, 20, 30 years from now, this is the, then this is the then. Okay. And you don't wanna be that 80 year old woman saying to yourself, man, I missed my opportunity if I had just done it. Because now's the time to think about that. You do wanna be somebody who does the things when they're 89 years old that you take for granted now.

Bathing yourself, clothing yourself, being able to walk a mile By yourself. Because we know that there are people out there that are living great, healthy, strong, physically active lives well into their eighties and nineties. And then there's the ones that stop and are not. And you have to decide right now who do you wanna be?

And I think we can all say who we wanna be. Okay. **So you have to think big picture every once in a while. You don't have to think about it every day,** but you do 20 year olds. My daughter's 24 today, it's her birthday. Think about how you wanna be when you're 54, 64, 74, because right now you've got it all, but your body's gonna change as you grow.

Yeah. And you know, **that's something that we have to instill in our children and we set the examples for them by doing, not by just talking but also thinking about who we wanna be and the best version of ourselves as we age.** Absolutely. And so that, and muscle is what's gonna get you there. Yep.

Cardio is not gonna get you there. No cardio's gonna burn it all off of you. Yeah. **You might be thin and you might be lean and you might be walking, but are you, are you sustaining a frame that is gonna be able to do all the things?**

MERYL: Yeah. That again, very well put. So let's talk a little bit about you know, I'm a big proponent of trying to osteopenia, osteoporosis, it's, it's the buzzwords, especially as women get older and everybody's, I have osteopenia, I gotta go on the medication, I gotta do this.

Like, no, **if you build muscle, yeah. You will have strong bones.** Do you wanna speak to that? I,

NICOLE: it's true. And I, and **I have plenty of clients that come in and say to me, osteopenia, osteoporosis, my doctor told me I need to start lifting weights.** That's the doctor you want. Yes. You want the doctor that's telling you that instead of medicating you right now or saying, okay, **we might need to medicate you, but we're gonna try to get you off of that because you're gonna change your lifestyle.**

And what you're doing for yourself. So **your muscle supports your skeletal, your skeleton.** There's no question. And if we don't have something supporting it on the outside, it is gonna start to break down. Yeah. **And we also have a lot of. Underlying metabolic things happening. Okay. That we are seeing bone loss and we're not even aware it's happening as women.**

Yeah. Unfortunately. I mean, I have Hashimotos. I know that I am medicated for my thyroid. I know that I have been for a long time, but I gotta get that bone density scan and I gotta know like Right. But so, but I'm gonna do everything I can to make sure. I'm gonna be okay. And my bones are gonna be strong as I get older.

That's, that's a very important part of our health. Nobody wants to worry about falling and breaking a hip and break, you know? I mean. And think of all the complications that come from something like that. Yeah. Oh yeah. I mean, well, that's why right.

MERYL: **The mortality rate for from, from hip fractures as you get older** and, and the other piece of that, I mean, we we're, we'll touch on that probably in the second half is, is the nutrition part of it.

Right. **You cannot do fitness without doing your nutrition properly.**

NICOLE: But I mean, and it really, you can, you won't, won't get the same perform no, won't get performance the same performance and results and performance is a big word. It's, it's what's happening to you when you're actually in a moment, but you're also gonna get the same results.

MERYL: Yeah. Right. That's what I mean, right? Yes, yes. You can do it. I'm saying if you want, like we were talking about like that longevity piece, then we've gotta look at, and I love that you're including the mind body piece because I. **We tend to compartmentalize because that's our medical system. Like, okay, so I'm working out, so I'm doing something good.**

Yeah. Right. And oh, or I'm eating well. But I don't really need to work out cause I'm eating well, right? Yes. Like it has to, we have to hit on all cylinders. It's, it's right. It has to be complimentary.

Yes. It has to be the mind, body, mental, emotional piece. It has to be the physical. I am moving and I am lifting and I am doing all of these things for my musculature and I'm doing the nutrition and I'm sleeping.

And I'm doing, and I'm managing my stress. **So like, contextually, we do have to balance all of this if we really do want the longevity and the health that we want.** And then people are like, oh, well that sounds like a lot. So I don't really wanna do that too much.

Here's the thing, I mean, nobody signed up for this and said, oh well here's your instruction manual and these are things that you're, you've gotta do to keep yourself healthy.

I mean, you have a choice if you wanna live a healthy life, then you, all of these things. At some point, **I think for people like us, they just come, it's just our lifestyle because we started implementing them so early on. So for people who haven't implemented this, I think they do feel like it's an uphill battle.**

And **this is why the work that we do so much in that mental space is it's a process.** We start with one thing Yes. At a time. Yeah. And you can only manage one thing, especially if you have a busy life. Right? Yeah. And, and the, **and your willingness to do it. Yes. I think that's part of what people don't hear.**

Like you have to be willing and able there's no magic pill, there's no magic diet, there's no magic ozempic shot. There's no magic. **I mean, all of these things that promise the quick fix really ultimately end up leaving us worse off than we were before because we haven't really changed anything significant in our lives.**

So when we go back to that bone health or long longevity or you know, even the hormone piece. **Muscles balance our hormones.** Yeah. And so if you don't have muscle,

you are not gonna ha be able to balance your, especially if you're going into perimenopause and menopause.

NICOLE: Yeah. it's your lifestyle. **And a lot of people need lifestyle changes.** And they don't necessarily wanna change your lifestyle. Right. Because they like it. Okay. They like the wine every night. They like the, I'm going out to dinner. We have date night on Friday or so. They like hanging out with their friends and going to brunch.

They like sleeping in on the weekend. Okay. **These are all pleasurable things. There's no question, but you have to ask if they're really serving you and are they, are they gonna sustain you?** And The, the older we get I have a lot of women that'll say to me like, well, I, my things don't, that worked for me before.

Don't work for me anymore. Okay, well then you're gonna have to evolve. Right? Right. So we're gonna have to change. Are you the same person now at 50? That you were at 20? No, thank God you're not, okay. **But you have to think about all the ways you evolved in different stages of your life. It doesn't stop somewhere.**

You don't just get to come back and say, okay, well that's it. I'm 50 now and now I don't ever like this is just it. I'm just gonna accept it. No **be responsible for you because ultimately you are. Responsible for how you're gonna live your life.** And you're right, we can't take on a million things at once.

You know, there's a whole, there's a million memes out there. Like, okay, so I need to make sure I work out and do my self-improvement and journal and drink a gallon of

water and go eat all the, eat the vegetables and still take care of my children and go do my, do go work 40 hours a week, get eight hours of sleep.

How am I supposed to do all that? Well, you don't have to do it all at the highest level, but you do have to do things if, **if working out isn't gonna work in your life right now, can you get in 10,000 steps a day? Because as long as you're doing something movement wise, you're winning.** If in some cases, as long as you're eating, **can you eat one healthy meal instead of all the processed food, can you drink one day a week instead of six days a week?**

You know what I'm saying? **These are the little things that as you start to adjust, because you know, you don't even know how good you can feel until you do it.**

Absolutely. **And you don't understand how much. Food is affecting you until you take something away and put it back in and then start to understand it.**

You know, and I love what you say in your, you know when you say that **food can change your life, you don't say change your body.** You say change your life. Right. And food. Can change your life because food is your life. It, affects everything. **It affects your skin and your hair and your sleep and your energy and your clarity, and it's not just your weight.**

Okay? So **when people start to take things away that are triggers for them and affecting them and you know, putting it back in and then they say, oh my gosh, I feel like we go on vacation.** What happens when you go on vacation? Really everything falls apart. You can have the healthiest person on the planet, but now they're eating things.

They don't eat, they're drinking in a different way. Their sleep schedule's different.

They're not exercising. What happens the day you come back from vacation? You're like, I can't wait to get back to my routine. Right. **We thrive in structure. We love it. So if there's even the things in your lifestyle right now that maybe just need to be pulled away for a little bit, And see how you feel.**

Yeah. Give it some time. Be patient that can teach you a lot about yourself. Right?

MERYL: And, and, and that is, I'm sure you see that and that's the work we always talk about that we do here it is **meeting someone where they're at and let's, let's talk about where can we just make a small, small change, right?**

And, and so yes, I. I had a client this week, a gentleman who was like, I have two glasses of wine on Thursday and Friday and Saturday and Sunday. I said, well, what happens if you had just had one glass on Thursday and one? Right. I mean, I, I'm not looking to take away that, but like, imagine how much better you can feel. Yes. Or if there's a sleeping thing. Yes.

NICOLE: Right. So how's he gonna know? Right.

MERYL: He's not gonna know. Exactly. Yeah, exactly. So, but it is meeting people where they're at with their lifestyle and I think making these changes gradually that, that will help support their efforts towards this. And you know, and, and just going back, cuz I know we can probably go in 20 different circles when we talk about, one of the things that I, I wanna go back to when we talk about, **you had mentioned in your workouts.**

That they're sort of personalized for someone, right? And I think that's so important because we tend to think of nutrition as what diet am I on? I'm following X Diet, right? Oh, it was keto, it was South Beach. It's this, it's Atkins, it's right, it's low carbons. You know, I'm following the low lectin.

Like everybody walks in here saying, I know what you know. Oh, I've gotta do intermittent fast. **The beauty of the work that we do is the genetics. Right? We really get your blueprint.** Yeah. So I am looking and I am saying, and, and one of the, one of the things that we look at in the genetic report is specifically weight management.

Yeah. Meaning **what is your genetic sort of predisposition in metabolism? How does your body let go of fat? How does your body store fat? What is your appetite like?**

And, and you know, **are you even prone to inflammation when you gain weight?** Right. **All of that information for somebody is life changing because then we can help support them and say, look here, here is the kind of food that you should be eating.**

Here's the kind of diet for you that you should be follow. And look, **here's the kind of ways you should be working out that are gonna best support your genetics.** Right? And genetic people say, oh, well my DNA is like this and I'm, and I'm gonna always be heavy cause, but **we're 20 to 30% is genetics.**

Yeah. Right. Which means. 70 to 80% is lifestyle. Yes. So you can change all these things. So we can personalize what we do. Very much so in that space, **how do you work with someone when you're personalizing?**

NICOLE: Okay. **So first of all genetics is, is always gonna be a small factor. It's not the factor.** Okay. And yes, there are people, I, I have clients, I have friends, I have people that are that tall, thin, lean they'll, they'll, they're never gonna get as much. I'm a, I'm a bigger, I have more dense muscle mass on me. I'm that kind of body built. But somebody who's got those long lean ballet looking, ballerina looking muscles, right?

But they could lift just as much as me, just as heavy as me. And they're not gonna look like me. And you know what? I could adjust my training and I'm never gonna look like them either. Okay. And it's just that, that part of it is fine. That's there. Your body type is your body type, but you can have the ideal.

Body for you with your body type. Right. If you allow yourself to do it. And as far as being specific or individualized with people, **I do call it an individual workout in a group setting because everybody's body type is different, their fitness level is different, their abilities are different, their orthopedic issues are different.**

I've never coached a class, I don't think ever, where I don't have at least one person who has something going on that needs to be addressed and should be addressed. The beauty of lifting with a coach like we're doing at Just Lift, is we can recognize those things. We're even somebody who's a, I could have somebody who come in who is an incredibly strong athlete.

I can still help make them better because I can start giving them feedback on their form. I can start talking to them about their weight ranges and what's gonna be appropriate.

And I can have somebody who comes in and they've got 10 different orthopedic issues going on, and I'm gonna say, okay, here's what we're gonna do.

We're gonna try this, we're gonna avoid this, we're gonna play around with this. And you know, if somebody comes in and they say to me, listen, I just went to the doctor. I can't do any upper body for six to eight weeks, had surgery, whatever it is, but I still wanna work out, all right, let's do lower body and core.

I got you. You know, we're gonna go ahead and, and find out what needs to be done. But the real key is there's always a way. There's always something that can be done, and **you do have to like what you're doing because if you hate every step of the way, it's not gonna stick.** I do have a lot of people that come to just lift and **they start it as a complimentary to what they're already doing, which is usually a lot of cardio and hit based.**

And they wanna add the strength training in. They'll come in one or two days a week, and then I start seeing 'em three and I say four. And then they start saying, okay, I'm coming over to the dark side. This is all I'm gonna do now. Because they're like, when I'm there, I wish I was here. Right. **They start to love it because they feel good.**

They feel empowered, they feel strong. Lifting weights can make you feel Like nothing else. And I don't know that, I don't know that cardio is gonna do that for you. Yeah. I don't know if it's gonna make you feel like I can do bigger and better things with myself. And with the headspace stuff and the mindset we also build, we talked about.

How do I get it all in in one day? One of the things that we do is **we try to maximize that hour by giving you some of your personal development and your self-improvement in that hour.** Along with changing your body so you can have something to anchor you and really thread through the workout for you, but also take it on the other side of the glass when you walk out the door and apply it to other areas of your life.

It's just about being the best version of yourself. And if you're happy in that house and that skin you're living in you're winning and you're not gonna be like that every day, you're not gonna feel great every day. But if you have more good days than bad days, then how can we complain about that?

MERYL: Yeah. Right. Well, and I think **the more you do that kind of work for yourself, right, the more good days you had.** Right. You just start quenching that voice or quelling that voice of negativity and doubt

NICOLE: And **we have to get away from the how I look and be about how I feel.** Yes. Because we talk about if people are, are just thinking about how they look.

Listen, **we could go to all the extremes and look really good. Of course, but we're not gonna feel good. No. And it's not gonna last.** And you know, my perfect example for that is, **if you've ever been to a body building competition or a bikini, those are the most unhealthy people in the building.** The ones on stage that you think look so good and so beautiful.

They are living in misery right now. Yes. And **what's the first thing they do, the second they get off stage, they go eat the entire lobby is filled with cookies. Cupcakes.** Right. You know, like, like I mean, it's, it's horrible. It's horrible. But you know what, pizza, like, I, that's what they, they're dying, they're waiting for that moment to eat that.

They all take pictures and videos of it because they've been, they've surprised they've been so deprived and then they rebound Okay. Into these. And I, I hate it. I hate the whole the straight I'm idea. But I do train people that work in that, that do that, you know? And. Hopefully they can find their balance.

Right. I disagree with it, but it's okay. I'll still train you but you're gonna, you have to do that part on your own. But it's, like I said, **somebody who can look really great can feel the worst. Right. They could be, they could be one minute away from passing out.** They do it, you know? Yeah. And that's no way to live, right?

So if we stop thinking about the aesthetics and we start thinking about the health, yes. The aesthetics will come. They'll come well, and it, they're gonna feel good and they'll look good.

MERYL: Yes. And I'm gonna say something that I've said on many other podcasts with people who, who listen. I say **I spent the first 25 years of my life trying to make the outside look.**

The way I wanted the inside to feel. I love that. And it was horrible, right? Yeah. It was constant. It was that constant, I'm not thin enough. What do I need to do? Yeah. Da da

da, you know? **And then later on, once I got my genetics, I realized I was doing everything the opposite of what I should be doing.**

But, but now I spent **now it's, the outside is a reflection of how good the inside feels.**

You know? And I, I'm a total gym rat. I love being in the gym. I love lifting. I love that. You know, as a 55-year-old woman, I can kick the 20-year-old's asses. Yeah. and not just in terms of like, I can keep up with you.

Yeah. And I can do better than you. Yeah. Just because I can, you know? Yeah. And, and not as a competition, I don't mean that negatively,

NICOLE: but I feel speaks it speaks, it says something. Okay. Yeah. And, and I'm the same way. I'm 53 and I can uplift most of the people that are, that are my clients in their twenties and thirties but with no problem.

Right. And. Yeah. It's, **it's not a competition, but a power.** It does say something about the way I've been living my life for a very long time. Exactly. You know? Exactly. And I have a 75 year old client right now that's, she's amazing. She's just the, I mean, she's living her best life. That's good. She's in there all the time and she's just, she's doing and she's good.

She's really, really good. You know, and I look at her and we all just say like, we wanna live like Linda. You know what I mean? Like the, I that's, that's who I wanna be when I'm 75 years. I wanna be not missing a beat. All right. I know. And,

and it was funny cuz people used to say to me, I remember, and, and this is part of the Rebel in me, I remember when I was in, it was probably as early as college, right?

I'd go off to college and people would be like they say, oh, you're gonna gain the freshman 15, right? Yeah. And I'm like, I'm gonna prove you wrong. Yeah. So I did, I mean, at some point then I gained weight cuz I was just, I had a whole mental thing with food. Right. But, But I was like, no, I'm gonna prove you wrong.

And I did. Right. And then people would be like, oh, well you're gonna have kids and it's gonna all go to shit. Right? And I'm like, Nope, not gonna happen. Right. Like, you just, just, just say that to me. And that was enough of a challenge to be like, F you, I'm not gonna let that happen. And so it's sort of given me the drive.

I mean, that's the competitiveness of me too. Yes. Like I will be better than you if you're gonna tell me that. Right, right. I will do better than that. Not better than you. Right. And I think now it's just like, I just wanna. Like, just do more for me. Yes. Forget about you.

Because **I know how good I feel when I am lifting.**

Yeah. And that and that. Having that grip strength and having that balance is going to get me to where I wanna be when I'm 80 and 90. And who knows a hundred, right? Yeah. But I wanna be doing that. And if I'm not doing this now, like you said, right. If I'm not doing this stuff now, I'm not gonna get there.

But more importantly, like I get in that gym and I am, wow. I feel so good when I am lifting. The endorphins are going. Yes. Right. It's just a whole other, and you know, you just want other people to feel like that.

NICOLE: I worked with people for a lot of years and watch them change for a little bit and then hit a wall.

Yeah. And nothing changed them nothing. And they were working out six days a week. But they weren't lifting. They were doing the little bit. They were doing the running. They were doing all the cardio. And then, They come in when I opened just Lift, they came in and started. And again, they, they just shifted, shifted.

They're a year in their body is completely different. And they stopped all the cardio. They don't do any of it anymore. They just lift and they eat for success and they're amazing. All right. And they feel better than they've ever felt. And they feel empowered. And they feel strong. And, and I will say the community that we have in the studio is, it's, it's a buzz.

It's an energy. And it's, and I am primarily women. I do, I have male clients, don't get me wrong. I have a lot of male clients, but Oh, okay. I thought it was just, no, it's not just women. There are male clients in there, but we are primarily women and the women supporting women. That energy is like nothing else.

These women cheering each other on and pushing each other and they're dancing like everybody's just having the best time. Some for, for some people that hour is the best

hour in their day because it's just about them. It's the only hour that's just about them. And that's one of the big things that I've, I wanna get people to understand too, is that **you've gotta take that time for you and pour into your own cup because everyone around you, everyone else's life is gonna be better when you're happier** and Oh my God.

And your life is better.

MERYL: Absolutely. It's so funny because Joe Dispenza just talked about this. I'm a big Joe Dispense fan. I'm going actually to his retreat next week. I'm so excited. Okay, so hold that thought because I wanna go into another segment cuz we're sort of at the time where we. Because I do wanna talk about community and supporting others.

Yes. Because I think that is so, yeah. So important now. So I'm gonna end on this for, and now you good with that? I'm great. All right everybody. So we're gonna stop here. We're gonna go into part two. And I'm, I'm really excited about this. I mean, it's just been great. So you and I can probably talk for three hours, right?

So I'm gonna cut it here, everybody, this is your Rebel Nutritionist. Make sure you tune in for part two because there's more to come. But this is for today, your rebel nutritionist signing off. Make it a great day.