

# Tony Horton

## Sustaining a Healthy Lifestyle

### PODCAST SHOWNOTES

#### **Sustaining a Healthy Lifestyle**

*Our guest today is Tony Horton, an American personal trainer, author, and former actor. He is best known as the creator of the commercial home exercise regimens P90X and P90X2. Today, Tony speaks to us about how to easily maintain a healthy lifestyle.*

#### **Five Mandatory Healthy Habits**

##### Hydration.

With all the other beverages we consume which dehydrate us, like coffee, tea, and wine, we may need more even when we think we're hydrated. Without water, we deprive our bodies, mess with our hormones, and put the brakes on fat burning.

##### Stress Management.

We know that when we are stressed, we produce excess hormones like cortisol, causing weight gain.

##### Food.

Obviously we know that what we eat matters. Giving your body the right fuel is important in maintaining a healthy lifestyle.

##### Fitness.

Moving not only tones our bodies, it tunes our brains. This is crucial.

##### Sleep.

Our bodies cannot function without rest to rebuild and reset.

#### **Accountability**

Thriving comes from some kind of purpose and accountability. If you don't have people around you motivating and sustaining you, you will need to find some other kind of motivation and accountability system to keep you on track through your journey. Education can lead to enlightenment in this realm.

#### **Exercise changes your brain**

When you are breathing hard for 30-40 minutes, you actually change your brain chemistry. These effects stay with you for over 24 hours, including improved sleep, cognition, memory, and clarity. When we stop exercising we experience a sort of exercise bipolar, where we are lacking those brain chemicals and feeling really awful all over.

[Visit Tony's website for more!](#)

#### **Listener Question:**

*How can I stay motivated to eat healthy when my friends just aren't into it like I am?*

Studies have found that obesity is actually contagious! What your close circle does will determine what you do. The first step in staying motivated is deciding why you personally are doing this. Having a support/accountability network to support you is also vital. This could be online, at the gym, or within your friends and family. Creating that circle of support will help you keep that motivation, as well as helping others.

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As always, remember:

**You are worthy. Dare to live a life that matters.**

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