

Rebellious Wellness ^{over} 50

You Are How You Move — Need a Makeover?



Ep 21: You Are How You Move —
Need a Makeover?
with Annette Cashell

Gregory Anne

This is the Rebellious Wellness Over 50 podcast for women over 50 who aren't done yet. You may have seen the worst of aging and are hoping there's a better way. There is and I'm going to show you how in interviews, book reviews, rants and stories. Each week, I'm going to bring you the latest science-based info on how to age better. I'm Gregory Anne Cox, and I believe it's time to bust the myth that aging equals decline in every area of life.

Gregory Anne

It pisses me off and it's B.S.. Look, aging happens, but it doesn't have to ruin your life. You just need to get a little rebellious in your approach. Welcome back, everybody.

Gregory Anne

This is another episode of *Rebellious Wellness Over 50* where we talk about ways to expand your mind to incorporate things that you may not have thought of to be healthy as you age. It's not necessarily what conventional wisdom tells you. Such as like you should slow down and things are going to start happening.

That's just not true.

Gregory Anne

And my guest today, Annette Cashell, is going to speak to us specifically about our body and movement and the bones and all kinds of good things. And you're going to love hearing her story if you're a person with chronic pain facing a surgery you're not sure you want to have. So, Annette, welcome. Thank you so much for being with us today.

Annette Cashell

Thanks for inviting me to be here.

Gregory Anne

It's great to meet you. Now, I think we should just start with your story, because it's really it's inspiring for people. So give us that and then how how you became a person who knows how to be fixed without surgery.

Annette Cashell

OK, so I have to go back in time a bit. I used to have a proper job in inverted commas. I worked as a marketing manager at a desk for a long time and I loved my job. I worked in Germany, in America, but my back didn't enjoy my job. So sitting at the desk for a long time kind of hurt my lower back and the only exercise I could do was pilates. I didn't even know what pilates was at the time. It was that long ago and I loved it. It really helped my back. And in the end, I quit my marketing job and became a teacher.

Annette Cashell

I did that for the next 16 years. And during that time, my health wasn't really perfect. I still had issues with my wrist, with my knee, and eventually I had an issue with my neck. So I had terrible chronic pain radiating down my arm. It got to the stage I was told I needed a fusion operation. So I really, this really scared me. I didn't want to do a neck fusion operation. I work with a lot of people who came to my classes with fusions that hadn't gone that well.

Annette Cashell

So I really didn't want to do this. But I was also confused because I've given up my desk job and I was working as a teacher. Why were things still falling apart? So I kind of looked into the big picture and I realized that I was what people called an active couch

potato. This case may not be aware of, but couch potatoes, everybody knows you don't move really at all. Active couch potatoes, may exercise every day, maybe an hour or two every day.

Annette Cashell

But they're inactive the rest of the day. And that's where I fell into, because even though I worked as a teacher the rest of the time when I wasn't teaching, I was still sitting a lot. So that was a real shocker. I mean, that was on top of the neck fusion. That was just a shock and a bit of a blow to the ego as a teacher as well. So I had to reframe how I moved and I started looking at how many hours I sat and how sedentary I was.

Annette Cashell

And I started changing things around. I retrained as a movement teacher with nutritious movement dotcom and I avoided the neck fusion operation. I am on no meds. No pain since then. And I've also reversed the bone loss in my spine and my hips, which I contribute to adding movement to my diet.

Gregory Anne

Well, that is certainly amazing. Very good to hear because I think when you and I spoke before this interview, I have been told and have interviewed people that are bone experts that say you cannot rebuild bone and never really made sense to me because when they measure the bone score on your DEXA, sometimes they are a little better, sometimes they're not.

Gregory Anne

So anyway, it's good to hear especially I've also known people that have had fusions that have not really had great success or have had to have another one. I do know some great success really made a difference. Yes.

Annette Cashell

Yes. If I'm not against operations. Yeah, exactly.

Gregory Anne

Yeah. Are you going to be the lucky one or the woman who's not laughing? When I hear the word movement, I think about, I don't know, go into the grocery store. Just moving around my day doing dishes. But you're talking about that but something more.

Annette Cashell

Yeah. So I get, I guess, the difference between movement and exercise. In my mind, exercise is something normally where you put on a particular type of clothing. You might wear certain types of shoes.

Annette Cashell

You might have a tennis racket or a piece of equipment in your hand. You might even drive there to do it. And you also normally have in your head a certain amount of time allocated to it. And when you've done this, you tend to take it off your mental list.

Annette Cashell

"I've done my best. I'm off the hook really for moving the rest of the day."

Annette Cashell

Whereas, movement is the rest of the day, which sounds horrendous, but it's not because it's very small, frequent bouts of movement spread throughout your day. So it could be things like walking to the grocery store instead of driving or just walking parts of the way. It doesn't have to be all the way. It could be doing a bit more gardening. It could be not wearing shoes.

Annette Cashell

It could be sitting on the floor. It could be standing during the Zoom call. It doesn't have to be the whole Zoom call, even the first ten minutes. Just breaking up your day into little bits of movement because it's so easy not to move nowadays. Everything can come to you now. With the Internet and with all these delivery services, you have to actively, consciously put a bit of movement back into your day so that your body can thrive.

Gregory Anne

There's a I don't know who, some productivity or corporate thing that I've heard that you should set a timer and every hour you should get up for five minutes, that doesn't seem like it's kind of like what you're saying, but that didn't seem like enough.

Annette Cashell

Yeah, it's. Yeah. So ideally you're moving every 20 minutes so it takes 20 minutes for your metabolism to start slowing down. So if you are looking for a weight loss, which is not necessarily the only benefit of moving, but if you are looking for weight loss, ideally you're moving around every 20 minutes.

Annette Cashell

That doesn't mean you're doing jumping jacks or running on the spot. Just getting up and moving is enough for your body to realize something needs to happen. It's a bit like the snooze button on your computer. It'll shut down after a while and then you just tap and everything kind of boots up again. So your metabolism will boot up again, as will

your immune system, your bone building, your circulation and all is a little bit of, a little bit of an impetus to have to keep working.

Annette Cashell

And that's all it takes. Every 20 minutes seems maybe impossible for some people. So up once an hour like you said, and then try and reduce it to every half an hour and then your body will probably start to want it. You'll notice that you want to move. You want to fidget. So it could be just to get a glass of water or stand up and look out of the window. That's an eye break, which is also really important for your body.

Gregory Anne

I love the way you describe exercise. The thing that you have equipment you get in your car and then you take it off when you're done, as opposed to just reconditioning how we think about moving versus exercise, but just the importance of movement in the day to day, because historically, I mean, way, way back, we moved naturally, much more.

Annette Cashell

Exactly. The exercise is an artificial construct. It's been around for a very, very short amount of time because before the nineteen fifties, really, people didn't need exercise.

Annette Cashell

They were busy moving through their day, getting through the day, required physical efforts, even washing clothes required physical effort. So I think jogging was, when it really came about in the nineteen sixties and the late nineteen fifties, there was a study about bus drivers versus bus conductors and how fitter the bus conductors were versus the bus drivers. And that's really the whole, the whole start of exercise. Well, yeah. Before that you didn't need to exercise because you had enough to do physically during the day.

Annette Cashell

Now we've gone to the other extreme. We have to physically crowbar a bit of exercise into our day. But we know now from recent studies that even people who exercise regularly, if they're not moving the rest of the day it's about, it's a separate risk factor. So you could go to the gym every day, workout every day for an hour and never sit the rest of the day. You'll still have a higher risk of heart disease and obesity and certain cancers and even premature death from the rest of the day where you're not moving. So going to the gym today doesn't get you off, it's a separate risk.

Gregory Anne

Yeah, I wrote an article, was over a year ago, and I'm remembering this bit of information about when we're sitting, seated, the hormones that cleanse that are responsible for moving things through the body, they get clogged, they can't do their work, and this leads to fatigue and it also leads to fat storage somehow.

Gregory Anne

I'll have to put it on your page for this podcast, I'm going to put a little note at the bottom to let people know what I'm talking about. But it was really interesting.

Gregory Anne

So it's not just, when we talk about risk factors for heart disease and all these things, they're sort of nebulous or I think people hear them, we're so used to hearing them. But the importance is to not have to experience them firsthand, to know what we're talking about so that this idea of sitting and whether it's hormonal or whether it's muscle not getting toned and not being used, it's all just important to to not have to get there.

Annette Cashell

It is, it's similar to nutrition. Nutritious movement has the argument, the training that I did, that movement is not medicine. Movement is nutrition. And if we look at movement as nutrition, just like food, you need it every day and you little sprinklings of it and healthy versions of it. You can't undo the damage by having a healthy salad but eating junk food the rest of the day. We know that with nutrition, you're not going to get away with it, even if you eat a healthy salad every day when you eat junk food, one doesn't outweigh the other.

Annette Cashell

And if exercise every day, that's your salad. But if you're sitting the rest of the day, that's your junk food.

Annette Cashell

I think, we think of movement as nutrition rather than medicine and rather than waiting for the time where things fall apart that would help reframe it. Yeah, and it's harder to come back from something than it is to prevent.

Gregory Anne

Or let's just say if you aren't taking care of yourself along the way and something happens, an accident, if you fall or you have a disease or something, if your body is primed for vitality, resilience, I think you'll have an easier time coming out of it than you would have if we're just couch potato ing the whole time.

Annette Cashell

Exactly. And your immune system is also benefited from it. Your body is designed to move. We have lymph glands in the areas of the hips and the armpits where we're supposed to be moving these bits maybe in twenty eight or I don't know, a million years would lymph glands in our thumbs because we're still texting.

Who knows.

Gregory Anne

Now, you and I, when we spoke, we talked about walking around in bare feet, do you have bare feet right now,

Annette Cashell

I don't, no, because my feet are cold, but they are very, very bendy, they might as well have no feet and anti-skid.

Gregory Anne

They look cozy,

Annette Cashell

They are cozy, but it's kind of cold here today. It's a tip, if you are walking with slippers around your house, if you're on a wooden or tiles, you want an anti-skid, not don't walk around in regular socks because when your feet slip slightly, your toes will tighten and tense and it'll undo the goodness of going barefoot or wearing stuff.

Gregory Anne

OK, so for people, let me bring the people into our conversation talking about bare feet and children, you've worked with kids. Tell us about the importance of bare feet and how it benefits children.

Sure. Well, for young children, our feet are sensors, sensory devices, you have twenty thousand sensory receptors in the soles of your feet. So if you got your child and put gloves on their hands and expect them to thrive, you would realize that's ridiculous. They need to touch and feel. And the same with our feet, which helps us ground. It helps us get perception of where we are. Barefoot, allows your muscles to thrive, your arches to develop, it helps you balance and walk.

Annette Cashell

So for children, it's just a no brainer to keep them as close to barefoot as you can. And that doesn't mean you can't wear shoes or a minimal shoes. You can wear the anti skid socks and things like that to make it more doable in a cold climate, Then go as an adult it's the same process. You know, if you want to have good balance, if you want to have

good bone building, if you want to have good posture and no problem with your neck, it all depends on your feet being strong and able to support you.

Annette Cashell

And that also includes your pelvic floor. So it's really everything above your knees that benefit from your having healthy foods.

Gregory Anne

Pelvic floor, something that nobody talks enough about, I don't know. And we have it wrong, right? We think we have to tighten. We're doing Kegel.

Annette Cashell

Yes, yes.

Gregory Anne

You you said that that's actually inaccurate.

Annette Cashell

It can be. So some people it can help. And if you're doing Kegle's and it's helping, that might be the solution for you. Many women find that when they do those things don't get better or things even get worse. The problem is also that people don't know if they're doing it correctly. So unless you have an internal example women's health physio, you may not be doing the kegle correctly. Often women don't release completely at the end, they're good at the contractions. So contracting your pelvic floor muscles that urine stops flowing, but they don't completely release that afterwards.

Annette Cashell

And that can cause an imbalance and the muscles just tighten, which you would think would be a good thing. But it's not. You want your muscles to be able to fully release and contract when necessary. You don't want them to be constantly contracted. So I compare it to a trampoline. A trampoline that the children bounce on in the garden. If that trampoline is wound too tight and a larger kid jumps under an adult, the trampoline will break.

Annette Cashell

It won't be able to hold the weight of that. Even though it's tight, tight can be weak. We assume tight muscles are strong, but tight muscles are weak. You need the trampoline to be the right strength to let go, but also to contract back. So kegles sometimes can mess things up. And a lot of the times with modern life women's pelvic floors are actually too tight, too short rather than too long, and stress can contribute to that.

Annette Cashell

Just watching a horror movie can tighten your pelvic floor muscles, so chronic stress can contribute to that. Then our posture is pretty off. The fact that we wear shoes, all of that contributes to tighter and weaker pelvic floor muscles. And you'll know that from sneeze pee or cough pee or jump pee, that's usually the first symptom that women will have with pelvic floor. And they kind of think it's inevitable there's nothing you can do, but there's an awful lot you can do.

Gregory Anne

Interesting. I just thought I'm glad I don't like zombie movies because that sounds kind of like I'm saving my pelvic floor. My shoulders wanted to go up. When you were talking about I was getting this feeling of how sometimes people are in this position. (Shoulders hunched up)

Annette Cashell

Yeah.

Work or from reading something that's distressing or watching the news, whereas we want our shoulders to be able to fully relax.

Annette Cashell

Yeah. It's like the stress response. Yeah. And it's not the question of forcing them down. In the past we were often cued to drill your shoulder blades down. It's more, lift them up first and just kind of let them go and just let them go wherever they go but don't force them down. Forcing down would cause more tension than letting them go.

Annette Cashell

Although it's a subtle difference, it doesn't create tension. It gets rid of tension. So it's either tension in one direction or the other if we're forcing it down after that. Yeah, yeah, exactly. It's more like a melting, more like a heat, sensation of heat or melting on your shoulders to kind of realize, oh, I can't actually let them go. They don't want to be here all day.

Gregory Anne

Yeah. You have any advice for those of us who work at computers a lot and tend to do the, I know there's something with young people now called something neck or their neck X

Annette Cashell

It's "tech neck" that's on your mobile phone. So if you if you look down, you tend to hold your phone at certain angles. So the phone realizes the angle and I think it goes blurry.

So you have to bring your head back up. Well, the number one thing is to sit less. When we sit our heads tend to go more forward than when we're standing. Sitting less is like standing during his Zoom call.

Annette Cashell

You don't have stand a whole hour, just stand at the start. I always stand at the start of a zoom call. And then eventually you get tired and you sit down. That's a really easy way to bring in more standing. You could be standing in certain phone calls. You can walk around. If you're with housework you could do ironing, standing. These are all different ways. You could bring a little bit standing during your day. That would be the number one tip for your head.

Annette Cashell

And then to change the angle of your chair when you are sitting on a chair, most chairs are backward sloping. So the seat of the chair slopes back and when you sit on it, your pelvis rolled back.

Annette Cashell

So you end up slouching even with the best of intentions to sit up. Eventually you kind of roll back downhill.

Annette Cashell

So if you can buy a chair, something which you put on your chair, changes the angles and upward sloping, or you could just get a towel like a beach towel rolled up really tight and put it towards the back of your chair, not the very back, but just towards about three quarters of the way back and sit on that. And then you've changed the angle.

Annette Cashell

And even if your chair is flat, the chances are you're going to start rolling backwards at some stage. So just putting that change in angle, you won't believe the difference in your neck.

Annette Cashell

Your whole your whole spine will change. It'll feel like your head is a helium balloon. This you can hardly move your head, so you have all that range of motion. So I just I got all over my house on every chair I ever use. I'd really recommend that if you're sitting at a desk for a long time, that's a great idea.

Gregory Anne

Do you still teach Pilates?

Annette Cashell

I do. I call it Pilates movement because I use my Pilates exercises with this natural movement, nutritious movement, that idea.

Annette Cashell

And I also do a lot of fascia rolling as part of it. I found it very, very effective. That helps people relax. And I think stress is a big part of our movement and our lack of movement and that stress we hold in our body. So I do a lot of fascial rolling as part of that class. So it's a fusion class, but there are Pilates moves in it.

Gregory Anne

I mean, Pilates versus yoga, is that like comparing apples and oranges?

Gregory Anne

Because I know...

Annette Cashell

They're quite different people do what they like, what they like, do what you like, do what brings you joy. And I think movement should bring you joy, whatever it is. If you love jogging, keep jogging.

Annette Cashell

You know, if you love the gym, go to the gym. If you love cycling on a bike at the gym, that's fine. But realize how much you're sitting the rest of the day. So if the rest of your day requires sitting, cycling on a bike might not be the best exercise for you.

Annette Cashell

What if you love it? Then you're going to have to minimize the amount of sitting you do the rest of the day, because sitting between four and eight hours is already a medium risk for heart disease and cardio obesity and cancers and premature death.

Annette Cashell

So what if you're standing all day, then cycling on a bike? You know might not be that bad. So same way with Pilates and yoga. Do what brings you joy. You know, I think do the one that that suits you.

Gregory Anne

I think that's really great information. I'm sitting with my computer elevated. I just saw something on your page about carpal tunnel, ergonomically I'm not perfect at the moment, but I wouldn't work like this with my arm.

Annette Cashell

Yes.

Gregory Anne

Yes. Is it also important that we balance where, like how should our hands, if we're using,

Annette Cashell

Again, roughly 90 degree angle, almost like you're holding a coffee cup, that kind of angle, but relaxed. So if your shoulders are up here at ninety degrees, that's not the same as this ninety degree. So you have to relax your shoulders and your arms are at ninety degree or less because you want, you want your arms to be relaxed, you don't want your wrists angled up or down.

Annette Cashell

They're supposed to be neutral. You want your screen about arm distance from your eyes and then you want to have that wedge on the back of your chair, or the towel so that you're upright and not sitting against the backrests. The backrest does what it says on the tin. What's your backrest is that you're resting your back, your core muscles are switched off. It doesn't mean you have to sit perfectly all day. You do want to vary it. So no one can sit in perfect posture all day and it wouldn't be the object anyway because that's also sedentary.

Annette Cashell

The idea is to change position often and with variety. So yoga ball, standing, sitting on your chair, standing at the kitchen counter, leaning on the back, not leaning on the backrests, sitting on the floor. These are all different ways to sprinkle different shapes into your body throughout the day.

Gregory Anne

What would you say about a treadmill desk or thing that you put on a treadmill? I mean, it's movement, but I'm thinking I want to detach from my computer walking or doing the

Annette Cashell

Treadmills are not great. I wouldn't rate them very highly. I mean, if you want to do weight loss and you can't go outside, they are an option. But in terms of all the benefits you would normally get from walking, they don't give you all the benefits because one of the benefits of walking is something called the posterior push off. You strike with your heel, you roll through your foot, you push off on your toes, so you push the floor away.

Annette Cashell

It's like you're responsible for the world to keep moving. Imagine you're pushing the ground away. On the treadmill, the ground comes towards you. You're just kind of patting it along. You're not actually actively pushing it. So you don't get the full benefit of a posterior push off. And that's the part that helps your knees, your hips, your pelvic floor, your neck. So although you might be burning calories on a treadmill, you won't necessarily get the all the bone building and the, you know, the other good things that you would get from walking.

Annette Cashell

Also, for me, I couldn't walk and look at the screen, just wreck my eyes. There are also studies to show that your brain has a hard time computing this. Because although your body is physically moving, nothing is getting closer to you and your brain has a hard time figuring out what's going on. So some people feel really dizzy in that situation as well.

Gregory Anne

That is so interesting. So many things to think about, never ending, its ending.

Annette Cashell

But the beauty now is that you can do a lot of different things working from home. You can move your laptop around. It's not one big, huge computer. You know, you have an option to move around because you can work from home, you can sit on the floor, you can take your shoes off. There are a lot of advantages to, if you have that luxury now of being able to make those changes. And even if you're in an office, you could still use a tennis ball under the desk to massage your feet.

Annette Cashell

Nobody would know. You know, you could stand and sit, people are more open to that now. You can do walk and talk meetings. You can even go outside for a walk and talk meeting. People, I think are more open to that now and realize not only is it better for your body, but it helps your brain. It really helps you to think and focus.

Gregory Anne

I just crossed my legs and I have a feeling that's probably something you discourage.

Annette Cashell

Yes, But I mean, you're aware of it. That's the first thing. So you pat yourself on the back. I think when people notice that they've done something wrong celebrators because the

fact that you noticed it's huge, you can always do the other side or stand up or being aware is the number one. Number one thing

Gregory Anne

I have to say that I have an awareness that when I start crossing my legs back and forth, it's time to get up.

Annette Cashell

There you go.

Gregory Anne

You see, when my body is getting nudgy it wants to move.

Annette Cashell

Yes, exactly.

Gregory Anne

People probably have more of these little hits than they realize. But once you start to think, OK, how can I help myself remember to stand up or wow, what is my body like right now? Oh, maybe it feels like looking out the window. As you said, it's just an energy change and a break and for your eyes and your brain and your body.

Annette Cashell

Yeah.

Annette Cashell

And for some people, that can be hard to get to that awareness. So you could do things like, you know, when I do Excel, I'll do it, or when I change from Excel to PowerPoint, whatever you trigger it is. When I get a phone call, whenever the signal is to go out, you have to bring in some artificial reminders. Sometimes it could be an alarm on your phone, but put the phone in the other room.

Annette Cashell

It's too easy to hit the snooze button.

Gregory Anne

That's a great idea.

Annette Cashell

Yeah. When you have to go to toilet, go drink water, the natural breaks in your day are a good time to change position. And there may be times where you're in the flow and

you're an hour and a half working on something that's fine too, you know, you're going to have those. Do you have to concentrate and not be distracted? Yes.

Gregory Anne

Good point. Now, not everybody lives near you to work with you, but I think that you have things that you do like webinars.

Gregory Anne

Tell us about what kinds of information people can learn from you without being nearby.

Annette Cashell

Sure. So I have a webinar called Take the Pain Out of Working from Home, and you can use the same ideas for working in office as well. And it does what it says on the tin. It shows you all the ideas of how to work at home or in the office. So sitting better, sitting less, sitting differently. That's a forty five minute webinar.

Annette Cashell

You can find that on my website. Malahide Pilates dot com. It's also on my Facebook and Instagram and you can find me there under Movement Makeovers. If you sign up to my newsletter, you can get my freebie, which is how to sit less. And I think that's always a place to start is look at it'll include a calculator. You actually have to fill it out and realize I am sitting way more than I thought.

Annette Cashell

And everybody's shocked at how much they actually sit when you added everything. That's a really good place to start. And then there's ideas there, how to sit in your home. It's very family friendly. So if you have kids, they can also do with grandkids. There's a chart some people like to track their progress. I would always start with that. And the advantage of when you analyze that and make those changes is you've made your home more movement friendly.

Annette Cashell

And I'm big into that physical changes because there's no willpower involved anymore. I don't have to remember to stretch anymore because every time I use my sink, I have a book or a half dollar in front of it that forces me to do a calf stretch. So every time I wash my hands, every time I dry my hands, I'm doing a stretch. I don't think about it. And I love those changes because who has the time to think about doing your day? And having a squatty potty in your house.

Annette Cashell

Every toilet you have, you put that in front. You don't have to think about it.

Gregory Anne

I did an article on squatty potties years ago, and I got so many people saying, this is crazy, this will never take off like that. Well, and I gave all the details about why it's a really good idea.

Annette Cashell

Yeah, you were probably too early with us. And I mean, it's still does it for constipation , anti- constipation device. And it is it is amazing for that. But I love it because it's a mini squat toilet. Now you're in a mini squat position and you can do different heights and you may not be ready for the high, high level. That's fine, but you do not want to lose that skill. That's really important for your pelvic floor as well.

Gregory Anne

I used to go camping, you know, get in the car, the truck and yeah, and I always wanted a shower, but I didn't always need a porta potty. And people were astounded at that. But I have to admit this. It feels really good to be outside and squat and pee or whatever to do if it's private. I don't know what it is, but it was something very freeing and almost like inherently innately normal.

Annette Cashell

Yeah, I'd say it's probably similar to nudist, assuming, I haven't tried it, but I imagine it's the same sense of actual being with earth, being with one with nature.

Gregory Anne

Yeah, well I haven't yet convinced my husband to go camping with me yet, so it's not in my future. But this has been actually really, really great information and packed with good tips and things like that. And we're going to put your website because as you said, the name of it is a little bit hard for people to remember. Yeah, Dotcom. But I'll put the name of your website on the podcast page as well.

Gregory Anne

You said people can find you on Instagram. And is that movement makeovers or is that your name?

Annette Cashell

No, it's movement makeovers and it's also on Facebook, the same name movement makeovers.

Gregory Anne

And I like the idea of thinking about it as a makeover. Who doesn't like a makeover? We all like them.

Gregory Anne

I love it because I'm big into physical makeovers and I have made over my home to be more movement friendly. And I think it really helps because you don't think about anything anymore.

Gregory Anne

Yeah, and we all do so much thinking just to get through the day.

Annette Cashell

Yes, exactly. Exactly.

Gregory Anne

Well, thank you very much for being here. I really appreciate your time. And I I'm going to get that e-book so that I can measure my couch potato-ness.

Annette Cashell

Do that, do that and let me know how you get on. Thank you for having me. It's been great talking to you.

Gregory Anne

You're welcome. And be well till next time everybody. We'll be back next week with another episode.

Gregory Anne

That's the end of another episode of the Rebellious Wellness Over 50 podcast. I hope you've enjoyed it. If there's anything that you heard or hear when you tune in that you think would benefit a friend, a sister, a mother, a even some guys send to my way, would you? And if you've not ever been to the website, Rebellious Wellness Over 50 dot com head on over there, there are resources, things that I don't always get to on the podcast that might help you age better be well till next time and stay that way.