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Welcome to You've Got This, a weekly podcast for higher education professionals looking to increase their confidence and capacity for juggling the day-to-day demands of an academic life.

I'm your host, Dr.

Katie Linder.

On this episode, I thought I would share about my new strength training plan that I started to implement this month, and it all started when I saw that Peloton was adding kettlebell classes to their programming.

And if you are unfamiliar with kettlebells, they're basically a kind of weight that has like a handle on top, and you will often see people like swinging it around for different exercises.

So if you've ever seen someone using a kettlebell, there's lots of different ways to use it.

But I think one of the more popular ways of using it is kind of these different swing motions that people use.

Now, I've probably mentioned in the past how much I struggle with strength routines.

And honestly, I just find them to be kind of boring.

I don't know that I can say much more than that, other than I also just really don't know what I'm doing.

So the combination of not knowing what I'm doing and getting kind of bored is it just kills it.

Like I can't really move forward with strength plans.

And I will also just say I don't feel like I'm in a place right now where I can take a lot of time to like research and figure out a plan.

I'm also not really willing to like hire a trainer right now because I'm busy and I have a lot of other things going on.

So given all of that, it has been kind of easy for me to avoid getting into any sort of habit or routine when it comes to strength training, even though I know how important it is, the older we get, the more we need this kind of thing.

And so I decided to capitalize on these Peloton kettlebell classes as a starting point.

And I purchased a set of graduated kettlebell weights.

You can get a set of like four different weights for about $50 and they arrived earlier this month.

And I have never used kettlebells before, but I feel like my track record with buying exercise equipment that I have never used before and then I continue to use it is pretty good.

I would put my Peloton bike and my row and my rebounder and all these various things that I have purchased over time.

All of them get integrated into my movement practices.

And so I thought this is a pretty safe bet to go ahead and invest in this.

And part of what I'm hoping to do is rotate between the different classes, obviously that are going to be offered through the Peloton app and starting with a smaller weight and then adding more weight along the way.

And so there's a kind of weight training that's basically called progressive weight training where you start with lower weights and you end up adding more.

And this seems like one of the easiest plans that I can develop for myself that also has some guidance included on things like posture and like how to do this effectively without injuring yourself.

Now, I think that one of the things that I find really challenging and when I struggle to kind of implement a habit or routine, I always want to kind of zero in on what is the thing that is stopping me from doing this?

Like what are the things that are getting in the way or causing hesitation or how do I clear out those obstacles if it's something that it feels important to me?

And this does feel important to me.

This is something that I've known for a while.

Like I need to dial this in and I need to be better about this.

And so some of the things that I found that have really challenged me about this is I think I need to combine it when I'm doing something else.

So if I'm doing like a run, I think I need to do a strength workout kind of in the same rough time period of when I'm doing that.

Some days I do much lighter workouts and I won't even always put on like gym clothes.

Like if I'm just like walking around or if I'm like walking on my tread, I don't always do like the full gym clothes and all of that.

Whereas if I'm running, I'm tending to do that.

And there's something about strength training that it's like, I don't want to do it in my like pajamas or I don't want to do it in like my work clothes.

It feels like you need to kind of take it seriously and like dress for success when it comes to strength training.

Now this may be completely in my head.

I acknowledge this.

I may be thinking like this is just one more excuse acknowledged, but I'm trying to figure out what are the kind of mental models that I've created for myself around this that I need to either just go with or I need to somehow reject.

Now when I was thinking about this new plan, I noticed a few things that also I thought were kind of motivating to me.

And I wanted to kind of note those because there may be some things about that that I can transition either to new routines or habits that I'm trying to create in the future.

Or I can kind of look back at things that have worked for me in the past and see if these things match up.

So the first thing that I noticed is that I'm drawn to the newness of kettlebells since I think that it might hold my interest longer.

Now this will not surprise you if you've hung around for a while and you know that I buy different kinds of exercise equipment and I rotate it so that I have kind of like different things that I can focus on.

And I never let myself get into kind of like a rut with what I'm trying to do with my movement practices.

I have lots of different things in the menu that I can try.

And this also helps me if I'm feeling like recently I ran my 5K and I had some soreness after that and I knew that I could build in something different like yoga or you know other kinds of movement practices that I don't have like one thing that I focus on.

And I feel like this helps me to create like a lot of variation in how I am moving my body in the different muscle groups I'm working, but it also just keeps me engaged.

And maybe that's the most important part.

I also notice that I'm drawn to the fact that there are only a few classes currently available because this is kind of a new thing with Peloton.

And so it allows me to kind of narrow in on certain exercises and see what I think.

And when I have a lot going on, I actually find that creating constraints for myself helps me.

And a good example of this would be when I create like lists every month for the books that I want to read and I just pull from that list rather than thinking, oh, there's a million things that I can choose from.

I actually narrow it into like 20 or 25 books.

And I feel like it's kind of the same with these exercises rather than saying, oh, there's like a gazillion strength workouts and they can all work for different parts of my body.

I can actually zero in and say, what are just the kettlebell classes and what are the kinds of things that are offered with that?

Now the other thing that I think is interesting to me about using kettlebells and the kinds that I purchased is that I can start with an easier weight and allow it to get harder over time.

Now I do have some smaller weights that I already have just like dumbbell weights, but they are not giving me a lot of variety and I feel like they may not be heavy enough for me to actually like see results of what I'm doing when I'm using them.

So that's another piece of this that I think is motivating.

And then lastly, I just noticed how easy it is for me to make excuses about strength training or just to honestly forget to do it.

And I think the older I get, it's so important to do this and I want to make sure that I'm building the good habits now.

So I do have strong motivation in terms of like why this is important for me to do.

And that will also, I think helped me to clear out some of these obstacles and other things that are really just impeding me getting this into a routine.

So I am just getting started with this new routine and I will circle back at a later point and share how it's going fingers crossed that it's going well.

And of course, I'm really curious if you have a habit or routine that you've been putting off and what are some of the things that are holding you back from starting and what might motivate you to actually get started with that habit or routine.

You can always email me at hello@drkatylinder.com.

I always love to hear from you.

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