



DANNY LENNON: And we are live. Ted welcome to the podcast. Thank you so much for joining me today man.

TED RYCE: Danny I'm so excited. I'm a big fan of you, I'm a big fan of Sigma Nutrition it's one of the go-to podcast that I keep coming back to stay up on top of all the amazing research that's coming out and man it's just an honor to be here.

DANNY LENNON: Extremely kind words and I am extremely happy to have you here, and like our conversations via Skype recently, and via email and Facebook have gone – I've really taken a tremendous amount of value from our conversations and I really think there's a lot here that people can take away from what I feel is perhaps a conversation that's not had enough within the fitness industry. Before we get into that any that though let's get people introduced to your kind of current work or at least what you've been doing for the past number of years. What's some of that kind of fundamental things people should know about you and your work and what you're kind of currently trying to do right now with that?

TED RYCE: Sure. I've been in the health and fitness industry for 19 years. I initially started in the industry as a personal trainer when I was 22. Got into a lot of Paul Chek's work, and Ian King, and Charles Poliquin I know those are all controversial names, well maybe

Ted Ryce

not Ian's but very controversial guys and I've kind of gone through some transitions in my career, in my beliefs about nutrition and ended up more towards a more evidence based approach yet I am also very practical. And I guess what else you should know is that I don't do personal training anymore. I am currently flying around Asia, traveling around Asia and all my business is online now and I love it, because I felt like there is only so much I could do with one-on-one in person and you know I ended up working with celebrities like Richard Branson, Robert Downey Jr., Ricky Martin when I was in Miami Beach and I worked with a lot of CEOs of multimillion dollar companies and I still work with some of those guys but I do it from this digital nomad lifestyle that I'm currently living. And what I love to do is I love to educate people, I love to take complex ideas like some of the things that you talk about on this show and some of the researchers who come on and some of the research that I read and I love to break things down in the way that the general population can understand and not only understand Danny I try to communicate in a very real way and that's kind of what I'm really passionate about right now. I do speaking, I do coaching and man I'm just excited about this new phase where being this digital nomad which I've been doing for the past 4 months now.

DANNY LENNON:

Yeah, that's awesome and we'll definitely dig into some of your past experiences so on. Before I get into the real nuts and bolts of this show I'm sure for some of those people listening they'll have this burning question right now after what you've just said and coaching someone like Robert Downey Jr., is that as badass as it sounds?

TED RYCE:

Yeah. You know it's funny because it was such an honor to meet – it was weird when I first met him, I met him through a CEO that I trained, he was a real estate developer in Miami Beach and he was one of the guys who was kind of responsible for revitalizing Miami and bringing a lot of art to Miami because there is this big art show in Miami and he was big part of that. Somehow he ended up connecting with all these celebrities Robert was one of them and I was just casually training one day having conversations in-between sets and he is like, "Hey! You know Robert

Downey Jr., right?” And I was like, “Yeah, yeah.” Because I grew up watching his movies, right? I was that kid in the ‘80s watching weird science and all the other movies that he was in *Less Than Zero*, and then *Air America*, just *Natural Born Killers* in ‘90s I guess, I grew up watching and I was trying to play cool about it, but I was really excited and I was like, “Yeah, yeah.” And he was telling me, “Yeah, well he is staying here right now and he wants to train.” You know I ended up meeting him and training him and he is a really, at least at that time, he is a really cool guy. Now, this was before he did his first *Iron Man* movie and skyrocketed to fame and rode that superhero movie wave but he was just a really cool guy down-to-earth and we shared some really cool moments. I know you’re a Brazilian jujitsu guy as well Danny and I was I think a blue belt or maybe a purple belt at the time and he was really into Wing Chun, and so he was showing – we got into it and to a conversation about martial arts, and I was like, “Yeah, yeah that was cool,” because I was so – you know exactly what I’m talking about when you get into Brazilian jujitsu you are like, “Wow! I’m learning the ultimate art right now.” And so I said something maybe it was a little bit condescending towards Wing Chun even though I appreciate all the different martial arts out there, but I was like, “Yeah, it’s cool. It looks flashy, but you know Brazilian jujitsu it’s what it’s all about right now.” You know and he started getting into a fighting stance and he like came at me in typical traditional Wing Chun style and I lowered my level did an ankle pick and sat him on his butt within a matter of a second or two and he laughed about it. We both had a laugh and it was just a cool experience training him and really an honor.

DANNY LENNON:

That’s awesome man, yeah. Not every day you get to ankle pick Iron Man, so that’s a great story to have in your back pocket. With this Ted there are a lot of things I want to ask about, but I think maybe to lead this off with quite a big question. So, forgive me for getting into this straightaway is with all the work that you do and that you do obviously online and when you try to speak to people and what you do with your podcast is it possible to distill that down into a core message or what is it that you are most passionate about getting out there when you either interact with

Ted Ryce

whether that be with one-on-one client, whether you talk in a seminar with a goal of your podcast is there some sort of kind of core message or mission that you think underlines all of your work at least at this present moment in time?

TED RYCE:

Yeah, that's such a great question and I think it's maybe the first time it's ever been asked, and the idea really is – I'll just say it like this, I believe everybody has untapped potential, I believe everybody can tap into that potential, and I believe that so many of us we're living lives where we're not happy, where we don't feel good, where we feel we have limiting beliefs about what's possible in our life, in the world, what we're capable of doing and what I do – and my fitness business has transitioned from just fitness to really helping people with mindset too, and so what I try to do is I try to empower people to go figure out what they're really about, get healthy so that you have the energy to do it, and then go into the take action you know go after what you truly want, because lot of us don't know what we want, a lot of us – we'll this doesn't go for your listeners, but a lot of people are out of shape. They don't know what it's like to feel healthy, their brain is all clouded because they're not getting enough movement and they're not eating the right things, so they are eating way too much or they're drinking too much and it's all just kind of gumming up society, right? It's all stopping us from living better lives and in turn stopping the world from progressing, and so I want people to live better lives, I want people to go out there and do things and everything I do with Legendary Life is geared towards giving people the tools and the mindset to make that happen.

DANNY LENNON:

And you mentioned there about this kind of drive to get people healthy, and for people to realize that being healthy can have such dramatic impacts. And I'm just wondering from you because as I've talked to you before certainly with myself, my own idea of what healthy is has certainly changed over the years and even more so in recent times. How has your thought process changed over time on the question of what does it take to be healthy like what things are part of that equation to be a healthy human has that changed and if so how?

Ted Ryce

TED RYCE:

It definitely has, but if I had to sum it up it would sustainability, right? Like you talk about Danny the most important thing about nutrition is or what diet you should follow is whether you can follow it or not. And in my career as a fitness professional and I also competed in Brazilian jujitsu I wanted to be the best shape possible, but my idea what was in shape had to do more with athletic performance. So, I wanted to be strong, I wanted to not be too big because I competed in weight classes, and I wanted to have great endurance, but during that time I had a lot of joint injuries and I was in a lot of pain and I looked great. If you would have looked at me you would have been, "Well wow!" You know I have pictures of me from my competitions and video and you would have said, "Man, you're in great shape." But I was feeling terrible, I was constantly inflamed, at least my joints were, I didn't sleep well because it wasn't something that I put a lot of emphasis on, and so the things that have changed over time have been focusing more on things like sleep, and then also looking outside just the normal like, "Okay, well what diet should I eat, right? What exercises should I do?" Thinking about, "Okay, well what's going to help me live the longest, what's going to help me stay," you know I know it's a loaded word, but functional, right? And to do the things that I want to do in my life. And that's how my health and fitness approach has changed, and so I do a lot more aerobic exercise because all the work that Steven Blair did with showing that there is the strongest amount of evidence – everybody is so funny, not your listeners, but so many people they're like trying to look for the super food to eat, to get them to live to a hundred or what special diet they should follow and the best evidence as far as I am aware of anyway shows that your cardio-respiratory level of fitness is the thing that matters the most, right? And if you're eating a reasonably good diet and doing all the other things this is something that can really take you to the next level, so I started focusing on that. I started using a lot more isometric training in my resistance training routines because of the injuries that I sustained in just trying to lift as much weight as possible, and also from the Brazilian jujitsu stuff and you know those are few things and I guess I started getting really interested in also glycine issue, the

Ted Ryce

methionine and glycine issue and I am sure you're aware of it, most of your listeners are aware of you know if you're eating a lot of meat that is muscle meat and very high on methionine you already running a deficit with glycine because that's just how the human metabolism seems to be setup, but just making sure that I don't overdo it and I started adding in a lot more collagen through either bone broth which I am in Asia right now, so if you're like, "Oh, no," face-palming yourself, I mean these guys eat bone broth just it's not an elite thing that you'll find in whole foods it's just the way they do things out here. So, I try to eat more varied and try to get a lot more glycine and collagen, so those are few things that I started doing differently.

DANNY LENNON:

Yeah, that's super interesting and I think that kind of evolution of how we pick up stuff over time is obviously something that most people can identify with not only of new things we learn and add in, but things that we previously held and start to drop, and we start to change I suppose that priority list of the stuff that we should be doing or what actually matters. And that kind of leads me into something that off air I've discussed with you a few times and that being kind of prompted by our first few interactions after I contacted you after one of your Facebook posts which we can maybe talk about later and I had obviously mentioned to you some stuff that's been going on in my personal life that had really for the first time highlighted to me how insignificant maybe small dietary changes actually matter in the face of something that's not only profoundly psychologically different but physiologically the impact something like that has is far detrimental than something I could be doing poorly on one diet choice and kind of come to rethink about these factors that overall influence our health. So, maybe it might be a good point to jump in and start talking about some of I guess the influencers on long-term health that maybe aren't discussed as often in the fitness industry as we should?

TED RYCE:

The biggest thing is from the work of Steve Cole on social isolation and loneliness and for those of you who are listening right now and don't know it's really something you should look up, because what Steve

Cole found is that social isolation is the term that researchers use but more specifically the feelings of loneliness that people experience have this profound effect on their levels of inflammation and their mortality, and it's just so crazy because we're all focused on getting our clients to get in their weight training and their cardio or their cross-fit or whatever and we're trying to get them to adhere to their diets and eat their whole foods that are nutrient rich and keep the calories in check, so they maintain healthy body fat levels and what we're seeing is at least in terms of disease this thing called loneliness maybe even more impactful. And I think the way to talk about it is that if we could imagine ourselves 10,000 years ago – if we just do a thought experiment and think about okay what it would be like 10,000 years ago you know you and me were in a tribe of you know 100 or 200 people or whatever it was, and Danny you would be like the, I don't know, the medicine man and I would be like, I don't know, a farmer or something or whatever, a teacher or whatever, but you would have a distinct role. The point is you would know what your purpose is and I would know what my purpose is in the group and we would all have a job that would help the collective do well. And what we've kind of seen with some of the research is that let's say something happens to the group of people, the community that we're in. Let's say it's a natural disaster and you know the lands get flooded we can't farm it anymore or hunt on it anymore and we have to scatter, and so we're alone. What we see is that because of this loneliness, this isolation, our levels of inflammation start rising up and it seems like we really are social animals and we really need each other and we thrive in communities, and I think we see that in our industry we're like we wonder why cross-fit does so well. Well, okay it's a hard workout and it really triggers some of those chemicals that make you want to keep doing that intense exercise, but if you really look at it it's the community aspect and if we look at like the ketogenic diet how well it's done. We see the people were just cult like fans well they have a huge support group around them. In fact, we were talking when I had you on my podcast like people have their Instagram handles they got keto in it and you know you just see the comments and they're all supporting each other and now regardless of whether

Ted Ryce

that's the right or wrong way to approach nutrition. The point is that a lot of us we feel lonely and it's ironic because we're more connected now than ever, right? We're surrounded, we go to work we have a hundred people in our company or more in that office that we work in, and we all have – I don't know, I have 4,000 something friends on Facebook just like you do. But we don't feel like we have deep relationships with the people that we're around and a lot of us we're really lacking those relationships, and it's a huge issue and it has a bigger impact on our mortality and our inflammation levels than the things that we're always talking about in health and fitness. And I think there's something there not just with ourselves, but also with our clients we need to start bridging that gap, we need to start understanding like, hey maybe this person isn't getting in shape or having a hard time adhering to their nutrition and fitness routine because they don't have social support, they don't feel good. They feel lonely. Maybe they're even in a marriage and it's not going so well or they're in a job and it's just sucking their soul away and I think we need to start appreciating those things not just because it's something important to talk about, but also because the impact on health that it has.

DANNY LENNON:

Yeah. I think the really profound thing that maybe isn't discussed so often as you bring up is that when people maybe first hear about like your topic of social isolation, and how maybe that can lead to other things like social anxiety or whether it's general feelings of loneliness. I think probably most people – I'm extremely surprised to say that have some health benefit or health detriment with those things. But I think that's mainly because we're thinking, "Well, yeah psychologically it can't be that enjoyable," and maybe that's not a good mental state to be in. But the kind of interesting thing you're seeing is like you say it's all connected this manifests itself quite clearly physiologically in terms of symptoms that people experience. I am sure people that have experienced this get that feeling of almost like feeling sick in your stomach all the time like certainly you had those kind of symptoms or feelings that there's physiological manifestations of this, and then when you look like the mortality statistics like you said of how much were primary driver some of these things are of that beyond

Ted Ryce

some of the stuff we think is more important it's kind of crazy. And I think one probably interesting area to explore is that there are two ways I guess we can view this. There are on one side these things like social interaction and psychology and loneliness and stress or that lack of purpose that you mentioned these things probably need to be addressed directly because just training and diet alone isn't going to have that big huge impact on health if these things are not addressed or addressing these can have larger impact. But second there is also this other branch of this where how fitness and nutrition can actually maybe indirectly help with some of these areas too. So, I don't know about those two opposing branches if you want to talk about any of those, if you have any insights into how those two things differ I guess?

TED RYCE:

Yeah. What I would say is, and especially to make it relevant for your listeners Danny because I know lot of people who listen to this or their coaches, their strength coaches, their nutritionists, their dieticians the thing – we run a successful online group coaching program and I'll tell you we transition from just like – when people signed up here's your diet to follow, here's your meal plan, here's your workout to follow and they got okay results but what we started doing and what we started seeing with people – and this is what I've seen in 19 years working with people as well, people have issues with their mindset, they have issues with their life and they come to health and fitness a lot of times not because they're objectively thinking oh my body fat percentage is in the unhealthy range I need to lower it, I need to increase my resistance training, so I don't get sarcopenia or raise my cardio-respiratory level of fitness. They are not thinking like that. There is something wrong they feel bad and they want to do something about it, and I think like you mentioned health and fitness it goes a long way and it can help with anxiety, it can help with depression, you know effects of exercise on BDNF, and the effects on the brain, I mean that's all well established. But if we're not willing to go there with our clients I think one it's holding you back business wise or can hold you back business wise because there's that lack of connection and you're not really helping the person for why they really came to you and I know a lot of coaches, at least I was, I didn't

want to go there man, I just wanted to – it's like here is this periodized program, here is this you know this nutrition plan that I used all these calculations to figure out the right amount of calories, protein, fat, and carbs based on your body fat percentage and weight, and you know people are looking for more than that. They're looking for happiness, they're looking for connection, they're looking to feel better and I think if you're not willing to go there at least a little bit it's holding your business back and it's holding also the impact that you can make on someone's life. One thing I learned from – learning from some of the mentors that I've had is they've all been willing to go there, and so I started doing that too because awhile back probably in my mid-20s, late 20s I was training people and I just saw these people struggling with life, and they would come and they would feel better after working out because of what working out does for you, releases all the chemicals and you feel better but it wouldn't change the reason why they wanted to work out. They needed to go deeper, and so that's what we do in the coaching program. And then the other question you asked is like well okay so someone is not exercising and they exercise and they're dealing with these issues of loneliness, social isolation, and anxiety. They start exercising they're going to be better. What about people who are exercising all the time like I was and probably like a lot of people listening are right now what do you do more of. You can't do more, right? At one point you've got to look outside of doing more cardio or lifting more weight or upping your frequency in the gym and say what am I missing here, what am I running away from here, what am I not addressing in my life because I am doing everything "right" when it comes to what I eat and the amount of exercise I am getting, but I don't feel good. You know I feel like I'm lonely, I feel like I am isolated, I feel like my relationships aren't what they should be, I don't feel like I have a community that I belong to, I feel like my communication skills aren't good, I feel like I don't have this purpose, and I don't have a perspective, and I don't have that much fun in life then that's where no more exercise is going to help and you're going to have to look at these other things.

Ted Ryce

DANNY LENNON:

Yeah. I totally agree and I think addressing some of these things is no easy task. It's this thing of, particularly like you say for those of us are into training and eating well and on paper we're doing these things that should be productive. It doesn't make us a new interfacing some of these other challenges and traumas that are going to affect our health whether that's like some sort of trauma that inflicts psychological damage, whether that's just this feeling of loneliness that has these implications for psychology and physiology, whether it's just a huge stress that's placed on us or just even this feeling of feeling in this lack of direction as some of us experience in different time point in our life that all these different factors can come to play and a lot of that I guess is part of normal life at this stage at least. All these people are going to face different traumas and I think as you know again on the back of when I reached out to you and kind of talked about some of that stuff it's been, personally at least, it's been a struggle to deal with some stuff because for me at least there is this disconnect between rationally knowing what would be productive and what I should do, and thought patterns and behaviors that are not positive for me, but being able to actually go and feel a certain way. So, I can know what rationally I should be doing or how I want to feel but the difficulty becomes actually feeling a certain way or acting a certain way. So, I'm just interested because again obviously what you've expressed kind of publicly about some of the things you had to overcome and the resilience you've shown, and to now where people look at you like this just being of positivity I'm just wondering what has your internal dialog been like to avoid getting stuck in a negative mindset or a thought loop or things that you have found helpful that might be useable for people when they inherently are going to face these psychological challenges or some of the other issues that you mentioned despite having on paper good health and ability to exercise and all of the great things that most of us in the western world are afforded?

TED RYCE:

Yeah. It's such an important question and just to give context to this question that you're asking, so I made a post on Facebook and this is something I've talked about a lot if you happen have heard my podcast

before, but the way I got into health and fitness was not – I wasn't the jock who just naturally made that transition it was through tragedy that I have serendipitously found my way into the industry and I had a really hard time growing up, I lost my mom in a car accident when I was 14 years old, I didn't really do well in high school because it was right before I started my freshmen year did really poorly, and I wasn't a bad kid or anything although I was doing all sorts of questionable things but I was just angry and sad and I didn't have a strong support group, and then I started to pull my act together as I made it through high school by the skin of my teeth and I started to do well when I got to college and I wanted to study neuroscience Danny, and as I was in this journey to kind of figure out like my own pain and how the physiology of the brain effects that and effects our behavior something terrible happened my 9-year old brother was kidnapped and you know he disappeared. He disappeared one day and like I just said we later figured out that he was kidnapped and murdered, and not only was this a horrible and heinous thing to happen to my family but it was also in the limelight. My parents they crusaded for kid's rights, missing children's rights in particular. They went on Oprah, they met with Bill Clinton, they met with George W. Bush, they ended up getting a law passed in Florida to help protect children from predators, and so it was a big high profile case that really – like I talk about it now freely, but I didn't talk about it for a long time because I didn't have a choice. It was just all over the media, and in fact if you know anyone Miami who lived there for over 20 years when my brother was kidnapped and murdered they remember his name. And I don't want to go too much into what happened, but there is a true FBI crime story segment on it and it's all over the internet if you Googled Jimmy Ryce or even my name but it threw me through a loop. I just didn't know what to do in my life. I ended up dropping out of college. All the dreams about becoming a neuro-scientist and doing some really cool stuff and figuring things out and helping people in that way was all gone for me. And I started developing very negative thoughts about myself about the world. I didn't think I was ever going to be happy again. I didn't think I was ever going to reach success however I was going to define it. I thought my life was over; I

really did, even though I was only 19 years old. And that was when I ended up finding health and fitness just a few years later, and health and fitness for the foundation it gave me the tools, it gave me the strength, the mental and physical strength to turn my life around. But what I later discovered was it wasn't enough, so got myself in good shape but I was directionless in my career with personal training. I remember being so frustrated and thinking like am I just going to train people for the rest of my life. What's the purpose here, what's the direction, how am I going to take this to the next level and do something with it? Even though I had a lot of successes I got to the point where I felt very stuck in my career to the point where I ended up leaving the health and fitness business to back to school to become a medical doctor because I felt like I would never get the respect I wanted if I was a personal trainer. And then, another tragedy happened and I had to drop out again. I don't want to talk too much about my personal experience or what happened unless you really want to hear the details. But what I learned was I was fully of limiting beliefs and we can breakdown limiting beliefs in a very evidence based way man it's what I like about it. What we can do is okay I have that belief let's say – and what we can say is okay is this really true. Let's look at the evidence out there and really break them down, and give yourself the evidence to prove like hey okay this isn't true, so what is really the problem here then or if it's true then you're going to need to reframe it and find a way around that obstacle.

DANNY LENNON:

Yeah. First let me just say thank you for sharing your past experience and I'm sure it's quite heavy stuff and I appreciate that you were able to share that with people. And I think on some of that's kind of final pieces it really is something that I think definitely at least speaks to me because of again maybe that rationale nature of mine that we can essentially line up these assumptions that we have and we can just test assumptions which is essentially what we try and do with science it's like can we objectively ask well is this thing that we think to be true is actually true, and if we're unsure well how do we maybe find that out or what do we do about that then and trying to look at how do we progress forward as opposed to be I guess caught in a loop of thinking about this thing as

Ted Ryce

opposed to thinking okay what can I step forward to do about it I guess. So, I think there is just so much within there that you've mentioned and I think that gives a lot?

TED RYCE:

Yeah, and another thing that I would suggest to people is I'm really interested in this concept of flow, and I know you and I have talked about this before and you know the science is kind of interesting to be honest. I haven't read a lot of research around it. I've read *The Rise of Superman* by Steven Kotler that was a good book, I've read *Flow* by Csikszentmihalyi who is like the grandfather of flow research and what Csikszentmihalyi we kind of talked about in Steven Kotler later I guess helped modernize and share the information in a bit more entertaining way using extreme athletes as case studies is that there is a state of optimal performance. A state where we feel our best and perform out best, and everyone listening knows that if they played a sport and they were in the zone in their sport, if you play a musical instrument and you were just in the zone playing that musical instrument or playing in a band. And it's something where there's research showing that people get more done and people feel better and people are more happy when they have more of this state in their life and this is something that I learned later on. I have found out about flow as a concept later on, I read the books later on but one of the things that I did in my healing process was that I looked for things that made me forget about the past, to focusing on the future and just got me in the moment, and what I noticed was that – and this is a belief of mine is that the more of these experiences we can have, these altered states where we feel so good it ends up transforming you as a person. It leads to alter traits. You become a different person through these experiences. Now I don't think neuro-science is mapped out all the ways this happens or perhaps someone can tell me that I am wrong, but the important practical part that you can take away from this is what are you doing in your life that pushes you to the edge, pushes you outside your comfort zone. And a lot of us coaches will do that for our clients like our clients are usually successful people in business or professionals who've made enough money because they worked hard enough and developed enough skill and get paid well enough, so

they can hire people like us, and so we help them and they transform as a person as they start to learn better skills, they start to exercise, they start to eat better, they start to feel better. But what do we do because if you do something enough, I mean, lifting a little bit more weight in the gym that's not really pushing yourself outside your comfort zone you know try to follow your diet it's really not pushing yourself outside your comfort zone if it's just a small step away from which you've already been doing. And I notice that in myself and that's how I found Brazilian jujitsu that's how I found the martial arts in general that's how I found Brazilian jujitsu and I found learning it – because I was really scared at the time, it changed me as a person and doing those tournaments, and when I say I was scared I was like you know I was rolling around with all these people who you know they know how to twist joints in ways that a bio-mechanist would say that's probably not a good idea, right? You know it changed me as a person and Danny I know you're into the jits as they say these days, and I am sure that's part of what drove you to get into it. And even more so I had a problem with speaking although I am talking a lot right now it's probably hard to imagine that I ever had a problem. It seems like I have more of a problem shutting up than actually speaking, but I had a lot of severe social anxiety from all the things that I went through, and so one of the ways that I was able to grow and push myself outside my comfort zone I did a lot of public speaking courses and I did improv acting courses. In fact, I took a buddy of mine a former NFL linebacker turned health coach, he was looking to step up his business and hire me to help coach him on his business. We did that, but something what we did too I took him to the improv acting classes with me, and he looked at me, I mean, you don't get to be more of a jock than this guy is where you played football throughout high school, throughout college, and then made it to the NFL the pinnacle of what you can achieve playing football, and I had him in this class where we were doing all this crazy drills and it got him way outside of his comfort zone, it got me way outside of my comfort zone but we grew so much as people and I ended up stopping when it became less emotionally challenging although I'm not good at improv acting at all. It stopped becoming challenging emotionally, so I stopped and found something else

Ted Ryce

and now I'm traveling. So, those are just a few ideas of some of the things that you can do to push yourself outside your comfort zone to really push yourself as a person to become more successful and more confident person or happier person.

DANNY LENNON:

I think there are a couple of things you said about number 1 that being in the present, and 2 was this idea of pushing yourself outside the comfort zone, and I think those couple of things are I think some people have probably heard before and to some degree we can think of them as clichés because we've heard them quite a lot. But I think there is a reason for that and when you look at the science they're essentially exactly what it backs up, and like you mentioned the flow and our last podcast episode actually psychologist Hugh Gilmore on who was talking about these flow states, which is essentially the point where you're trying to get something that is challenging enough that's just right on the edge of your competency. So, again pushing you right to your limit of ability, so again another way to phrase that is going beyond that point that's comfortable for you is where you get this kind of flow state and the positive benefits you get from that, and then that kind of being in the present is essentially what flow drives. So, I think it's all stuff that's quite clearly backed up, and it's interesting then the final piece you mentioned around the social anxiety and the public speaking because again when you look at those typical areas I think one of the most evidence based interventions that is often used within psychology for something like that is – they'll term of exposure therapy, but it's exactly what you just outlined just go and do more of that, and find places where you could do more of the speaking and keep doing it until it's actually not this big thing. And so it's fascinating how you've been able to work all this stuff out and we see quite then there's literature supporting these different ideas, but with the big underlying thing for people is that like there is legitimate strategies here and while it's – and as I can fully appreciate myself, it's very, very difficult at the time to even think about them or to even believe that it'll work is knowing that they are there and they clearly work for people and they can be backed up by a...?

Ted Ryce

TED RYCE:

Absolutely man and thanks. I always love the way you bring it back, the way you talk and breakdown like okay we'll – how you support the arguments, and support the points Danny that's what I love about your show and about you. And yeah I mean you mentioned a good point someone could be listening and say oh get outside your comfort zone, how many names have I seen about that. But the issue is we make as coaches the same mistake that all our clients make. They all know what to do man, they all know the basics. Now, they may be confused because there is so much information, but we're in this point where it's not about the new thing it's about are you taking action on what you know, and are you taking consistent action and that's what you have to challenge yourself on, because the problem is – another issue that I dealt with and I see a lot of people deal with is that the quest for more information is just a form of procrastination. It gives you the illusion if you're arguing, if you're trolling you know Dave Asprey on Facebook or if you're making comments on Tracy Anderson's page because she said that drinking Diet Soda causes inflammation in your body it gives you the illusion that you're doing something just like reading books about how to make your life better or listening to a podcast even and I talk about this all the time on my podcast. It gives you the illusion that you're doing something good for yourself and you feel good after doing it, but the problem is the net result in your life is zero and nothing comes as a result of it. You don't get more clients from trolling people, at least I don't know of anybody who does, maybe Alex Yada or something with his trolling ability. And reading books it's like what did you apply from that book, what did you apply from listening to this podcast and I feel like we're just in this time where people are great at reading the next book, going to the next seminar, listening to the next podcast but what are you actually doing different that's the question we all need to answer for ourselves.

DANNY LENNON:

Yeah, doing the hard stuff that's actually going to be effective and just one thing that springs to my own mind because right now I'm trying to do it. I'm in the early stages of trying to learn a new language and I'm learning some German but I've definitely been guilty on numerous occasions of okay I need to do

Ted Ryce

something than going onto YouTube and I'll spend 20 to 30 minutes watching videos on how to learn languages faster. But it's just someone talking to me in English telling me how different tactics and techniques to learn language faster and half-an-hour later I haven't looked at one word of German. So, it's just again the idea of something that's easier for me to do at the time, but that isn't actually effective. I would have been better off just spending 30 minutes actually just learning some words in German. So, I think that kind of analogy lines up pretty well with that thought process. And Ted we're coming really close to time here, so it's just for sake of time we better start wrapping some stuff up here, and so before I get to my final question which I am extremely interested to hear your answer on where is the best place for people to track you down on social media, on the internet, and anywhere else you want to send them online?

TED RYCE:

Sure. Well, you can find me – all my info and my podcast at legendarylifepodcast.com. You can find me on Facebook at T-E-D-R-Y-C-E, so Ted Ryce and Ryce is spelt with a Y and that's where I'm most active. I got a Instagram account and everything, I own a Twitter account but I'm really about what I do on my website and my email list I send out an email almost every day and it's something valuable, it's not me pitching something it's something that I feel is valuable that's where I do most of the posts actually. So, that's the best way to connect with me, very active on Facebook and I've put together something a little bit special and for anyone listening who wants to go a little bit deeper or want some help around this or maybe some guidance in what they're doing with their coaching business, I was saying online there but we help – we help me and my wife she is a marketing professional, we help coaches online to put something out there that you know enhances their business like gets them going online. So, if you're interested in that and want to set up a call on legendarylifepodcast.com/sigmanutrition.

DANNY LENNON:

Awesome! And so everyone listening that will all be included within the show notes to this particular episode, so you can check all of that stuff out there as I recommend. And with that Ted that brings us to the final question of the show, which is if you could advice

Ted Ryce

people to do one thing each day that would have a positive impact on any area of their life what would that one thing be?

TED RYCE:

I would say do an audit with the type of information that you're letting into your mind, letting into your life and what I mean by that is if you constantly feel like the world is a bad place, if you feel like that it's hard to be successful with your coaching business, if you feel like any of those things are hard look around at where you're spending your time, where you're getting your information and if you have a lot of people on Facebook who are constantly making negative comments and being negative and putting negative thoughts in your mind, and making you feel down or make you feel bad or even people in your actual life who do that to you start doing an audit, be more focused cutting out those negative influences and watch your life improve that's one of the fastest ways that you can start to be more successful, be more positive person and I don't mean happy go lucky person, but be a person who gets stuff done. Start paying attention to those things that are coming into your mind and you know get rid of the negative ones and start to increase the positive things and just watch you how you know like you've mentioned Danny we're also rationale especially we're into the science, we like to just you know go for the truth and a lot of us have a lot of nihilistic beliefs about the world. But just try that out and see if it makes a huge difference for you.

DANNY LENNON:

Awesome! Perfect way to round this out man. I want to say thank you so much for taking the time to do this and for sharing your experiences and for talking through your insights and what you've learned over the years, and all these various gems of information you've given people today and I just hope our conversation proves useful to those who are listening and with that Ted thank you so much for being a part of it. It was great as always to talk to you my friend.

TED RYCE:

Thanks so much Danny it was a honor to be on the show.

Please support the podcast by either leaving a review on iTunes or by going to:
patreon.com/sigmanutrition