



Positively Jane - The Podcast

Navigating Life's Highway... *together*

Episode #15 Transcript: Build Wealth: Create Financial Independence

JANE SHINE:

I hate to break it to you...but even if you are young you are aging. You are getting older every day. And one day, in that far future that you can't even imagine, you will look back and wonder what happened. How did that person then become the person you are now? And not just in your physical appearance but in your inner heart and mind as well. And, if you are anything like me and everyone else I know who is my age you will wish that you would have paid more attention and made the changes when you were younger.

So, if you would like to live a healthier lifestyle during your todays so that your tomorrows will better serve you, this episode of the Positively Jane Podcast is for you. I have 10 tips for choosing, and living a healthier lifestyle.

INTRO:

Hey there - I'm Jane Shine. As a blogger for over 4 years, I have been encouraging women of all ages to rise above those circumstances that kick them in the butt and choose a life filled with joy. Topics - you name it. From relationships, anger and irritation, embracing the aging process, how to retire with wealth, and so much more! We have been navigating life's highway together and I can't wait for you to dive in and navigate your own life with us.

Let's talk about a wellness product that I am loving. After years of dieting, I have decided, at the ripe old age of 69, that I would rather be healthy than spend my time on diets. I needed healthy alternatives that were quick and easy for me cause I am a busy girl!

I decided to begin this new journey with smoothies. I can make 15 at a time, put them in reusable freezer bags so I can grab, blend and go. I needed a really good protein powder. One without all the chemicals, added sugars, and one with a high protein content AND one that tastes great. Asking a lot, right?

Enter in the Be Well by Kelly Protein Powder. Each scoop has 24 grams of protein. You can get vanilla, chocolate, or unflavored. Grass fed or vegan based.

My smoothies taste great and they fuel me all afternoon! Check out Be Well



Positively Jane - The Podcast

Navigating Life's Highway... *together*

Be Well and those smoothie bags...your body will thank you. Use the code PJ10 and get \$5 off. Links are in the show notes.

JANE:

Ok - let's jump right in.

Do you look back on your life and remember when you could run, jump, climb or hike with the best of them? You didn't even give it any thought did you - you just did it? And now here you are - getting stiffer as the years go by. Your knees hurt. Stairs are hard to navigate.

How about eating? Do you just eat the most convenient foods and not spend any time looking at the ingredients to make sure you are eating what is good for you - not just what tastes good.

Do you remember being young and invincible? Nothing was going to happen to you, right? I remember looking at older people and not really seeing them. They were not in my focus or range of thought. I was focused on me and my lifestyle and group of friends.

And, I hate to even say this out loud but in the interest of transparency - I would see older people, the ones who walked slowly or were hunched over, and totally judged them. I would think - what in the world? And I would emphatically think - that will never happen to me!

And then I had kids in my late 30's. And my body fell apart. My metabolism shut down. I gained so much weight and could not get rid of it. Finally after eating way too few calories, running 4 times a week and having a personal trainer 2 times a week I lost most of my weight. And all was good, or so I thought.

But that wasn't a lifestyle I could maintain. Sometimes I wanted a piece of cake or a slice of pizza. Or I didn't want to run 10 miles a week. Sometimes I didn't want to only eat chicken breast and salad. Has this ever happened to you? Wanting something, doing what it took to get that something, and then realizing that maintaining it was impossible?



Positively Jane - The Podcast

Navigating Life's Highway... *together*

And so I would succumb to the bad things. At least that is what my mind said. The forbidden things. And I ate the cookie or skipped a running day. And soon the 'what the hell's' set in...and I just quit and gave up altogether.

Looking back I now know that I was focused on the wrong thing...my weight. My appearance. Which is hard not to do in the world we live in today. Where so much is focused on our outward appearance.

And looking back I wish I would have put some different practices into place. I wonder where I would be now if I made different choices earlier in my life.

Ones that focused on inner health, physical and mental, and not just outward appearances. I need to interject 1 caveat here - some of the things that I do now were not available to me back in the day. So you have a much greater advantage than I ever had. So much more information and knowledge. Support is plentiful now too. Take advantage of it all!

As I said earlier, even if you are on the young spectrum of life - one thing to keep in mind...we are all aging. No matter how old we are. Take care of yourself when you are younger while you still can. But it's also never too late. I am 69 and grabbing onto what I can while I still can. So let me dig into my top 10 tips for a healthier lifestyle. These are in no particular order.

#1. Take collagen. Every day. And start now. Why? Because collagen is the major component of connective tissues that make up several body parts, including tendons, ligaments, skin and muscles. It has many important functions, including providing your skin with structure and strengthening your joints and bones. It is good for your hair and nails.

I recently had a bone scan and my bones are on the weak side. My muscles ache and my body doesn't want to move like it used to. Looking back, I wish I would have started with collagen sooner.

There are a lot of collagens out there to choose from. My fave collagen is Vital Proteins. I like the unflavored - I put it in my water bottle every morning with 1 other thing that I will get into in a sec.



Positively Jane - The Podcast

Navigating Life's Highway... *together*

#2. Drink water. Now I know you know this...but it's true. Our bodies are machines that need water in order to work at peak efficiency. Like gas for your car. Your car won't run without gas. Your body won't run without water. Your body is about 60% water. Meaning that it needs water to continue to do what it needs to do.

When you feel thirsty you are already dehydrated. If your urine is yellow you need more water. It should be close to clear. And at first, as you drink more water you will pee more. Eventually your body will hang onto it and you aren't running to the toilet as often.

How much should you drink? The rule of thumb is half your body weight in ounces. If you weigh 150 pounds then drink 75 ounces of water.

The 2nd thing that I add to my water bottle each morning is LMNT, along with my collagen. LMNT is the perfect electrolyte that my body needs. It has sodium, magnesium and potassium. Key ingredients for our aging bodies. It has zero sugar! Not only does it replace electrolytes, it also helps promote deep sleep by giving you the sodium it needs. When I drink LMNT later in the day I sleep like a baby. My fave is chocolate. Yum, chocolate water!

#3 Greens. Your mama used to tell you to eat your greens, right? But gosh, who wants to eat platefuls of spinach or kale or even cucumbers. But greens are essential to your body. And I could go into all of the science here but that will bore you for sure

Vitamin K is in leafy greens and is associated with numerous health benefits including lessening the risk of heart problems, maintaining healthy blood vessels and preventing bone loss with aging. And they are so good for your eye and cognitive health. As we age we need all of the help we can get. Especially those brains of ours.

So get out there and make your kale salads and eat your spinach. But if you are like me and can't eat as much as you need you might need a supplement. I personally love Athletic Greens from AG1. Their greens have 75+ fruits and vegetables. 1 scoop of AG1 replaces your multivitamin, pre and probiotics, immune support, adaptogens and so much more. It definitely fills the nutrient



Positively Jane - The Podcast

Navigating Life's Highway... *together*

the nutrient gaps in your diet.

And before I get into #4 - I am definitely not suggesting that you need to go out and buy products in order to create and maintain a healthy lifestyle. Not at all.

I just know that our soil is depleted of nutrients, our bodies are missing so many things due to the way our food is farmed and all of the processed foods that we consume and we just can't eat enough to get us healthy or keep us there. I have found the products very helpful. Maybe you will too.

#4. Sleep and plenty of it. Our bodies need sleep. Our bodies need a sleep routine. Sameish bedtime and wake up at the sameish time. I used to think that I laid in bed all night not sleeping. And then I got my Oura ring and found out that I am sleeping...just not in a deep sleep. It was good for me to know that I got to sleep. And that if I was tired it could be due to something else - like what I ate for dinner.

Everyone needs sleep, but its biological purpose remains a mystery. Sleep affects almost every type of tissue and system in the body – from the brain, heart, and lungs to metabolism, immune function, mood, and disease resistance.

Research shows that a chronic lack of sleep, or getting poor quality sleep, increases the risk of disorders including high blood pressure, cardiovascular disease, diabetes, depression, and obesity. Gosh, who knew.

My ring not only tracks the hours I sleep. It tells me when I am in deep sleep, REM sleep, whether or not it was restful plus so much more. One of the crazy things it does is tell me my readiness score. This tells me if I should be more active or be a little more chill in order to recover. Now, this is not a good excuse for me to not go to Pilates!

#5. Exercise. Move your body. Stretch. Keep those muscles loose and moving. When our son was born my husband could lift him over head with one arm. He said that if continued to do that everyday, he would be able to lift him when he was 5. I have no idea if that is true because he quit doing it after a few months.



Positively Jane - The Podcast

Navigating Life's Highway... *together*

In essence he was saying...that if he started someplace and increased it by tiny amounts each day, week, or month he would be able to do more than he ever thought he could. But you gotta start someplace. And I am applying that to me today.

I am currently in a Pilates studio and I work out on the reformer 3 times a week. And, believe it or not, pilates is a workout. My goal is mobility and balance. I am trying to avoid walking like a duck and being afraid of falling when I get older than I am now.

Try yoga. Hire a personal trainer. Do classes. Walk on the treadmill or go outside. Whatever you do...you gotta move it or you will lose it. Episode 7 on the podcast is a good listen about moving it.

Get your heart rate up. Get the blood moving. Sweat a little. It's so good for you

#6. Make wise food choices. Choose healthier options. Practice meal planning. Find easy to cook foods that are good for you.

All of those prepackaged foods taste so yummy. In fact, they can even be addicting. Did you know that is not by accident. Those addictive additives are by design. Have you looked at the ingredients lately? Is there anything you recognize? All of those man made ingredients worry me.

Are we slowly injecting cancer causing agents into ourselves and don't even realize it? Dr. Mark Hyman has a great podcast about nutrition and what the industry does to us and is accepted as ok. Take Crisco for example. Crisco is commonly used in making pie crusts. It was originally formulated as a machine lubricant.. They added 'lightened it up' somehow, I am thinking of some type of bleach, and now we cook with it.

I like to cook large quantities of food and then have enough for another meal a few days later. Or, if it's a soup or stew, I can freeze it. An ideal plate would be ½ of your plate would be non-starchy veggies, 3 - 6 oz of protein, and 1-2T of healthy fats. Add spices. Add garlic. Mix it up. Make it tasty. There are great recipes out there. I will link my fave Glucose Method cookbook below.



Positively Jane - The Podcast

Navigating Life's Highway... *together*

And if you need to go the prepackaged route look at the ingredients before you buy. There are so many hidden things that are not good for you.

#7. Drink less alcohol and stay sober. Alcohol has so many hidden calories and sugars that are not good for you. My husband has severe arthritis and the gluten in beer just kills his joints the next day.

When you drink your inhibitions are down and your choices may not be the best ones in the interest of your physical and mental health. Spend some time not drinking and observe the others around you that are drinking. Is this how you want to behave? If not, say no to the alcohol. Grab a sparkling water instead.

And yes, there is a social stigma attached to someone who isn't drinking. I look at it like this...they are not the ones who have to wake up in my bed with a headache. They are not the ones who have to wake up and have regrets. They are not the ones that will take care of me when my body fails. So it doesn't matter to me what they think. What matters is that I stay true to myself and do what is best for me and my body.

#8. Find ways to manage your thoughts and emotions. Find ways to look at your life as a positive one and not a negative one. Your thoughts control your emotions. And if you can move your thoughts in a different direction so many other things will follow.

If, rather than eating healthy, exercising and drinking water to lose weight you are focused and getting as healthy as you can...the weight loss stigma disappears. And when that goes away you aren't as critical of yourself when you look in the mirror. And when you can accept you as you...so many new opportunities present themselves when it comes to how you think.

I have been blogging about choosing joy for years now. I have been encouraging women to not let the circumstances of life turn them into someone they don't like or don't want to be. The same with you. If you aren't sure how to even begin I have a ton of resources linked below to get you started.

When you can put down your phone you can look up and see all of the joy that is around you.



Positively Jane - The Podcast

Navigating Life's Highway... *together*

#9. Take a multivitamin. Even if you are drinking greens. Even if you are eating your greens. Our soils are so depleted of minerals that we aren't getting what we need out of our foods alone. Many macronutrients are vital to our immune systems. And you might need to increase one particular one. I have had to increase my Calcium and Vitamin D due to my most recent bone scan. It is important that you can take too high of a dose of a particular vitamin. So make sure you are taking the recommended dosage.

And last but not least - #10. Reduce your screen time. This is important on many levels. First you are sitting way too long. Your body needs to move.

Second - you are not talking to anyone or engaging in conversation. It is so heartbreaking to me when I go out and see families at dinner and everyone is on a device. There is no interaction at all. I personally feel bad for the kids. They are being raised to be entertained all of the time. Their imaginations are not being awakened or even tested.

And the last reason to reduce your screen time is you. When was the last time you read a book? Or called a friend? Or went for a leisurely walk? Or explored a new city? When you can put down your phone you can look up and see all of the joy that is around you.

There you have it. My top 10 tips for a healthier lifestyle. We all want to live forever but we don't take the time and figure out what we need to do to make that happen. Because living to be 80, 90, or even 100 is not great when your body and mind are failing you.

And yes there are diseases that you have no control over. The goal is to control what you can - while you can. So that your today's are healthier than you ever imagined.

Start with 1 thing. Maybe choose the easiest one. Master that one. And then choose another. Master that one and then choose another. And when I say master I really mean about 85% on task and on track. Everyone slips up. But the goal is to not get into a 'what the hell' mindset and go back to your old and unhealthy days. Stay the course. And maybe, just maybe, when you are older like me you can look back and say - I am so glad I made the changes when I



Positively Jane - The Podcast

Navigating Life's Highway... *together*

knew what to do!

And as always, I would like to encourage you not to let the circumstances of life kick you in the butt. I would like to encourage you to learn how to rise above those circumstances so that you can live a joyful life...everyday.

If you haven't already go on and grab my FREE 'Joyful Living Quickstart Guide' - this guide will help you eliminate stress, AND kick anger and irritation to the curb forever - so you can enjoy all that life has to offer.

Thanks for listening. If you like what you hear please subscribe and share with your friends. I have linked everything I talked about in the show notes. Go on and grab them. Until next time - let's continue to navigate life's highway... together.

Links mentioned in this episode:

- Keep track of your water, exercise and food + so much more. Grab the [Today's Plan](#) PDF.
- Find the opposite of the negative and shift your identity to someone you like, respect and admire. Grab the [Above the Line Thinking](#) PDF.
- Strengthen your bones and more with Vital Proteins Collagen.
- <https://positivelyjane.net/collagen>
- Drink your greens - [Athletic Greens \(AG1\)](#).
- Hydrate and get salty with [LMNT](#)
- Control your blood sugar and get more energy and eliminate brain fog. Grab the Glucose Cookbook. How-to's and great recipes: [Glucose Goddess](#)
- Episode 7: [Use it or Lose it](#)



Positively Jane - The Podcast

Navigating Life's Highway... *together*

- [Joyful Living Quickstart Guide](#)
- [Aging Gracefully Newsletter](#)

Let's be friends:

- [Positively Jane Instagram](#)
- [Positively Jane Facebook Group](#)
- [Positively Jane Website](#)